

MEHP News

For those over 65 and otherwise eligible for Medicare

HouseCalls Visits Are Now Virtual

To ensure members are safe and continue to receive their HouseCalls visit even during the COVID-19 national emergency, UnitedHealthcare has shifted their in-person HouseCalls program to a virtual visit. HouseCalls will be offered over the course of a few weeks through a telehealth platform to help members get the care they need and identify gaps in care. Members who have an email and proper webcam capability could be offered a virtual visit.

Fitness Moves "At Home"

With the temporary closure of gyms and fitness centers across the country, it is even more important for members to stay active in the safety of their own homes. Our fitness programs have launched various digital classes on demand and "At Home" kits that members can access for free from the comfort of their homes. You can call the number on the back of your UnitedHealthcare ID card for assistance.

Buoy Symptom Tracker

This is an online symptom tracker that will help a member assess their risk for COVID-19 and provides options for treatment, care and support. Members must log in to their UHCRetiree.com/trs portal to access this resource.

On-demand Emotional Support Is Available

[Sanvello](#), a free mobile app that can help members cope with stress, anxiety and depression during the COVID-19 pandemic is now available from the App Store or GooglePlay.

UHC Needs Your Help to Keep Members Informed

Please provide your email addresses, so UHC can help you stay current. Keeping you informed in a timely manner about health-related news is important to UHC. Please visit UHCRetiree.com/trs and choose "Register Now" to set up an account.