

# Benefits that help employees be healthier, stay healthier.

Through your association's health plan, you may be offered group plan designs and rates that are available to large employers and which may be better tailored to the needs of your employees. And the benefits don't stop there. The following are examples of support programs that are part of the UnitedHealthcare benefit plans.



## **UnitedHealthcare Motion®** The power of a simple walking program.

For employers who choose a high-deductible plan that is integrated with an HSA, the Motion program helps motivate participants to do more of what they already do — walk. It's convenient, provides immediate feedback and rewards participants with deposits into their individual health savings account (HSA). Each day credits of up to \$3 can be earned through walking, which comes to as much as \$1,095 per year.



## **Real Appeal** A health service program for lasting weight loss.

This yearlong program combines clinically proven science with engaging content and easy-to-understand ideas to teach employees how to eat healthier and be active. Each person gets a personal coach who customizes the program based on goals and health history. Online information, customizable food and fitness trackers, and weekly entertaining fitness TV shows are available 24/7. Each participant is sent a kit after their first group session that includes program nutrition and fitness guides, recipes, a portion plate, a food scale, a weight scale, 12 fitness DVDs and resistance bands.



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## Care24®

### 24/7 access to nurses and employee assistance programs.

Care24 is a health and well-being service where members are connected to clinical, wellness, financial, legal or counseling resources through NurseLine and Employee Assistance Program (EAP) — 24 hours a day, 7 days a week. Employees call just one number to connect with NurseLine and EAP professionals.

**Care24 NurseLine** nurses address a caller's questions and can also provide information on providers and medications, and refer them to programs to help them achieve a healthier lifestyle.

The **Care24 EAP** supports members when they need it most by providing confidential\* assistance to employees for those everyday challenges or for more serious problems. Resources are provided for the following areas: stress, depression and anxiety, parenting and family issues, substance use and recovery, financial and legal concerns, and work-life balance.



## United Behavioral Health

### Support for mental health and substance use problems.

With United Behavioral Health individuals have access to a network of mental health and substance abuse counselors who specialize in matching the individual's needs with the most appropriate physician or health care professionals. Our care advocates are available 24 hours a day, 365 days a year and support conditions such as depression, stress and anxiety, alcohol and drug abuse, coping skills like grief and loss and anger management, marital problems, domestic violence, eating disorders, excessive spending or gambling, and medication management.



## COBRA Administration

### Simplified benefit and administration services.

UnitedHealthcare Benefit Administration Services can reduce an employer's burden and costs by handling employees and dependents who no longer qualify under the employer-provided group benefit plan to continue insurance under the group plan. This service supports eligible medical, dental and vision plans. We can service all COBRA needs with assured compliance and efficient record-keeping, including both employer and employee support.

\*Confidential to the fullest extent permitted by law.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates.

Administrative services provided by United HealthCare Services, Inc., or its affiliates.

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