



Updates to your HealthiestYou Coverage for members on HSA/HDHP Medical Plans

We want to make it easier for you to manage your health. In today's world of technology, virtual care can provide the accessibility you need.

HealthiestYou™ is available to you as part of your UnitedHealthcare Level Funded health plan. HealthiestYou helps you save time and avoid unnecessary in-person doctor visits for non-life-threatening illnesses.

Virtual care services include:



General medicine

Consult with a doctor
24/7 for minor illnesses



Dermatology

Communicate with a
dermatologist for
skin conditions



Mental health

Connect with a psychiatrist,
psychologist or therapist
for support for anxiety,
stress, depression, family
difficulties, etc.
(for 18+ only)



Expert Medical Services

Provides a second
opinion on conditions
like cancer, orthopedic
problems, digestive
system issues, chronic
illness and more

What's changing for our members on HSA/HDHP medical plans?

Effective Jan. 1, 2025, for new business and renewing groups, HealthiestYou services of general medicine, dermatology and mental health will require the per visit cost listed below:

- General Medicine: \$54
- Dermatology: \$85
- Mental Health Care – Therapy: \$95
 - Provided by licensed clinical social workers, professional counselors and board-certified psychologists
 - Does not include medication evaluation or management
- Mental Health Care – Psychiatrists (1st intake visit) with medication capabilities: \$235
- Mental Health Care – Psychiatrists (all subsequent visits) with medication capabilities: \$105

HealthiestYou costs will track toward your annual deductible and out-of-pocket responsibility. Once your deductible is satisfied, any additional HealthiestYou services will be covered at no cost to you until your benefits reset.

Expert Medical Services and MyStrength® Complete will continue to be available at no cost to you, as part of your medical plan.

**United
Healthcare®**

HealthiestYou is not health insurance. HealthiestYou is designed to complement, and not replace, the care you receive from your primary care physician. HealthiestYou physicians are an independent network of doctors who advise, diagnose, and prescribe at their own discretion. HealthiestYou physicians provide cross coverage and operate subject to state regulations. Physicians in the independent network do not prescribe DEA controlled substances, non-therapeutic drugs and certain other drugs which may be harmful because of their potential for abuse. HealthiestYou does not guarantee that a prescription will be written. Services may vary by state. HealthiestYou by Teladoc® and UnitedHealthcare are not affiliated and each entity is responsible for its own contractual and financial obligations.

MyStrength is not a healthcare provider and does not provide medical advice, diagnosis or treatment. Coaches have National Board for Health & Wellness Coaching certification and guides have a bachelor's degree and training in evidence-based mental health engagement; coaches and guides are not licensed mental health professionals. Mental health consultations are performed by licensed mental health professionals employed by or contracted with Teladoc Health Medical Group, P.A. Crisis management services are performed by Vibrant Emotional Health or another third-party partner of Teladoc Health, Inc. See the myStrength Terms of Service for more information.

Administrative services provided by Oxford Health Plans LLC. Stop loss insurance is underwritten by UnitedHealthcare Insurance Company or their affiliates, including UnitedHealthcare Life Insurance Company in NJ, and UnitedHealthcare Insurance Company of New York in NY.