



# Are you struggling with daily challenges?



## Connect to resources for support

Sometimes life can present real challenges—from not having enough food for you and your family to not being able to make ends meet to not being sure if you have a home to live in. It's not always easy to reach out for help, or even know where to begin to find it. As part of your Oxford health plan, you can connect to local programs and services that are available to you at \$0 or reduced cost at [uhc.com/communityresources](https://uhc.com/communityresources).



Food banks, local farming and food card programs with local grocers



Employment support services, job programs, internships, education, financial literacy



Local shelters, temporary housing and housing programs



Ride share and public transportation services

## Your total well-being matters

Did you know that 80% of your health is influenced by factors like financial stress, food insecurity, housing worries and social isolation?<sup>1</sup> We are here to help you get the kinds of support needed to better cope with these situations—so that you can live your healthiest life.

## Find support

Visit [uhc.com/communityresources](https://uhc.com/communityresources) or call the number on your health plan ID card

<sup>1</sup>Robert Wood Johnson Foundation, <https://www.rwjf.org/> Accessed 4/8/2022.

The information provided herein is for informational purposes only as part of your health plan. It is not a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you. Always refer to your plan documents for specific benefit coverage and limitations or call the toll-free member phone number on your health plan ID card. Your personal health information is kept private in accordance with your health plan's privacy policy.

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