



Your plan comes packed with extras

PEEHIP UnitedHealthcare®
Group Medicare Advantage plan



United
Healthcare



PEEHIP

**We're here to help you
do more with your plan**



Get all the benefits of the UnitedHealthcare[®] Group Medicare Advantage plan designed exclusively for PEEHIP retirees, plus some great extras including:



Annual Wellness Visit¹ and preventive care services at \$0 copay²

An Annual Wellness Visit with your provider is one of the best ways to start your year off and stay on top of your health. You and your provider can work as a team to create a preventive care plan, review medications and talk about any health concerns.



Annual in-home visit

Get a yearly check-in with a member of our licensed medical staff who will:

- Perform a head-to-toe exam, health screenings and answer your health questions
- Review your medical history and medications
- Send a summary of your visit to you and your primary care provider

A HouseCalls visit is designed to support, but not take the place of, your provider's care.

HouseCalls may not be available in all areas.



Wellness resources³

Renew by UnitedHealthcare offers health and wellness resources and activities that include:

- Brain games, healthy recipes, learning courses and fitness activities
- Health topic library including articles, videos and health news
- Interactive quizzes, tools and fun activities
- Rewards for completing and reporting certain health care activities



Personal Emergency Response System (PERS)

With the Personal Emergency Response System (PERS), provided by Lifeline, help is a button push away. The PERS device can quickly connect you to the help you need, 24 hours a day in any situation. It's a lightweight, discreet button that can be worn on your wrist or as a pendant. It's also safe to wear in the shower or bath. Depending on the model you choose, it may even automatically detect falls.



Virtual visits

See a doctor or talk to a behavioral health specialist anytime using live video chat from your computer, tablet or smartphone.

With **Virtual Doctor Visits**, you can ask questions, get a diagnosis, or even get medication prescribed and have it sent to your pharmacy.

With **Virtual Behavioral Health Visits**, you can speak to a behavioral health specialist for addiction, depression, anxiety, stress, loss and behavioral health medication management.



Mental and behavioral health

Nothing is more important than your health, which includes your mental health. You have access to many resources to help improve your emotional and mental health, including:

- Personalized virtual therapy programs with AbleTo
- Ongoing mental health support with Optum Behavioral Health
- Health and Wellness Resources with Renew by UnitedHealthcare



24/7 Nurse Support⁴

24/7 Nurse Support was designed specifically to help make your health decisions simple and convenient by providing immediate answers to your health questions anytime, anywhere — 24 hours a day, 7 days a week — at no additional cost.

When you call, a registered nurse can help you:

- Choose where to go for care — whether that's self-care, a provider visit or urgent care
- Find a provider or hospital that meets your needs and preferences
- Understand your diagnosis and explore treatment options



Hear the moments that matter most

With UnitedHealthcare Hearing, you can receive a hearing exam and have access to a wide selection of name-brand and private-labeled custom-programmed hearing aids at significant savings. Plus, you'll receive personalized care and follow-up support from experienced hearing providers.

- Get access to the largest nationwide accredited network of more than 7,000 hearing providers⁵
- Choose latest technology hearing aids from major manufacturers, including Phonak, Starkey®, Oticon, Signia, ReSound, Widex® and Unitron™
- Receive hearing aids in-person or delivered directly to your doorstep with virtual follow-up care, available only through UnitedHealthcare Hearing⁶
- Save thousands of dollars, up to 50-80% off standard industry prices, with exclusive pricing⁷



Healthy at Home⁸

With UnitedHealthcare Healthy at Home you are eligible for the following benefits up to 30 days following all inpatient and skilled nursing facility discharges:

- 28 home-delivered meals through Mom's Meals when referred by a UnitedHealthcare Engagement Specialist
- 12 one-way rides to medically related appointments and to the pharmacy when referred by a UnitedHealthcare Engagement Specialist
- 6 hours of in-home personal care provided through a CareLinx professional caregiver to perform tasks such as preparing meals, bathing, medication reminders and more. A referral from a UnitedHealthcare Engagement Specialist is not required to use the CareLinx benefit.



Rally Coach™ programs

Rally Coach programs can help you start living a healthier and happier life. These virtual coaching programs are available to you at no additional cost and include the following.

- Real Appeal®, an online weight loss program proven to help you achieve lifelong results, one step at a time (includes a diabetes prevention program for those who qualify)
- Rally Wellness Coaching, which helps you get healthy your way by providing 24/7 access to digital health and wellness courses as well as personalized coaching support via online chat or phone calls
- The Quit for Life® Tobacco Cessation Program, which gives you the support you need to quit all types of tobacco use



Chronic condition care

UnitedHealthcare offers special programs to help members who are living with a chronic disease like diabetes or heart disease. You get personal attention and your providers get up-to-date information to help them make decisions.



Fitness membership⁹

Renew Active is the gold standard in Medicare fitness programs for body and mind. Available with many UnitedHealthcare® Medicare Advantage plans — at no additional cost.

- A free gym membership
- An annual personalized fitness plan
- An online brain health program from AARP® Staying Sharp®, including a brain health assessment and exclusive content for Renew Active members
- Social activities at local health and wellness classes and events, and through the online Fitbit® Community for Renew Active. No Fitbit device is needed.



Let's Move by UnitedHealthcare

Receive access to our digital platform created to support you in your health and wellness journey. Topics include; guided wellness strategies, in-person and virtual events, rewards and financial resources.

Do more with your plan

Starting August 1, learn more about the PEEHIP UnitedHealthcare Group Medicare Advantage (PPO) plan online or by phone:



retiree.uhc.com/peehip



1-877-298-2341, TTY 711

8 a.m.–8 p.m. local time, 7 days a week

¹A copay or coinsurance may apply if you receive services that are not part of the annual physical/wellness visit.

²Benefits, features and/or devices vary by plan/area. Limitations and exclusions apply.

³Renew by UnitedHealthcare is not available in all plans. Resources may vary.

⁴The 24/7 Nurse Support 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 this service is for informational purposes only. The nurses cannot diagnose problems or recommend treatment and are not a substitute for your provider's care. Your health information is kept confidential in accordance with the law. Access to this service is subject to terms of use.

⁵Please refer to your Summary of Benefits for details on your benefit coverage.

⁶Select products only.

⁷Based on suggested manufacturer pricing.

⁸A new referral is required after every discharge to access your meal and transportation benefit

⁹Participation in the Renew Active® program is voluntary. Consult your doctor prior to beginning an exercise program or making changes to your lifestyle or health care routine. Renew Active includes standard fitness membership. Fitness membership equipment, classes, personalized fitness plans, caregiver access and events may vary by location. Certain services, discounts, classes, events and online fitness offerings are provided by affiliates of UnitedHealthcare Insurance Company or other third parties not affiliated with UnitedHealthcare. Participation in these third-party services are subject to your acceptance of their respective terms and policies. AARP® Staying Sharp® is the registered trademark of AARP. UnitedHealthcare is not responsible for the services or information provided by third parties. The information provided through these services is for informational purposes only and is not a substitute for the advice of a doctor. Gym network may vary in local market.

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare.

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