

More benefits to love

Most of these benefits are available at no extra cost to you.



Wellos – a wellness program built for personalization

Wellos uses smart coaching technology to personalize your health journey and work with your lifestyle. With insights and recommendations based on your personal habits, Wellos responds to what you learn, what you eat, what you need and what you know.



Meet Maven, 24/7 virtual maternity support

Get personalized support from Maven through pregnancy, postpartum and the newborn stage. You and your partner can connect with providers around the clock – for help that's available whenever you need it.



Break free from tobacco and nicotine

Turn to Quit For Life® for judgment-free support and a powerful library of tools designed to help you quit tobacco. Get 1-on-1 coaching, 24/7 access to resources and an online community, an interactive app to track milestones and a Quit Kit to help conquer cravings.



Mental health support at your pace

Helping you find your path to a happier, healthier you with Calm Health, the Calm Health app provides plans to help support your mental health and physical well-being.



Get care, virtually anywhere

With 24/7 Virtual Visits, you can connect to a care provider by phone or video* through myuhc.com® or the UnitedHealthcare® app. Providers can treat a wide range of nonemergency health conditions—from flu and pinkeye to migraines and more—and may even prescribe medication as needed.**

* Data rates may apply.

** Certain prescriptions may not be available, and other restrictions may apply.

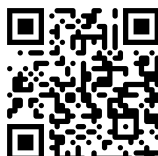


Find your fit with One Pass Select

With One Pass Select®, you can access a nationwide network of gyms, including fitness centers and boutique studios. Choose your membership tier—which start at less than \$1 per day—and then you'll be able to visit any gym location within your tier. One Pass Select gives you the flexibility to change tiers monthly or cancel at any time.

Want to learn more?

myuhc.com





Digital tools to keep you connected

Your personalized digital tools – the UnitedHealthcare® app and myuhc.com® – are designed to help you get the most out of your health plan. They give you quick access to resources that can help you review plan documents, find quality network providers, view and pay claims, see your health plan ID card and so much more.



Make sure everything checks out

Preventive care – such as routine annual checkups and certain recommended screenings and immunizations – is covered by most of our plans at no additional cost when you see network providers. A preventive care visit may be a good time to help establish your relationship with your primary care provider (PCP) and create a connection for future medical services.

Get more info

Download the UnitedHealthcare® app or visit myuhc.com® after your plan is active to learn more and sign up for these programs and services.



Administrative services provided by United HealthCare Services, Inc. or their affiliates.

Where available, members can access a cost estimate online or on the mobile app. None of the cost estimates are intended to be a guarantee of your costs or benefits. Your actual costs may vary. Please refer to the Website or Mobile application terms of use under Benefits & Cost to access a cost estimate, and under Find Care to search for care. Level Funded and Neighborhood Health Partnership members can access average cost data online or on the mobile app. None of the average costs are intended to be a guarantee of your costs or benefits. Your actual costs may vary. Please refer to the Website or Mobile application terms of use under Benefits & Cost to access average cost data, and under Find Care to search for care.

The UnitedHealthcare® app is available for download for iPhone® or Android®. iPhone is a registered trademark of Apple, Inc. Android is a registered trademark of Google LLC.

The Quit For Life® program provides information regarding tobacco cessation methods and related well-being support. Any health information provided by you is kept confidential in accordance with the law. The Quit For Life program does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care. Participation in this program is voluntary. If you have specific health care needs or questions, consult an appropriate health care professional. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.

24/7 Virtual Visits is a service available with a Designated Virtual Network Provider via video, or audio-only where permitted under state law. Unless otherwise required, benefits are available only when services are delivered through a Designated Virtual Network Provider. 24/7 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, or for all members. Check your benefit plan to determine if these services are available.

Certain preventive care items and services, including immunizations, are provided as specified by applicable law, including the Patient Protection and Affordable Care Act (ACA), with no cost-sharing to you. These services may be based on your age and other health factors. Other routine services may be covered under your plan, and some plans may require copayments, coinsurance or deductibles for these benefits. Always review your benefit plan documents to determine your specific coverage details.

One Pass Select is a voluntary program that features a subscription-based nationwide gym network, digital fitness and grocery delivery service. For self-funded participants, there are no state restrictions. For fully insured participants, program availability varies by state: (i) the program is NOT available to members of accounts situated in HI, KS, VT and Puerto Rico; (ii) the grocery delivery service component of the program is not available in TX and is pending regulatory approval in CA and VA for select groups and lines of business - discuss with your UnitedHealthcare representative for details. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. Individuals should consult an appropriate health care professional before beginning any exercise program and/or to determine what may be right for them. Purchasing discounted gym and fitness studio memberships, digital fitness or grocery services may have tax implications. Employers and individuals should consult an appropriate tax professional to determine if they have any tax obligations with respect to the purchase of these discounted memberships or services under this program, as applicable. One Pass Select is a program offered by One Pass Solutions, Inc. Subscription costs are payable to One Pass Solutions, Inc.

Calm Health is not intended to diagnose or treat depression, anxiety, or any other disease or condition. If you feel your condition is severe and needs attention, please contact your treating provider or mental health therapist for help. Please consult with your tax specialist to determine taxability of these offerings.

Maven and Maven Wallet are products of Maven Clinic Co. Maven is an independent company contracted to provide family-building support including care advocacy, virtual coaching, and education. Maven does not provide medical care and is not intended to replace your in-person health care providers. Use of the services is subject to terms of service and privacy policy. Maven® is a registered trademark of Maven Clinic Co. All rights reserved.

Wellos for fully insured business is a voluntary digital wellness program. A buy-up option, which includes 1:1 live coaching, is available for purchase for certain groups (buy-up option not available in HI, MT and NM). **Wellos for self-funded** business is a voluntary wellness program. The information provided under **both** programs is for general informational purposes only and is not intended to be nor should be construed as medical advice. You should consult with an appropriate health care professional to determine what may be right for you.