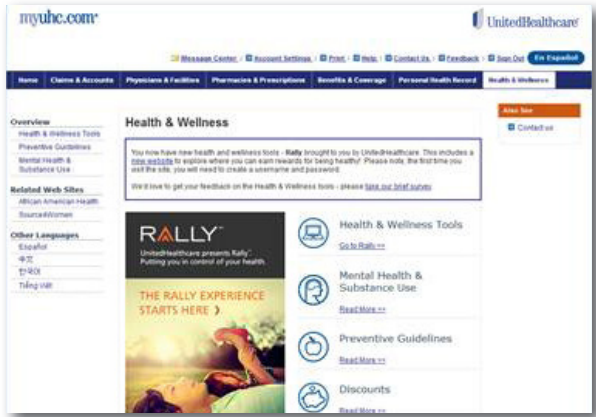


Believe in a healthier you

The Health and Wellness tab on myuhc.com is your own personal website designed to:

- Inspire you to take healthy actions to manage or improve your health
- Encourage you to remain motivated through online health programs and innovative tools that track your progress
- Reinforce your commitment by rewarding your accomplishments



**INTRODUCING RALLY<sup>SM</sup> on myuhc.com** — an online experience that makes it easier for you to eat better, move more, and complete activities that help improve your health.

What is Rally?

Rally is a user-friendly digital experience that will engage you in a new way by using technology, gaming and social media to help you understand, learn and find support on your health journey. With Rally we make it easier for you to get motivated to be healthier.

Rally offers:

A Personalized health Survey

Completing the Health Survey with just a few simple questions provides you with immediate and confidential result and suggested activities that may help you learn more about your health helping you live a healthier lifestyle.

Learn Your “Rally Age”

Upon completion of the Health Survey, you will receive your “Rally Age” – a number that helps you assess your health age compared to your actual age.

Participate in Select Missions

In addition to your Rally Age you will also receive personalized activity suggestions or Missions.

Track your Mission Activities

You can easily track your Mission activities and progress by self-reporting or integrating wearable fitness devices from Fitbit®, Jawbone UP®, or Body Media®.

Make Healthy Connections

Rally also offers online challenges and connects you with online communities around health topics and health related news.


Be rewarded for your activities

As you complete certain activities within Rally you may earn coins for your efforts, which can be used to enter sweepstakes for a chance to win great prizes.



My benefits. My records. My health. My choices.

myuhc.com<sup>®</sup>



Take advantage of these services as soon as your UnitedHealthcare plan goes into effect by registering at **myuhc.com**.



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.

Health plan coverage provided by or through UnitedHealthcare of California, UnitedHealthcare of Oklahoma, Inc., UnitedHealthcare of Oregon, Inc., UnitedHealthcare Benefits of Texas, Inc., UnitedHealthcare of Washington, Inc. Administrative services provided by UnitedHealthcare Services, Inc., Optum Rx or OptumHealth Care Solutions, Inc. Behavioral health products are provided by U.S. Behavioral Health Plan, California (USBHPC) or United Behavioral Health (UBH).

NurseLine<sup>SM</sup> is for informational purposes only. Nurses cannot diagnose problems or recommend specific treatment and are not a substitute for your doctor's care. NurseLine services are not an insurance program and may not be discontinued at any time.

The information provided on included programs is for informational purposes only and is not a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you.

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# Getting the most from your health plan with **myuhc.com**

- Understand your coverage
- Find a doctor in your area
- Manage your claims
- Organize your health information
- Improve your health

**myuhc.com** comes with your UnitedHealthcare health plan.

With **myuhc.com**, you'll have fewer questions and more confidence about your benefits, claims and health information. It's personalized for you and simple to use.

Imagine – no more waiting or wondering. You can access these services in moments, at any time of the day.



## Better manage your expenses

You'll be in control of your health care-related expenses with **myuhc.com**:

- 3 **Manage your claims** with myClaims Manager to easily search for claims, track claims you need to watch, mark claims you've already paid, and use easy-to-read graphs to better understand your bills and what you owe.
- 4 **Manage prescriptions** by ordering your refill medications online and tracking refill status and price. Available only if your pharmacy benefits are through UnitedHealthcare.
- 5 **Track your medical expenses**, including account balances and spending history.
- 6 **Starting healthier habits just got fun.** Rally<sup>SM</sup> is an online experience that may help you complete activities to improve your health.
- 7 **Convenient health plan ID card access** as you can view, download or print your health plan ID card.

With **myuhc.com**, there are no surprises. At every stage of care you know what to expect and can plan accordingly.

## Make smarter choices

**myuhc.com** helps you make more-informed decisions about your health care:

- 1 **Locate information on your benefits and coverage.** Learn about what's covered and what's not, deductibles, if applicable, and out-of-pocket costs. You'll also find tips for getting the most out of your benefits.
- 2 **Find a Doctor.** Our easy-to-navigate online provider directory puts network providers at your fingertips. You can search by name, specialty or ZIP code.

You'll be empowered to make choices that are right for you based on information specific to your plan and coverage.



With myuhc.com help is a call, email or web chat away.

- Have questions about your health care benefits?
- Need help resolving a claim?
- Questions about a recent screening or test?
- Need to find a doctor or schedule an appointment?
- Want to web chat with a nurse?  
[You can also talk to a registered nurse 24/7.]