

Got your ID card? Let's get started.

Managing a health plan can be confusing, but here's where it gets easier.

The following 5 steps can help you take charge of your health and get more out of your plan.

1 Activate your myuhc.com® account.

Your personalized member website helps you manage your health plan, see what's covered and so much more. It can help you:

- Find network doctors.
- Find and estimate costs.
- View and pay claims.
- Check your account balances.
- Learn about covered preventive care.

2 Download the UnitedHealthcare® app.

Our app lets you take your plan and health plan ID card on the go. You can even find nearby care options in your network, video chat with a doctor 24/7 and check your progress toward your deductible.



3 Stay in the network.

The doctors and facilities in our network have agreed to provide services at a discount — so staying in network makes sense, especially when visiting an out-of-network provider could cost you a lot more for care. You can find network doctors, mental health professionals, hospitals, labs and more at myuhc.com > **Find Care & Costs**.

4 Make your first appointment.

Many preventive screenings and immunizations are covered at no cost to you, so it's a good idea to call your primary care provider (PCP) and get your first checkup on the calendar.

5 Find out if you need prior authorization.

Your plan may require prior authorization before you receive certain services, tests or procedures. This means that you or your network provider may need to get approval from your plan before the services are covered. Prior authorization helps keep medical costs in check. Call the toll-free member phone number on your ID card or sign in at myuhc.com > **Coverage & Benefits** to check if prior authorization is needed.

Now you're in
the know.

And good
to go.



Visit uhc.com/memberresources to learn more.



Certain preventive care items and services, including immunizations, are provided as specified by applicable law, including the Patient Protection and Affordable Care Act (ACA), with no cost-sharing to you. These services may be based on your age and other health factors. UnitedHealthcare also covers other routine services, and some plans may require copayments, coinsurance or deductibles for these benefits. Always review your benefit plan documents to determine your specific coverage details.

Virtual Visits 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.

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.

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