

# Helping You to Be More in Control of Your Health, Time and Money

WITH DIGITAL RESOURCES FROM UNITEDHEALTHCARE



# Working to Improve Your Health Care Experience



**It used to be difficult to find answers to your health care questions. Questions like:**

- What is the status of my claim?
- Am I choosing a doctor in the network?
- Is this procedure covered?
- How much will it cost me?
- What hospital has the best ratings for this procedure?

Now you can simplify your health care experience with online and mobile resources to help you manage your health and money. These tools give you information about your benefits, health care costs and claims.



## **MANAGE YOUR BENEFITS. ANYWHERE. ANYTIME.**

Our goal is to make it easy for you to find the information you need when it comes to your benefits:

- Understand your benefits and coverage
- View or print an ID card, or email or fax it to your provider
- Connect directly to UnitedHealthcare for answers to your benefits questions
- Use EasyConnect to let us know you want to talk about something and we'll call you right back

## Understand Your Care Options and Costs. *Before You Get Care.*

You can access step-by-step explanations for over 500 of the most common procedures, learn about doctors and hospitals from their quality and cost-efficiency ratings, and estimate the costs for office visits, treatments, lab tests and medications. And because the information is based on your individual benefits, there's less of a chance for surprises.

- Learn about procedures and treatments
- Know what questions to ask the doctor
- Review hospital quality and safety data
- Locate providers near home or work
- Access maps and get driving directions



## Understand and Track Your Health Care Costs and Payments. *Quickly and Easily.*

**IT'S A FACT:** Many consumers receive care without knowing the costs beforehand. Now you can compare your estimated treatment costs before seeing the doctor and, after the treatment, view detailed graphic explanations of how each claim was processed, what was billed, what your health plan paid, what you owe and why.

- See which of your claims have been processed
- Note claims you want to watch or follow up on
- Add personalized notes
- Pay health care providers online or with the UnitedHealthcare Health4Me® mobile app when the claim is final



## Information at Your Fingertips

**You don't always know when you'll need to use your health benefits. But we want you to know that you can easily access and manage your health whenever that need arises.**

Begin using these resources today. There are two ways for you to access them.

### myuhc.com®

- A website designed for your health care interactions

### Health4Me mobile app

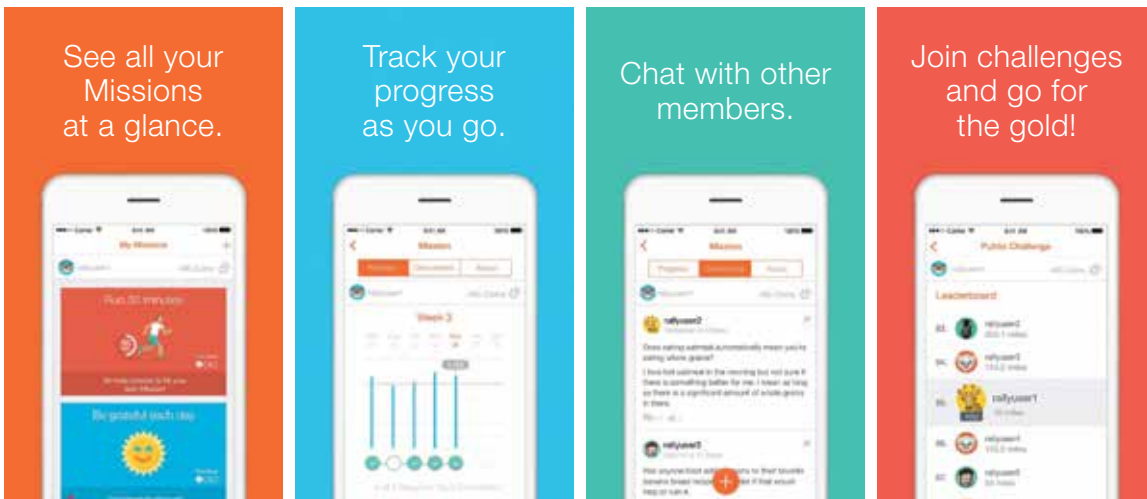
- A mobile app designed for your health care interactions
- Download the app through the Apple® App Store<sup>SM</sup> or Google Play<sup>TM</sup> store for Android® devices

## Fun, Personalized Wellness Recommendations and Tracking



Rally<sup>SM</sup> is the personalized UnitedHealthcare wellness resource that helps you make healthier choices, shake up your daily routine and start feeling better. Rally shows you how to make simple changes for the better in your life, set smart goals and stay on target. You'll get personalized recommendations on how to move more, eat better and have fun doing it.

Rally is also available as a mobile app. Once you've created a Rally account on **myuhc.com**, you can access your Missions, sync with your wearable device like Fitbit®, earn coins and more, all on your phone. The Rally app is currently available for the iPhone® and will be available for Android devices in the fall of 2015.



### Questions?

If you have questions about these tools and how they can help you better manage your health and finances, call the number on your health plan ID card.

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.

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