One of the keys to better health is helping employees become active participants in their own well-being. UnitedHealthcare’s tools and wellness programs are designed with better health in mind—working to inform, motivate and inspire healthier lifestyle choices.

The value of 
employee wellness.

An informed decision.

A healthy culture.
The value of employee wellness.

Healthy employees are key to maintaining a healthy business. Research shows that more than 90 percent of business leaders surveyed said health had a very significant or significant influence on productivity and performance.1 Another study found overall ROI to be $1.50 for wellness programs.2

Engaging tools and services that may help you start seeing better health for your employees—and your business.

Get a bigger picture with eSync®.

eSync is a proprietary technology system that integrates data about your employees to help create a more complete picture of their health. Care teams use this picture to predict trends, identify members at risk of an adverse health event, provide clinical guidance on existing conditions and monitor the effectiveness of care.

A more holistic approach to health care.

With a 96 percent satisfaction score,3 OptumRx® and UnitedHealthcare bring pharmacy services, member support, and health and wellness resources together to help enable better health outcomes for your employees.

Accessible care.

UnitedHealthcare offers the nation’s single largest proprietary network,4 reaching 98 percent of the U.S. population. Included are more than 879,000 physicians and health professionals and 133,000 Premium Care Physicians, more than 2,200 Convenience Care Clinics and 5,672 hospitals.5

Education and support.

Our case management team provides information that helps employees make informed decisions about their care options on many chronic conditions. This team also provides employee education and support for employees to help them better understand complex health issues.

Care management that counts.

UnitedHealthcare’s Care Management solution helps give members coping with chronic health problems such as diabetes, heart disease and cancer access to nurse support, clinical programs and information to help them manage their health care needs.
An informed decision.

It’s tough to make informed health care decisions when information about quality and cost isn’t clear. UnitedHealthcare evaluates doctors for both quality of care and cost efficiency—and passes that information on to our members. And when your employees feel confident in their health care decisions, it’s one less thing for them to worry about, freeing up time and energy to focus on their work.

Tools to help your employees feel more confident about their health care choices.

Shop like a pro.
Finding and pricing quality care is easier with myuhc.com® and the UnitedHealthcare Health4Me® app. Employees can access search tools to help them find care close to home, and can estimate the cost for specific services and treatments based on their plan.

Choose with distinction.
The UnitedHealth Premium® designation program gives your employees the information they need to influence their quality and cost of care. Employees can review their options and make more informed decisions when choosing a doctor. The program evaluates more than 75 conditions and 300 clinical quality measures across 27 medical specialties, and we share that information with our members. Choosing a Premium designation doctor often results in fewer complications, less redo surgeries, lower average costs—so your employees can get back to work sooner.

Employees get more support with someone at their side.
Advocate4MeSM is designed to help members navigate the health care system, understand their benefits and make more informed health care decisions. Nurse Advocates even provide information on treatment options. Members report a 95 percent overall satisfaction with Advocate4Me.¹

Save time and money.
Virtual Visits are designed to help lower costs and improve productivity. Provided at no additional administrative cost to employers, members can access a provider anywhere, anytime they need, via a smartphone, tablet or computer. Doctors can diagnose and dispense prescriptions² so employees can spend less time in the waiting room and more time at work. Virtual Visits can also be accessed on our Health4Me app.

² Prescription services may not be available in all states.
A healthy culture.

Getting and staying healthy can be tough, but rewarding and supporting healthy lifestyle choices can keep your employees motivated to stay on the path toward a healthier lifestyle.

Rally® Health and Wellness helps make a difference with employees.

The Rally Health and Wellness experience is a fun, interactive wellness experience that helps encourage healthy actions. It’s designed to be engaging, personalized and integrated—with many tools to help achieve personal health goals. It also includes a health survey, personalized health records to track health conditions, individual health action plans and more.

Boost employee engagement with help from Rally Health and Wellness rewards.

96% of users complete a health survey. 64% of enrollees start an action plan, called missions.¹

1 Based on Rally experience results, 2014. Results shown are not a guarantee of future performance.

Advocate services should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through Advocate (Advocate4Me) services is for informational purposes only and provided as part of your health plan. Wellness nurses, coaches and other representatives cannot diagnose problems or recommend treatment and are not a substitute for your doctor’s care. Your health information is kept confidential in accordance with the law. Advocate services are not an insurance program and may be discontinued at any time.

The UnitedHealth Premium® designation program is an information resource to help our members choose a physician. It may be used as one of many factors members consider when choosing a physician. As with any performance assessment program, physician evaluations have a risk of error. Please visit myuhc.com® for detailed program information and methodologies.

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.

Virtual Visits 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. Prescription services may not be available in all states.

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.

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