



# UnitedHealthcare is calling to help you get more from your health plan.

## UnitedHealthcare may be calling you with information on resources to help you and your family live healthier.

You may receive a phone call from UnitedHealthcare inviting you to take advantage of the following wellness programs and services—offered to you at no additional cost as part of your health plan:

### Wellness Coaching

From goal-setting and setting up an action plan, to healthy eating and exercise plans, UnitedHealthcare wellness coaches are with you every step of the way.

### Care Coordination

By helping to ensure you have everything you need, including after-care instructions, medication and medical equipment, Care Coordination nurses can help ease your transition home from a hospital stay.

### Disease Management

Managing medical conditions like diabetes and coronary artery disease may be easier with disease-management tools and resources identified by skilled nurses.

### Maternity Support Program

Knowledgeable and experienced nurses offer answers expectant mothers may need, all the way through delivery.

## Take control of your health.

You don't have to wait for our call. If you've got questions about anything, simply call the number listed on your health plan ID card to connect with UnitedHealthcare.



Disease Management programs and services may vary on a location-by-location basis and are subject to change with written notice. UnitedHealthcare does not guarantee availability of programs in all service areas and provider participation may vary. Certain items may be excluded from coverage and other requirements or restrictions may apply. If you select a new provider or are assigned to a provider who does not participate in the Disease Management program, your participation in the program will be terminated. Self-Funded or Self-Insured Plans (ASO) covered persons may have an additional premium cost. Please check with your employer.

Note about your privacy: We are dedicated to safeguarding your privacy. UnitedHealthcare does not share your name or any other identifying information. Your conversations will remain confidential. For informational purposes only. Nurses cannot diagnose problems or recommend specific treatment and are not a substitute for your doctor's care. These services are not an insurance program and may be discontinued at any time.

The information provided under the Maternity Support Program is for general informational purposes only and is not intended to be nor should be construed as medical and/or nutritional advice. Participants should consult an appropriate health care professional to determine what may be right for them. Employers are responsible for ensuring that any wellness programs they offer to their employees comply with applicable state and/or federal law, including, but not limited to, GINA, ADA and HIPAA wellness regulations, which in many circumstances contain maximum incentive threshold limits for all wellness programs combined that are generally limited to 30 percent of the cost of self-only coverage of the lowest-cost plan, as well as obligations for employers to provide certain notices to their employees. Employers should discuss these issues with their own legal counsel.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

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