



# Health and wellness programs designed to help members take control of their health

UnitedHealthcare® is dedicated to helping make member health and wellness programs easier to access for employers and members enrolled in UnitedHealthcare or Neighborhood Health Partnership plans. With Start Healthier®, a suite of health and wellness programs, members have support designed to reward healthier lifestyles, make healthier choices, support healthier families and more.

## Programs included with Start Healthier

<b>Healthier Rewards</b>	
<b>SimplyEngaged® Plus (2-100)</b>	Offers members rewards for completing health actions and achieving specific outcomes for cholesterol, blood pressure, body mass index and tobacco use. Members have access to an online scorecard to help them manage their care.
<b>Rally® Health and Wellness on myuhc.com®</b>	A digital health and wellness experience that connects members with personalized recommendations, health content, Missions, a Health Survey, Challenges and dozens of other resources to help them proactively manage their health.
<b>UnitedHealthcare Motion®</b>	Promotes meeting certain activity goals through the use of a fitness tracker. The program provides financial incentives for groups and members and can be an important step toward promoting health ownership. Motion is available as a buy-up option with health savings account (HSA) plans.
<b>Healthier Choices</b>	
<b>Real Appeal®</b>	Online weight-loss program that provides members with the tools and support to help them lose weight and potentially prevent weight-related health conditions.
<b>Quit For Life®</b>	A tobacco cessation support program helps participants end tobacco use, including smoking and vaping. Employees develop a personal action plan and work with a Quit Coach® to help kick the habit once and for all.
<b>Healthier Families</b>	
<b>Maternity Support</b>	Provides expectant families identified as high risk with health content and resources, as well as telephonic nurse support for help on ways to stay healthier – and keep their newborn healthier.

## Healthier Support

**Employee Assistance Program** Support for wellness, emotional health and well-being, financial, legal and many other services.

## Additional Wellness Resources

**Virtual Visits** Provides members access to care 24/7, whenever and wherever they choose, via [myuhc.com](https://myuhc.com) or the UnitedHealthcare® app.\*

**Advocate4Me®** Members can connect with an advocate to get help finding solutions centered around a variety of topics including benefits and claims, provider search, pharmacy, finances, well-being and more.

**Peloton® Digital Membership** One-year access to the Peloton Digital Membership or a 4 month subscription to a Peloton All-Access Membership available to UnitedHealthcare members enrolled in eligible fully insured, employer-sponsored health benefit plans at no additional cost to them.\*\*

## Contact your UnitedHealthcare representative for more information

United  
Healthcare

\* Data rates may apply.

\*\* Available to fully insured customers in applicable UnitedHealthcare plans who registers for an account with Peloton. Subject to state legal and regulatory review. UnitedHealthcare members that own a Peloton Bike or Tread can receive equivalent value (\$155) to be credited to an All Access Membership. Credit to All-Access Membership is limited to one per family. Must be 18+ years of age and covered under applicable health plan. Peloton offers its services directly to consumer pursuant to an agreement between Peloton and the consumer. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. You should consult with an appropriate health care professional before beginning any exercise program and/or to determine what may be right for you. The value of the application may be taxable. You should consult with an appropriate tax professional to determine if you have any tax obligations from having access to this application at no additional cost.

Start Healthier® program is available for certain fully insured benefit plans, group sizes and states. Check with your UnitedHealthcare representative to find out if it is available to you.

The Quit For Life Program provides information regarding tobacco cessation methods and related well-being support. Any health information provided by you is kept confidential in accordance with the law. The Quit For Life Program does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you. Participation in this program is voluntary. If you have specific health care needs or questions, consult an appropriate health care professional. This service 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 under Maternity Support is for general informational purposes only and is not intended to be nor should be construed as medical and/or nutritional advice. Participants should consult an appropriate health care professional to determine what may be right for them. Employers are responsible for ensuring that any wellness programs they offer to their employees comply with applicable state and/or federal law, including, but not limited to, GINA, ADA and HIPAA wellness regulations, which in many circumstances contain maximum incentive threshold limits for all wellness programs combined that are generally limited to 30 percent of the cost of self-only coverage of the lowest-cost plan, as well as obligations for employers to provide certain notices to their employees. Employers should discuss these issues with their own legal counsel.

The material provided through The Employee Assistance Program (EAP) is for informational purposes only. EAP staff cannot diagnose problems or suggest treatment. EAP is not a substitute for your doctor's care. Employees are encouraged to discuss with their doctor how the information provided may be right for them. Your health information is kept confidential in accordance with the law. EAP is not an insurance program and may be discontinued at any time. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against UnitedHealthcare or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and is subject to change. Coverage exclusions and limitations may apply.

UnitedHealthcare Motion is a voluntary program. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. You should consult an appropriate health care professional before beginning any exercise program and/or to determine what may be right for you. Receiving an activity tracker and/or certain credits and/or purchasing an activity tracker with earnings may have tax implications. You should consult an appropriate tax professional to determine if you have any tax obligations from receiving an activity tracker and/or certain credits under this program, as applicable. If any fraudulent activity is detected (e.g., misrepresented physical activity), you may be suspended and/or terminated from the program. If you are unable to meet a standard related to health factor to receive a reward under this program, you might qualify for an opportunity to receive the reward by different means. You may call us toll-free at 1-855-256-8669 or at the number on your health plan ID card, and we will work with you (and, if necessary, your doctor) to find another way for you to earn the same reward. Rewards may be limited due to incentive limits under applicable law. Subject to HSA eligibility, as applicable.

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.

Real Appeal is a voluntary weight loss program that is offered to eligible members at no additional cost as part of their benefit plan. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical and/or nutritional advice. Participants should consult an appropriate health care professional to determine what may be right for them. Results, if any, may vary. Any items/tools that are provided may be taxable and participants should consult an appropriate tax professional to determine any tax obligations they may have from receiving items/tools under the program.

SimplyEngaged® Plus is a voluntary program. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. You should consult with an appropriate health care professional to determine what may be right for you. Rewards may be taxable. You should consult with an appropriate tax professional to determine if you have any tax obligations from receiving rewards under this program. If you are unable to meet a standard related to a health factor to obtain a reward under this program, you might qualify for an opportunity to earn the same reward by different means. Contact us at 1-855-215-0230 and we will work with you (and, if necessary, your doctor) to find another way for you to earn the same reward.

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.

Advocate4Me 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 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. Please discuss with your doctor how the information provided is right for you. 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 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. Health plan coverage provided by or through UnitedHealthcare of Florida, Inc. and Neighborhood Health Partnership, Inc.