

# Live well.

Your UnitedHealthcare wellness resource guide.

# Live the best life possible.

There's nothing more important than your health. UnitedHealthcare is committed to helping you achieve your healthy living goals. So, whether you want to eat right, exercise more, stop smoking, or just relax, we can help.

## Improve your health with myuhc.com<sup>®</sup>.

**myuhc.com** features health and wellness content and programs powered by HealthAtoZ, plus discounts on health-related products and services.

*Log on today to find:*

### Personalized health assessment

This online questionnaire provides immediate, confidential results about your overall health, plus health improvement suggestions.

### Personal health record

Keep track of all your personal health conditions, medications, procedures and lab results.

### Health improvement tools

Interested in journaling? How about learning proper exercise techniques or starting a nutrition plan? Or, are you just curious about how your health measures up? Our online quizzes, calculators, demonstrations and charts help you make the change toward a healthier life.

### Online programs

After taking the health assessment, you can choose from a variety of online programs designed to help you achieve your health and wellness goals. So, whether you need to lower your blood pressure or cholesterol, or just generally want to eat better, we've got something for you.

### Discounts on wellness products and services

Receive discounts on wellness products and health care services not covered by your medical, dental or vision plans. From nutrition supplements and fitness gear, to LASIK procedures and teeth whitening, this is the place to go before you buy anything.

### Comprehensive library of health and wellness articles

Our vast library of health and wellness articles includes information on topics including: addiction, family, fitness and nutrition, health aging, healthy pregnancy, preventive medicine, relationships and more.

With so many wellness tools and resources to choose from, you're sure to find what you need.

**Register today at myuhc.com.**



## Specialized wellness support when you need it.

Depending on your employer's benefit offering, you may have access to special UnitedHealthcare programs and services, including:

**Healthy Pregnancy Program**

**Personal health coaching**

**Care24<sup>SM</sup> services**

**NurseLine<sup>SM</sup> services**

**Worksite wellness programs**

**Mental health programs**

***And more...***

### Questions?

If you have questions about UnitedHealthcare's health and wellness programs, call the toll-free Customer Care telephone number located on the back of your ID card.

Insurance coverage provided by or through: United HealthCare Insurance Company, United HealthCare Insurance Company of New York, or their affiliates.

Health plan coverage provided by or through a UnitedHealthcare company.

UnitedHealth Wellness<sup>SM</sup> is a collection of programs and services offered to UnitedHealthcare enrollees to help them stay healthy. It is not an insurance product, but is offered to existing enrollees of certain products underwritten or provided by United HealthCare Insurance Company or its affiliates to encourage their participation in wellness programs.

Health care professional availability for certain services may be dependent on licensure, scope of practice restrictions or other requirements in the state. Therefore, some services may not be included in some programs due to state regulations.

Some UnitedHealth Wellness programs and services may not be included in all medical plans for all customers and individuals. Programs and services are subject to change at any time.

The Healthy Pregnancy Program follows national practice standards from the Institute for Clinical Systems Improvement. Insurance coverage is provided by or through: United HealthCare Insurance Company.

For informational purposes only. The NurseLine<sup>SM</sup> service can not diagnose problems or recommend specific treatment. The information provided through the NurseLine service is not a substitute for your doctor's care.

**UnitedHealthcare<sup>®</sup>**  
Healing health care. Together.<sup>SM</sup>