



## UHC has valuable tools to help you live a healthier life.

The following resources may help you better understand your health benefits and provide ways for you to maintain and improve your health, and reduce your out of pocket costs. These easy-to-use interactive tools are designed to help you in making more informed health decisions and provide access to the online programs and services to help you live the healthiest life possible.

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### **myuhc.com**      **FREE**

The tools and information at myuhc.com® are both practical and personalized so you can get the most out of your benefits. Learn about health conditions, treatments and costs. Find in-network providers, and order your mail order medications. See how myuhc.com can help you manage your health care coverage and make more informed decisions about medical treatments and overall wellness. Register at [www.myuhc.com](http://www.myuhc.com) and get started today.

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### **myHealthcare Cost Estimator**      **FREE**

my Healthcare Cost Estimator (myHCE) helps you to research treatment options based on your specific situation. Learn about the recommended care, estimated costs and time to treat your condition. The care path allows you to see the appointments, tests and follow up care involved, from your first consult to last follow up visit. Create a custom estimate based on your own plan details and selected provider and facilities. This tool is accessible thru myuhc.com and the Health4me App!

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### **Health4Me**      **FREE**

If you are always on the go, the UnitedHealthcare Health4Me™ App provides instant access to your family's important health information — anytime/anywhere. Whether you want to find a physician near you, check the status of a claim or speak directly with a health care professional, Health4Me is your go-to resource. It is available for download now on the App store for iPhone® or Google® Play for Android.

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### **Virtual Visits**      **Will reduce Out-of-Pocket Costs**

A virtual visit lets you see and talk to a doctor from your mobile device or computer without an appointment. Most visits take about 10-15 minutes and doctors can write a prescription\*, if needed, that you can pick up at your local pharmacy, and, it's part of your health benefits. Not all medical conditions can be treated on a Virtual Visit. Average visit will only cost \$40 - \$50. Register for Virtual Visits thru your myuhc.com site.

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### **Tier 1 Providers**      **Will reduce Out-of-Pocket Costs**

Receive the highest quality care at the lowest cost for your family by seeing Tier 1 Providers. Doctors in 27 medical specialties are evaluated using national standards for quality and local benchmarks for cost efficiency. You will pay a lower coinsurance of 10% (not 30%) by choosing a Tier 1 Premium Provider. If your doctor's specialty is not evaluated, you will automatically receive benefits at the 10% coinsurance level.

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### **myNurseLine<sub>sm</sub>**      **FREE**

One toll-free number connects you with a registered nurse who will take the time to understand what is going on with your health and provide personalized information that is right for you. This is all available 24 hours a day, seven days a week, at no additional cost to you, as part of your benefit plan. To talk with a myNurseLine nurse, call the Customer Service number on your plan ID card, or visit [myuhc.com](http://myuhc.com).

