



# Get more from your health plan with these programs

At UnitedHealthcare, we're continuing to make our health and wellness programs better and easier to use, helping improve how you interact with your care.



## Virtual Visits

Whether on your computer via **myuhc.com**® or on your mobile device\* via the UnitedHealthcare® app, Virtual Visits let you and your covered family members video chat with a doctor 24/7 — no additional accounts, passwords or apps. With Virtual Visits, doctors can diagnose a wide range of nonemergency medical conditions — and even prescribe medications, if needed.\* \*



## UnitedHealthcare app

The UnitedHealthcare app helps you find care, review and manage claims, share your digital health plan ID card and more — all from the palm of your hand. Plus, you can log in with Touch ID®, and even video chat with a doctor 24/7.



## Employee Assistance Program (EAP)

Connects members to clinical, wellness, financial, legal or counseling resources anytime, day or night.



## Advocate4Me

Whether via **myuhc.com** webchat or the mobile app, Advocate4Me® connects you with an expert over the phone — someone who can provide you with information and support to help you understand your benefits and claims, make more informed decisions about your health and access the care that fits your needs.



## Rally

Rally® is a personalized digital experience designed to help you make small changes that may help improve your health. With missions built to help improve your diet, fitness and mood, you'll earn Rally Coins that you can use for a chance to win rewards.

\* Data rates may apply.

\*\* Certain prescriptions may not be available, and other restrictions may apply.



## Real Appeal

Real Appeal® is a weight loss program designed to help you lose weight and keep it off. From personalized 1-on-1 coaching to a Success Kit with simple steps toward transformation to an app with tracking tools and more, Real Appeal gives you up to a full year of support — and it's included in your health plan at no additional cost to you.



## Quit For Life

Quit For Life® is a clinically proven tobacco cessation program offered in collaboration with the American Cancer Society®. Digital and telephonic tools and resources — along with physical, psychological and behavioral strategies — help provide members with a personalized quit plan to overcome their tobacco addiction.

**Learn more**

Contact your UnitedHealthcare representative for additional information

**United  
Healthcare**

<sup>1</sup> Motion is available at no extra cost and rewards vary by plan.

Rally Health provides health and well-being information and support as part of your health plan. It does not provide medical advice or other health services, and is not a substitute for your doctor's care. If you have specific health care needs, consult an appropriate health care professional. Participation in the Health Survey is voluntary. Your responses will be kept confidential in accordance with the law and will only be used to provide health and wellness recommendations or conduct other plan activities.

Virtual Visits and video chat with a doctor are not an insurance product, health care provider or a health plan. Unless otherwise required, benefits are available only when services are delivered through a Designated Virtual Network Provider. Virtual Visits are not intended to address emergency or life-threatening medical conditions and should not be used in those circumstances. Services may not be available at all times or in all locations.

The material provided through the Employee Assistance Program (EAP) is for informational purposes only. EAP staff cannot diagnose problems or suggest treatment. EAP is not a substitute for your doctor's care. Employees are encouraged to discuss with their doctor how the information provided may be right for them. Your health information is kept confidential in accordance with the law. EAP is not an insurance program and may be discontinued at any time. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against UnitedHealthcare or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and is subject to change. Coverage exclusions and limitations may apply.

Real Appeal is a voluntary weight loss program that is offered to eligible participants as part of their benefit plan. The information provided under this 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. Any items/tools that are provided may be taxable and participants should consult an appropriate tax professional to determine any tax obligations they may have from receive items/tools.

The Advocate4Me service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through the program is for informational purposes only and provided as part of your health plan. Wellness nurses, coaches and other representatives cannot diagnose problems or recommend treatment and are not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. The program is not an insurance program and may be discontinued at any time. Additionally, if there is any difference between this information and your coverage documents (Summary Plan Description, Schedule of Benefits, and any attached Riders and/or Amendments), your coverage documents govern. Cost savings and health outcome results identified are not guaranteed.

The Quit For Life Program provides information regarding tobacco cessation methods and related well-being support. Any health information provided by you is kept confidential in accordance with the law. The Quit For Life Program does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you. Participation in this program is voluntary. If you have specific health care needs or questions, consult an appropriate health care professional. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.

UnitedHealthcare Motion is a voluntary program. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. You should consult an appropriate health care professional before beginning any exercise program and/or to determine what may be right for you. Receiving an activity tracker and/or certain credits and/or purchasing an activity tracker with earnings may have tax implications. You should consult an appropriate tax professional to determine if you have any tax obligations from receiving an activity tracker and/or certain credits under this program, as applicable. If any fraudulent activity is detected (e.g., misrepresented physical activity), you may be suspended and/or terminated from the program. If you are unable to meet a standard related to health factor to receive a reward under this program, you might qualify for an opportunity to receive the reward by different means. You may call us toll-free at 1-855-256-8669 or at the number on your health plan ID card, and we will work with you (and, if necessary, your doctor) to find another way for you to earn the same reward. Rewards may be limited due to incentive limits under applicable law. Subject to HSA eligibility, as applicable.

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