

Get to know your plan benefits

Take advantage of benefits designed to
help you live a healthier life



United
Healthcare®
Group Medicare Advantage



We're here to help you live healthier

Your 2024 UnitedHealthcare® Group Medicare Advantage (PPO) plan gives you access to many programs and services



We put you first

You and your health needs deserve personal attention and service. From our dedicated Customer Service Advocates to programs that support your health — it's all about you.

Let's get started

UnitedHealthcare® Healthy at Home Post-discharge support at no additional cost	Page 4
Personal emergency response system (PERS) Help when you need it at the push of a button	Page 5
Rally Coach™ programs Help with weight management, quitting tobacco use and healthy living	Page 6
UnitedHealthcare® HouseCalls A yearly visit from the convenience of your home	Page 7
Renew Active® by UnitedHealthcare® Fitness for body and mind	Page 8
Let's Move by UnitedHealthcare Help to keep your mind, body and social life active	Page 9
UnitedHealthcare® Hearing Never miss a moment with the latest hearing technology	Page 10
UnitedHealthcare® Member Discount Program Get discounts to help you save money on products and services	Page 11

UnitedHealthcare[®] Healthy at Home

You are eligible for extra benefits up to 30 days after an inpatient and skilled nursing facility discharge:



Get 28 home-delivered meals



Get up to 12 one-way rides to and from medically related appointments and to the pharmacy



Get up to 6 hours of non-medical personal care through a professional caregiver to perform tasks such as companionship, preparing meals, medication reminders and more. A referral is not required.

Questions?

Call **1-844-518-5877**, TTY **711**, 8 a.m.–8 p.m. local time, Monday–Friday.
Or visit retiree.uhc.com/trs

You are not required to use all 3 services. **A new referral is required after each discharge to access your meal and transportation benefit. Call the number on your member ID card to get a referral.** Unused benefits do not roll over. Some restrictions and limitations apply.

Personal emergency response system (PERS)

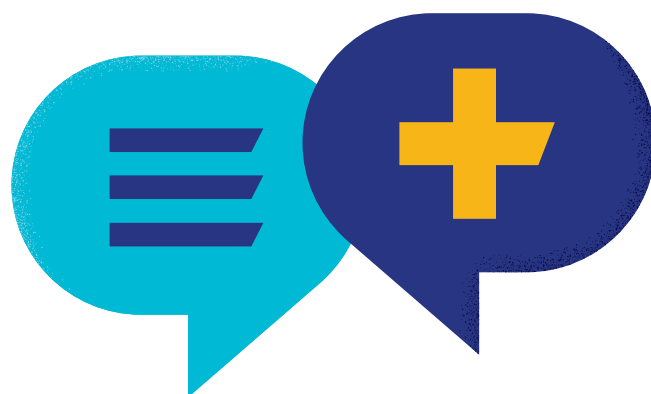
UnitedHealthcare works with Lifeline to provide a PERS at no cost to you

The Lifeline personal emergency response system allows you to ask for help anytime you need it — 365 days of the year, 24/7. Just push the help button on your wearable device and a trained Care Specialist will assist you to get you the help you need quickly.

Features include:

- Optional AutoAlert fall detection technology automatically provides access to help if it detects a fall* — even if you cannot push the help button
- Lifeline works anywhere in the U.S. where current landline and/or cellular service is provided
- Lightweight, water resistant help button can be worn on the wrist or around the neck

Lifeline is the most popular personal emergency response system in the U.S. today, offering solutions to fit your unique needs and lifestyle.



Members, family members, caregivers and health care professionals may enroll an eligible member by:

Phone: 1-855-595-8485, TTY 711

Online: lifeline.com/uhcgroup

Please be sure to have the member address (where service will be provided), telephone number, date of birth and preferred language.

* Automatic fall detection technology does not detect 100% of falls. If able, a subscriber should always push their personal alert button when they need help. Button signal range could vary due to environmental factors. Lifeline response center may proceed directly to calling emergency services in urgent circumstances.

Rally Coach™ programs

Get help living a healthier, happier life with Rally Coach programs. These virtual programs are available at no additional cost.



Real Appeal®

An online weight management and healthy lifestyle program proven to help you achieve lifelong results. Each week you'll learn how to create healthy habits and stay motivated so you can achieve your long-term goals. Sign up if you're ready to change your health for good.

For more information about Real Appeal, call **1-844-924-7325**, TTY **711**.



Real Appeal Diabetes Prevention

An online lifestyle program designed to help you lose weight, gain energy, feel your best and reduce your risk of developing diabetes. The program is available to you if you have a BMI of 25 or more, have pre-diabetes, and have no previous diagnosis of Type 1 or Type 2 diabetes.

For more information about Real Appeal, call **1-844-924-7325**, TTY **711**.



Wellness Coaching

Online and live coaching support that provides access to a variety of digital health and wellness courses.

For Wellness Coaching, call **1-800-478-1057**, TTY **711**.



Tobacco Cessation

A tobacco cessation program designed to give you a clear path to quitting and remaining nicotine-free. Through an online dashboard, you can phone, text or chat to get the support you need.

For access to the tobacco cessation program, call **1-866-784-8454**, TTY **711**.

Get started today

To learn more about these programs and others that may be available to you, visit rallyhealth.com/retiree

UnitedHealthcare[®] HouseCalls

UnitedHealthcare HouseCalls¹ is a yearly preventive care check-in that helps you stay on track with your health between regular provider visits. This no-cost visit is done in the comfort of your home and allows time for you to ask questions about your health.

At the end of your visit, we'll give you a checklist of things to discuss with your primary care provider (PCP). We also send a summary of your HouseCalls visit to both you and your PCP so they stay informed.

What does the HouseCalls visit include?

- ✓ Up to an hour-long in-home visit from a licensed health care practitioner
- ✓ A head-to-toe exam, select health screenings and plenty of time to talk about your health questions
- ✓ A medication review
- ✓ Help connecting with additional care you may need

Think of a HouseCalls visit as an extra layer of care. It gives you valuable one-on-one time you don't always get in your provider's office.

Get started today

To schedule a visit, call toll-free
1-866-447-7868, TTY 711.

¹HouseCalls may not be available in all areas.



Fitness for body and mind

Renew Active® is a fitness program for body and mind — at no additional cost



Stay active

Help stay active at a gym or from home.

- A free gym membership
- Access to the largest national network of gyms and fitness locations
- Access to many premium gyms and fitness locations
- An annual personalized fitness plan
- Allows members who need help to bring a workout assistant to the gym, at no additional cost
- Access to thousands of on-demand workout videos and live streaming fitness classes



Stay focused

An online program from AARP® Staying Sharp® offering content about brain health, as well as exclusive content for Renew Active members.

- Cognitive Assessment and Lifestyle Check-Ins
- Interactive challenges
- Recipes
- Cooking and motivational videos
- Access to the AARP® Staying Sharp® app



Stay connected

Connect and engage with other members.

- Social activities at local health and wellness classes and events
- Access to the Fitbit® Community for Renew Active — no Fitbit device needed; joining the community also provides access to Fitbit Premium™

Your code is key

Every Renew Active member has a unique confirmation code.

To find yours:

1. Sign in to **retiree.uhc.com**
2. Look for **My coverage** and click **Access gym code**
3. Look for **Renew Active**
4. Your Renew Active Confirmation Code will start with a letter, followed by 9 digits
5. If you are unable to log in to your member site or if you have any questions, please call Customer Service at the number on your member ID card

Join the healthy, happy movement

At no additional cost to you, Let's Move by UnitedHealthcare helps keep your mind, body and social life active

With simple resources, tools, fun events and personalized support, we'll help you explore ways to eat well, be physically and mentally fit, stay connected, practice self-care and learn strategies for financial well-being.



Let's eat well

Treat yourself to tasty recipes, fun cooking events and support.



Let's connect

Caregiver resources to help navigate information to support loved ones and implement self-care strategies.



Let's get fit

Get free access to at-home workouts, participating gyms and local fitness events through your fitness benefit.



Let's make friends

Find ways to connect through local and online events, classes, volunteering and more.



Let's live well

Learn strategies to help maintain and manage your financial well-being to positively impact your physical, mental and social health.



Let's be mentally fit

Take time to care for your mental health with support services, online tools and resources.

Get started today

Visit letsmovebyuhc.com

UnitedHealthcare Hearing

Better hearing starts here

Treating hearing loss may help you rediscover parts of your life that may have felt missing — including engaging in daily activities and staying connected to the people you love. You'll also support your long-term health and can potentially reduce the risk of diseases such as dementia.¹ You can get a hearing test and hearing aids as part of your plan.²

Hearing aids are more advanced than ever

Choose from a wide selection of hearing aids with the latest technology.

- **Relate™**, UnitedHealthcare Hearing's brand, features recharging capabilities, remote adjustments, Bluetooth® streaming and a smartphone app
- **Access to popular hearing aids** including Beltone™, Oticon, Phonak, ReSound, Signia, Starkey®, Unitron™ and Widex®
- **2,000+ name-brand models and styles** are available through an in-person UnitedHealthcare Hearing provider, including hearing aids from the industry's top brands

UnitedHealthcare Hearing is here to make it easier

- 1 Contact UnitedHealthcare Hearing to schedule an initial hearing exam and consultation**
Treat hearing loss and protect your hearing health.
- 2 Your provider will help you find the perfect solution**
At your consultation and exam, your provider will assess your hearing and provide a personalized recommendation. Plus, they'll be able to help answer any questions you have.

Good-to-know details

- You have 60 days to try out hearing aids purchased from a provider
- Your plan includes a 3-year extended warranty for repairs and a one-time loss or damage replacement²
- Schedule up to 3 follow-up visits at no cost,³ with additional support available

Explore your options today

Visit UHChearing.com/Retiree or call **1-866-445-2071, TTY 711**.

¹Center for Hearing and Communication. Statistics and facts about hearing loss. chchearing.org/facts-about-hearing-loss. Accessed July 2020.

²Please refer to your Evidence of Coverage for details on your benefit coverage.

³Benefits, features, and/or devices vary by plan/area. Limitations and exclusions may apply. Other hearing exam providers are available in the UnitedHealthcare network. The plan only covers hearing aids from a UnitedHealthcare Hearing network provider.

UnitedHealthcare member discount program

Discounts, discounts and more discounts

As a plan member, the discount program helps you save on products and services like:

- ✓ Home-delivered meals
- ✓ In-home personal care
- ✓ Theme park tickets
- ✓ Travel
- ✓ Fitness gear
- ✓ Home improvement
- ✓ Pet insurance
- ✓ Financial services
- ✓ And more

You can also get discounts on acupuncture, chiropractic, massage therapy, natural healing, physical and occupational therapy services and more through the WholeHealth Living Choices network.* Plus, save on hearing aids through UnitedHealthcare Hearing.

How it works

1. Visit uhcretireediscounts.lifemart.com.
2. Enter your email address to sign up and access your discounts. If you need assistance signing up, click **Need Help?** at the bottom of the page.
3. Select any discount to view the details and instructions. (You may be redirected to that company's website and additional registration requirements may apply.)

*Acupuncture, chiropractic, natural healing, and physical and occupational therapy discounts are not currently available in California. However, all other discounts will be available.

Discounts are available for cash paid services only and cannot be combined with chiropractic or acupuncture services if covered under your medical plan.

The products and services described are neither offered nor guaranteed under our contract with the Medicare program. In addition, they are not subject to the Medicare appeals process. Any disputes regarding these products and services may be subject to the your plan grievance process.

Questions?



retiree.uhc.com/trs



1-844-518-5877, TTY 711

8 a.m.–8 p.m. local time, Monday–Friday

The CareLinx services are made available to you from a third party through your UnitedHealthcare® Group Medicare Advantage insurance plan. CareLinx is not a UnitedHealthcare company. UnitedHealthcare and your Plan are not responsible for any services you receive from this third party. This is not an insurance program and may be discontinued at any time. Benefits and features may vary by plan/area. Limitations and exclusions apply.

UnitedHealthcare does not make any representations regarding the content or accuracy of the materials on such sites. CareLinx will share only non-identifiable, aggregate information with UnitedHealthcare that is collected through the use of the CareLinx platform. This information may be used by UnitedHealthcare to potentially help develop future programs and services for its insured members. CareLinx is the network administrator of this in-home care service offer. CareLinx does not employ or recommend any care provider or individual seeking services nor is it responsible for the conduct of any care provider or care seeker. The CareLinx website is a venue that provides tools to help care seekers and care providers connect online. Each individual is solely responsible for selecting a care provider or care seeker for themselves or their families and for complying with all laws in connection with any employment relationship they establish. All decisions about medications and care are between you and your health care provider.

Benefits, features and/or devices vary by plan/area. Limitations and exclusions apply. You must have a working landline and/or cellular phone coverage to use PERS.

Refer to the Evidence of Coverage for eligibility requirements.

Real Appeal Weight Management is available to those with a BMI of 19 and higher. Real Appeal Diabetes Prevention is available if you have a BMI ≥ 25 (BMI ≥ 23 for Asian Americans), prediabetes, and no previous diagnosis of type 1 or type 2 diabetes. If you're pregnant, please speak with your primary care physician before joining the program. Limitations and restrictions apply.

Benefits and features may vary by plan/area. The information provided through the program is for informational purposes only and provided as part of your health plan. It is educational in nature and should not substitute for medical advice.

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The Renew Active® Program varies by plan/area and may not be available on all plans. 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 and other offerings. 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. 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 and plan. Gym network size is based on comparison of competitor's website data as of May 2023.

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.

This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits, Premium and/or copayments/coinsurance may change on January 1 of each year.

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