



# Got your ID card? Let's get started.

If you have your health plan ID card, you're ready to get started. While managing a health plan can be confusing, here's where it gets easier. Use this checklist to help take charge of your health—and get more out of your plan. Here's how to get started.

## 1 Sign up on [myuhc.com](https://myuhc.com)®.

Log in and use this personalized website to access and manage your health plan details. It's got helpful tools to help you:

- Find and estimate costs for the network care you need.
- See what's covered and get information about preventive care.
- View claim details and account balances.
- Sign up for paperless delivery of your required plan communications.

## 2 Get on-the-go access.

When you're out and about, the UnitedHealthcare Health4Me® mobile app puts your health plan at your fingertips. Download it for free to easily access your ID card, find nearby care, check prescription medication costs and more.

## 3 Know your network.

With almost every plan, you'll pay less if you choose doctors, clinics and hospitals in your network. It's easy to check who's in the network by using the provider directory on [myuhc.com](https://myuhc.com) or the Health4Me app.

## 4 Check out your pharmacy benefits.

OptumRx® is your pharmacy care services manager. Here are some ways to learn how it works and find cost-effective ways to get your medications within your pharmacy network.

- Visit [myuhc.com](https://myuhc.com) to see your medication cost and coverage. Use our online drug pricing tool or the Health4Me app to search for lower-cost alternatives.
- Review your Prescription Drug List (PDL).
  - Take note of which medications are covered by your plan.
  - Look at the costs you pay out-of-pocket for each medication.
  - Ask your doctor about trying less expensive medications if you have concerns about the cost of your medications.
  - Check to see if any of your medications have additional requirements, like prior authorizations or step therapy.
  - Consider using home delivery for maintenance medications - those you take regularly - to save time. You may even pay less.

## 5 Save the Nurse Line phone number.

Call or chat with a nurse about an illness, injury and more. You'll find the phone number on your ID card. Save the number to your mobile phone, post it on your fridge or any place where it is at your fingertips.

## 6 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.



### Want to learn more?

Find more resources at [uhc.com/welcome](https://uhc.com/welcome), including short videos about starting your plan, using your benefits and managing costs.