



Here's what's inside:

- NEW Fitness Reimbursement Program
- NEW Health Screenings and Coaching
- Personal Health and Wellness
- Value-Added Services

It's about everyday choices

UnitedHealthcare Wellness Programs for customers with 1-100 employees

When employees learn how to make good decisions for their health, everyone wins. They may stay healthier. You, as their employer, may see that healthier employees can work better and miss work less often.

More companies are looking for ways to lower their health care costs. We believe that wellness programs in the workplace could potentially save you money.

Fitness Reimbursement Program

We're serious about motivating our members to make more informed choices that may result in better health.

The fitness reimbursement program* offers money back to members who go to a participating fitness center on a regular basis. It's a fun way to encourage healthy behavior. Here is how the program works:

- Members choose a participating fitness center from a national network including 24 Hour Fitness®, Anytime Fitness®, Curves®, LifeTime Fitness®, Snap Fitness®, the Y® and more.
- Members present their fitness ID card each time they visit the fitness center.
- Members can each earn a credit of \$20 per month – up to \$240 per year for subscribers and enrolled spouses – by visiting a participating fitness center at least 12 times per month. Reimbursement is either deposited directly into the member's bank account or credited to the member's

fitness center membership dues, depending on the fitness facility used.

- Members and spouses (if enrolled in the health plan) can participate in the fitness reimbursement program.
- More information on this program is easy to find on myuhc.com

Health and wellness information at myuhc.com

UnitedHealthcare has set up a special website just for your employees. They can learn more about each new and exciting health and wellness program by visiting myuhc.com.

Also, UnitedHealthcare **will provide you with a promotional toolkit**. This toolkit will help you spread the news to your employees about these new programs and the new website.

* Program applies only to select partner gyms and may not be available where member lives or works.



Health Screenings and Coaching

Offering biometric health screening and wellness coaching may help make a measurable difference for you and your employees. Monitoring health status and focusing on preventive care may help reduce the chance of future complicated health conditions.

Biometric Health Screenings

- Employee and spouse are eligible
- Members can download a provider health form. They need to take it to their provider to have a screening complete in order to learn their numbers that may help them manage and improve their health, such as blood glucose and cholesterol levels.
- Data populates into online health assessment and Personal Health Record

Wellness Coaching

- Telephone wellness coaching for seven conditions
 - Weight
 - Stress
 - Exercise
 - Heart Health
 - Tobacco Cessation
 - Nutrition
 - Diabetes

Why preventive care is important

Preventing disease or detecting disease early is important to living a healthy life. The better an individual's health, the lower health care costs are likely to be. UnitedHealthcare provides information about guidelines for maintaining health:

- Health screenings for children up to 18 years of age
- Recommended immunization schedules for children up to 18 years of age
- Preventive care guidelines for adults over 18 and much more



Members should talk to their doctor about specific health questions and concerns, and follow his or her recommendations. If you'd like more information on preventive care, visit <http://www.ahrq.gov/patients-consumers/prevention/index.html>.

* Members must obtain blood pressure reading separately and manually enter this data on myuhc.com.

Personal Health and Wellness

Simply Engaged – Small Business

Simply Engaged is a group of programs and services designed to help members make healthy lifestyle decisions that could affect their long-term quality of life. Below are just a few of the tools and resources included in Simply Engaged.

- **Health Survey:** This tool can assist employees and covered spouses focus on area for health improvement. Find out by taking a confidential health survey and earn a reward.
- **Online Health Actions (Missions):** Missions are suggested based on completed health survey responses. Employees and covered spouses et a personalized set of suggested Missions, can choose Missions on their own as well. Missions focus on simple, actionable tasks.
- **Telephonic Wellness Coaching:** Members can receive one-on-one telephonic wellness coaching from a health coach to address health conditions such as weight management, tobacco cessation, stress, nutrition, exercise, diabetes and heart health.
- **Personal health record** – Members can securely record their medical history online, keep their health assessment results and even some claims data, as well as receive personalized health messages and reminders.
- **Healthy Pregnancy program** – Gives members support through all stages of pregnancy and delivery. The program includes screenings that help identify patients with high-risk pregnancies. By helping patients get information, this program may help lower maternity and intensive care costs.
- **Health and wellness publications** – When members sign up for our *Healthy Mind Healthy Body*® e-newsletter, they can choose up to five health topics relevant to their lifestyle and receive the latest healthy living information.
- **Healthcare Cost Estimator:** Get simple, comprehensive estimates of your health care costs to help make more informed decisions.

Health discount program

Our health discount program helps members and their families save 10 to 25 percent on non-covered health and wellness purchases from participating providers. The health plan or supplemental benefits should always be used for covered services. The discount program saves on services that are not covered by the plan or are above plan limits.

Even with medical, dental and vision coverage, enrolled health plan members can save even more money by using the health discount program for:

- **Dental care** – Cosmetic procedures such as teeth whitening
- **Vision care** – Laser eye surgery
- **Alternative care** – Acupuncture, chiropractic care, massage therapy and natural medicine
- **Long-term care services** – Skilled nursing facilities, assisted living, respite programs and durable medical equipment
- **Infertility treatment**
- **Hearing devices**



Value-Add Services

Member online portal

UnitedHealthcare's website for members offers easy-to-use online tools and personalized information.

The website was designed to help employees clearly understand their health care choices and get the most out of their health care coverage. The member portal gives employees an interactive and reliable way to access their personal account and health topics of interest.

At no additional cost to you, members can:

- Review who is covered under their plan and what services are covered
- Change/select a primary care physician (if required by the benefit plan)
- Print a temporary health plan ID card or request a new health plan ID card
- Use Pharmacy online (if in coverage)
- Talk one-on-one with a registered nurse using Live Nurse Chat
- Use the Personal Health Record to organize health data and receive information on specific conditions to better manage their health

- Take a personalized Health Assessment and participate in Online Health Coaching programs that help them set goals for better health

Simplified benefits administration

Save money and lighten administrative responsibilities. Offer Pre-Tax Premium plans, COBRA administration services and Flexible Spending Accounts through UnitedHealthcare. These services are available at no additional cost to you when you purchase medical coverage through UnitedHealthcare.*

Adding these plans to your benefit programs may reduce payroll-related taxes and increases employee satisfaction. And, all you need to do is enroll in these programs. UnitedHealthcare will provide support and tools to help you effectively communicate with your employees.

- Pre-Tax Premium Plan
- COBRA/State Continuation
- Flexible Spending Account

* These services are available to customers with 20 to 99 eligible employees. The cost of these administrative services is included in the administrative portion of the premium.



All trademarks are the property of their respective owners.

UnitedHealth Wellness® is a collection of programs and services offered to UnitedHealthcare enrollees to help them stay healthy. It is not an insurance product but is offered to existing enrollees of certain products underwritten or provided by UnitedHealthcare Insurance Company, UnitedHealthcare of California, or its affiliates to encourage their participation in wellness programs. Health care professional availability for certain services may be dependent on licensure, scope of practice restrictions or other requirements in the state. Some UnitedHealth Wellness programs and services may not be available in all states or for all group sizes. Components subject to change.

Simply Engaged programs provide information and support. They do not diagnose medical problems or recommend specific treatment, nor are they a substitute for a physician's care.

The Healthy Pregnancy Program follows national practice standards from the Institute for Clinical Systems Improvement. The Healthy Pregnancy Program cannot diagnose problems or recommend specific treatment. The information provided is not a substitute for your doctor's care.

Disclosure: The Health Discount Program is administered by HealthAllies®, Inc., a discount medical plan organization. **The Health Discount Program is NOT insurance.** The discount program provides discounts at certain health care providers for medical services. The discount program does not make payments directly to the providers of medical services. The discount program member is obligated to pay for all health care services but will receive a discount from those health care providers who have contracted with the discount plan organization. HealthAllies, Inc., is located at P.O. Box 10340, Glendale, CA, 91209, 1-800-860-8773, www.unitedhealthallies.com, ohacustomer@optumhealth.com. The health discount program is offered to existing members of certain products underwritten or provided by UnitedHealthcare Insurance Company or its affiliates to provide specific discounts and to encourage participation in wellness programs. Health care professional availability for certain services may be dependent on licensure, scope of practice restrictions or other requirements in the state. UnitedHealthcare does not endorse or guarantee health products/services available through the discount program. This program may not be available in all states or for all groups. Components subject to change.

Health plan coverage provided by or through UnitedHealthcare Insurance Company and UnitedHealthCare of California. Administrative services provided by United Healthcare Services, Inc., OptumRx or OptumHealth Care Solutions, Inc. Behavioral health products are provided by U.S. Behavioral Health Plan, California (USBHPC) or United Behavioral Health (UBH).