



Welcome to UnitedHealthcare.

We're here to help make your health care experience easier. Use this checklist to help you take charge of your health—and get more out of your plan. Let's get started:

1 Sign up on myuhc.com®.

Log in and use this personalized website to access and manage your health plan details. You can sign up starting on your effective date. Go to myuhc.com, click **Register Now** and follow the step-by-step instructions. Activate your myuhc.com account to:

- Print a copy of your health plan ID card.
- Find and estimate costs for the network care you need.
- See what's covered and get information about preventive care.
- View claim details and account balances.
- Sign up for paperless delivery of your required plan communications.

2 Get on-the-go access.

When you're out and about, the **Health4Me**® app puts your health plan at your fingertips. Download it to easily access your ID card, find nearby care, check prescription medication costs and more.

3 Know your network.

With almost every plan, you'll typically pay less if you choose doctors, clinics and hospitals in your network. Check who's in the network by using the provider directory on myuhc.com or the **Health4Me app**.

4 Save the Care24® phone number.

Call or chat with a nurse about an illness, injury and more. Save the number **1-888-887-4114** to your phone, post it on your fridge or anywhere that's convenient for you.

5 Check out your pharmacy benefits.

OptumRx® is our pharmacy care services manager. Here are cost-effective ways to get your medications within your pharmacy network:

- Visit myuhc.com to see drug costs and coverage. Use our online drug pricing tool or the **Health4Me app** to search for lower-cost alternatives.
- Review your Prescription Drug List (PDL).
 - Take note of which medications are covered by your plan.
 - Ask your doctor about trying less expensive medications if you have concerns about the cost of your medications.
 - Check to see if any of your medications have additional requirements, like prior authorizations or step therapy.
- Consider using home delivery for maintenance medications—those you take regularly—to save time. You may even pay less.

6 Make your first appointment.

Many preventive screenings and immunizations are covered at no additional cost to you, so it's a good idea to call your primary care provider (PCP) and get your first checkup on the calendar.

7 See a doctor from anywhere.

A Virtual Visit lets you see and talk to a doctor from your mobile device¹ or computer without an appointment. Register or download the app at uhc.com/VirtualVisits.



¹ Data rates may apply.

Virtual Visits 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 Care24® program integrates elements of traditional employee assistance and work-life programs with health information lines for a comprehensive set of resources. It is not a substitute for a doctor's or professional's care. 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 are subject to change. Coverage exclusions and limitations may apply.

OptumRx is an affiliate of UnitedHealthcare Insurance Company.

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