

# A guide to your Getting Started Toolkit.

Start by looking at which phase your employees are in with their health plan. Then, determine which individual pieces you want to use.

You have the option to release information on a weekly basis or use the single email in each section that compiles multiple communications, and send monthly.

	Topic	Available format(s)	
<p><b>Before the plan begins.</b></p> <p>Up to 3 weeks before the plan's effective date.</p>	What to Do Before Health Plan ID Cards Arrive	<ul style="list-style-type: none"> <li>Flier</li> <li>Email</li> </ul>	
	What to Do When ID Cards Arrive	With OptumRx® Pharmacy: <ul style="list-style-type: none"> <li>Flier</li> <li>Email</li> </ul> Without OptumRx Pharmacy: <ul style="list-style-type: none"> <li>Flier</li> <li>Email</li> </ul>	
	Enrolled in the Plan—Now What?	<ul style="list-style-type: none"> <li>Video</li> <li>Quiz</li> </ul>	
	Six Tips to Finding a Doctor	Infographic	
	Before the Plan Begins: A Selection of Resources	Email	
<p><b>When the plan begins.</b></p> <p>The week employees can begin using their coverage.</p>	Using Benefits Video	Video	
	myuhc.com®	Infographic	
	Health4Me®	Flier	
	Welcome Brochure* <p><small>*If you'd like to order printed copies or add specific health plan or other program information to the Welcome Brochure, please contact your account representative.</small></p>	Fully insured: <ul style="list-style-type: none"> <li>Downloadable PDF</li> <li>Email</li> </ul> Self-funded (ASO): <ul style="list-style-type: none"> <li>Downloadable PDF</li> <li>Email</li> </ul>	
	When the Plan Begins: A Selection of Resources	Email	
<p><b>One to three months into the plan.</b></p> <p>Materials can be used to address certain issues or questions employees may have about their plan.</p>	Using the Plan	Health Benefits Basics	Quiz
		myuhc.com	Brochure
		Health4Me	Infographic
	Avoiding Cost Surprises	Avoiding Cost Surprises	Video
		Understanding Network Providers	Infographic
		Estimating Cost of Care	Flier
	Finding Care Options	Check. Choose. Go.®	<ul style="list-style-type: none"> <li>Flier</li> <li>Email</li> </ul>
		Virtual Visits	Flier
		Preventive Care	<ul style="list-style-type: none"> <li>Brochure</li> <li>Online Guidelines</li> </ul>
		What to Know About Care Options	Quiz
	Understanding Pharmacy Benefits (Use if your employees have OptumRx benefits)	OptumRx: Quick Start Guide	Brochure
		OptumRx: Welcome to OptumRx Overview	Flier
	One to Three Months Into the Plan: A Selection of Resources	Email	



Access your Getting Started Toolkit at [uhc.com/GettingStartedToolkit](http://uhc.com/GettingStartedToolkit).