



# Your plan comes packed with extras

PEEHIP UnitedHealthcare® Group  
Medicare Advantage plan



United  
Healthcare



**PEEHIP**

# Get all the benefits of the UnitedHealthcare<sup>®</sup> Group Medicare Advantage plan designed exclusively for PEEHIP retirees, plus some great extras including:



## Annual Wellness Visit<sup>1</sup> and preventive care services at \$0 copay<sup>2</sup>

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 health care practitioners at no cost to you.

- Receive health education, prevention tips, care and resource assistance, if needed
- Review current medications
- Get advice and ask questions on how to manage health conditions
- A visit summary is sent to you and your primary care provider

To learn more, visit [UHCHouseCalls.com](https://www.uhchousecalls.com) or call **1-866-447-7868**, TTY 711.

A HouseCalls visit is designed to support, but not take the place of, your regular doctor's care. HouseCalls may not be available in all areas.



## Wellness resources<sup>3</sup>

Explore Renew by UnitedHealthcare, our member-only health and wellness experience, providing a wide variety of useful resources and activities, including: brain games, healthy recipes, fitness activities, learning courses and more — all at no additional cost.



## 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.



## 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.

Find a list of participating Virtual Visit providers by logging in to your member site.



## Mental and behavioral health

You have access to many resources to help improve your emotional and mental health, including:

- Ongoing mental health support with Optum® Behavioral Health
- Health and Wellness Resources with Renew by UnitedHealthcare



## 24/7 Nurse Support<sup>4</sup>

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 — 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

For more information, call toll-free **1-877-365-7949**, TTY **711**.



## 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.

- Get access to the largest nationwide accredited network of more than 7,000 hearing providers<sup>5</sup>
- Choose latest technology hearing aids from major manufacturers, including Phonak, Starkey®, Oticon, Signia, ReSound, Widex® and Unitron™
- Save thousands of dollars, up to 50% off standard industry prices, with exclusive pricing<sup>6</sup>

To learn more, call **1-866-445-2071**, TTY **711**, or visit **UHChearing.com/retiree**.



## Healthy at Home<sup>7</sup>

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<sup>TM</sup> programs

- Real Appeal<sup>®</sup>, 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<sup>®</sup> 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 membership<sup>8</sup>

Renew Active is the gold standard in Medicare fitness programs for body and mind — at no additional cost. Renew Active includes:

- A free gym membership at a fitness center you select from our large nationwide network
- Thousands of on-demand workout videos and live streaming fitness classes
- Social activities at local health and wellness classes and events
- An online Fitbit<sup>®</sup> Community. No Fitbit device is needed.
- An online brain health program with exclusive content for Renew Active members through AARP<sup>®</sup> Staying Sharp<sup>®</sup>



## Let's Move by UnitedHealthcare

Let's Move helps keep your mind, body and social life active. With simple resources, tools, events and personalized support, Let's Move helps you explore ways to eat well, get fit, beat the blues and stay connected — all at no cost to you.

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



# Do more with your plan

Learn more about the benefits in this brochure, online or by phone:



**[retiree.uhc.com/peehip](https://retiree.uhc.com/peehip)**  
and visit the **Health & Wellness** page



**1-877-298-2341, TTY 711**  
8 a.m.–8 p.m. local time, 7 days a week

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

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

<sup>3</sup>Renew by UnitedHealthcare is not available in all plans. Resources may vary.

<sup>4</sup>The 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.

<sup>5</sup>Please refer to your Summary of Benefits for details on your benefit coverage.

<sup>6</sup>Based on suggested manufacturer pricing.

<sup>7</sup>A new referral is required after every discharge to access your meal and transportation benefit

<sup>8</sup>Participation 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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