



## Tools to help you manage your health and your health plan

Whether you're going mobile with the UnitedHealthcare® app or checking in on your wellness goals with Rally®, these tools and resources are designed to help you enjoy a better health care experience.



### myuhc.com

Built to help you manage your plan 24/7, **myuhc.com**® gives you access to all your plan info in one place, so you can: find and price care, see what's covered, view claim details and so much more.



### UnitedHealthcare app

When your health plan's right at your fingertips, you can manage your benefits anytime, anywhere. Download the UnitedHealthcare app to: find nearby care options in your network, see your claim details and view progress toward your deductible, view and share your health plan ID card and video chat with a doctor 24/7.



### Virtual Visits

With Virtual Visits, you can video chat with a doctor by computer or mobile device,\* from the comfort of home or anywhere. Doctors can diagnose a wide range of nonemergency medical conditions—and even provide prescriptions, if needed.\*\*

\*Data rates may apply.

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



## Rally Health and Wellness

Have fun and get healthier with Rally. Get personalized support to help you achieve your health goals, join missions and complete activities to earn Rally Coins that you can use for a chance to win rewards.



## Real Appeal

Connect with a community of support with Real Appeal®, an online weight loss program designed to inspire healthier behaviors. It includes group coaching sessions, 24/7 access to videos, tools to track your progress and more.



## Behavioral health

You can find network behavioral health providers, schedule in-person and virtual appointments, and learn about a variety of behavioral health related topics with Live and Work Well. Download the Sanvello™ app for help with stress, anxiety, depression and finding the tools you need to stay engaged and track your personal progress.

**Learn more**

Contact your UnitedHealthcare ADPTS representative

**United  
Healthcare**

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.

Virtual Visits phone and video chat with a doctor are not an insurance product, health care provider or a health plan. Unless otherwise required, benefits are available only when services are delivered through a Designated Virtual Network Provider. 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.

All UnitedHealthcare 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. When accessing a cost estimate, please refer to the Website or Mobile application terms of use under Find Care & Costs section.

Rally Health provides health and well-being information and support as part of your health plan. It does not provide medical advice or other health services, and is not a substitute for your doctor's care. If you have specific health care needs, consult an appropriate health care professional. Participation in the health survey is voluntary. Your responses will be kept confidential in accordance with the law and will only be used to provide health and wellness recommendations or conduct other plan activities.

Real Appeal is provided to eligible members at no additional cost as part of your health plan benefits.

Real Appeal is a voluntary weight loss program that is offered to eligible participants as part of their benefit plan. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical and/or nutritional advice. Participants should consult an appropriate health care professional to determine what may be right for them. Any items/tools that are provided may be taxable and participants should consult an appropriate tax professional to determine any tax obligations they may have from receiving items/tools under the program. 24-hour nurse is for informational purposes only. Nurses cannot diagnose problems or recommend specific treatment and are not a substitute for your doctor's care. Program components may not be available in all states or for all group sizes and are subject to change. Coverage exclusions and limitations may apply.

UnitedHealthcare does not recommend or endorse any treatment or medications, specific or otherwise. The information provided is for educational purposes only and is not meant to provide medical advice or otherwise replace professional advice. Consult with your clinician, physician or mental health care provider for specific health care needs, treatment or medications. Certain treatments may not be included in your insurance benefits. Check your health plan regarding your coverage of services.

The Sanvello Mobile Application should not be used for urgent care needs. If you are experiencing a crisis or need emergency care, call 911 or go to the nearest emergency room. The information contained in the Sanvello Mobile Application is for educational purposes only; it is not intended to diagnose problems or provide treatment and should not be used as a substitute for your provider's care. Please discuss with your doctor how the information provided may be right for you. Available to all UnitedHealthcare members at no additional cost as part of their benefit plan. Participation in the program is voluntary and subject to the terms of use contained in the Application. © Optum 2020. All rights reserved.

Health Plan coverage provided by or through a UnitedHealthcare company. Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates.

B2C EI21502310.0 2/21 © 2021 United HealthCare Services, Inc. All Rights Reserved. 21-502311-A