

Got your ID card? Let's get started

Managing a health plan can be confusing, but here's where it gets easier. Now that you have your health plan ID card, you can take charge of your health and get more out of your plan. Here's a checklist to help you get started.

○ 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 and pharmacies, find and estimate the cost of care, view claim details, check your plan balances and learn about covered preventive care.

○ Download the UnitedHealthcare® app

Take your plan and health plan ID card on the go, find nearby care options in your network, video chat with a doctor 24/7 and check your progress toward your deductible.

○ Stay in the network

The doctors and facilities in your network may 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. Find network doctors, mental health professionals, pharmacies, hospitals, labs and more at [myuhc.com](#) > **Find Care & Costs**.

○ Find a network PCP

Although your plan may not require you to choose a primary care provider (PCP),* it's a good idea to have one. Your PCP knows your health history and can help guide your care, from annual checkups to specialist referrals and more. For help choosing a PCP, you can call the phone number on your ID card, use the UnitedHealthcare app or sign in to [myuhc.com](#) > **Find Care & Costs**.

○ Explore your pharmacy benefits

Sign in to [myuhc.com](#) > **Pharmacies & Prescriptions** or use the UnitedHealthcare app to see your medication cost and coverage, locate a network pharmacy, see if your medications have any requirements—like prior authorization or step therapy—before filling them, sign up for home delivery and order up to a 3-month supply of medications you take regularly. You can call the member phone number on your ID card with questions.

○ 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 PCP and get your first checkup on the calendar.



Learn more at [myuhc.com](#)



*Depending on your health plan, selecting a primary care physician may be required.

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 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.

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.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates. Health Plan coverage provided by or through a UnitedHealthcare company.