

# Freedom — reaching new heights

UnitedHealthcare Freedom Plans offers a health plan with a broad national provider network, wellness benefits, ability to add specialty benefits and more. They're the kinds of things that can give your health plan a lift.

## About UnitedHealthcare



### Local commitment

With more than 7,500 local providers<sup>1</sup> serving 175,000+ residents,<sup>2</sup> UnitedHealthcare is committed to providing care in the Granite State.



### National network

UnitedHealthcare's network has 1.2 million providers and more than 6,500 hospitals<sup>3</sup> give your employees access to care across the United States.



### Leading innovation

From virtual doctor visits to results-oriented wellness programs,<sup>4</sup> UnitedHealthcare continues to evolve in an effort to meet consumer and market expectations.



### 1-on-1 support

With just a phone call, our Advocate4Me<sup>®</sup> service model connects members with an advocate who can provide them with health, wellness and benefits support.



### Centers of Excellence

Our access to—and deep understanding of—data allows us to identify and create centers of excellence that may help with:

- More accurate diagnoses and fewer readmissions and complications
- Simplified billing and payment experience
- Care coordination by condition experts working together
- Appropriate therapy



### Specialty benefits

Earn administrative credits by adding 3 or more new lines of specialty coverage, including:

- Dental
- Vision
- Basic Life
- Supplemental Life (when coupled with Basic Life)
- Short-Term Disability
- Long-Term Disability



### Employee Assistance Program

Consultations and counseling designed to help employees address grief or loss as well as family, relationship and workplace concerns.

- Legal assistance and financial coaching
- Brief consultations on specific legal or financial issues at no initial cost for employees
- Discounted fees for attorneys retained through the EAP



### On-the-go access

The UnitedHealthcare<sup>®</sup> app and [myuhc.com](https://myuhc.com)<sup>®</sup> personal health plan hub are designed to help employees manage their care, health and benefits anytime, anywhere.



## Wellness programs and tools

- **Real Appeal®** – A weight-loss program that uses science and entertainment to help achieve goals
- **Rally Health®** – Helps members set goals, track progress and earn rewards in their pursuit of adopting healthy lifestyle behaviors
- **Fitness Reimbursement program** – Provides reimbursement for fitness club memberships and other fitness activity programs up to \$150 per family
- **UnitedHealthcare Motion®** – Members walk, bike, run or swim to earn up to \$1,095 per year to fund their health savings accounts



## Apple Fitness+

UnitedHealthcare is committed to providing a variety of health and wellness options, which is why we've added 12 months of Apple Fitness+ to your health plan—at no additional cost. Get ready for a different type of fitness experience with welcoming trainers who work hard to help bring out the best in you.

## Learn more

Contact your broker or UnitedHealthcare representative today



### Products underwritten by UnitedHealthcare Freedom Insurance Company.

This policy has exclusions, limitations and terms under which the policy may be continued in force or discontinued. For costs and complete details of the coverage, contact your broker or UnitedHealthcare sales representative.

<sup>1</sup> Network Report, January 2021. This data represents all Tufts Health Freedom Plan participating (network) providers except urgent care centers in New Hampshire and bordering areas in Vermont and Maine. Behavioral health practitioners, complementary and alternative medicine providers are included. Providers who are board certified in more than one specialty, and/or practice at more than one location, are counted only once and at only one location.

<sup>2</sup> UnitedHealth Group New Hampshire Snapshot report, February 2021: data as of January 2021.

<sup>3</sup> UnitedHealthcare internal analysis, December 31, 2021.

<sup>4</sup> Refers to Real Appeal®, an online weight-loss program provided through UnitedHealthcare, with an average 10-pound weight loss per person. Data based on UnitedHealthcare book of business, 2018 results through December 2018: Cohort represents participants at risk, in program 26+ weeks, attending 9+ ILIs (N > 50,000). **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.

**Employee Assistance Program (EAP)** is offered through Optum. Optum is an affiliate of UnitedHealthcare. **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. 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. **24/7 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. 24/7 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. **Apple Fitness+** \*\$9.99 per month for 12 months or \$79.99 annually. Must be 13+ years of age and covered under applicable health plan. Apple Fitness+ requires Apple Watch Series 3 or later with watchOS 7.2 or later and one of the following Apple devices: iPhone 6s or later with iOS 14.3 or later, iPad with iPadOS 14.3 or later, or Apple TV with tvOS 14.3 or later. Available to applicable UnitedHealthcare plans for fully insured and level funded members who register for an account with Apple Fitness+. All trademarks are the property of their respective owners. **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. **Fitness Reimbursement** is limited to one per family only. Must be a member of fitness facility for 4 months within a 12-month time period. Subscribers should also consult with an appropriate tax professional to determine if there are any tax obligations from receiving reimbursement under this program. **UnitedHealthcare Motion** is a voluntary program. The information provided 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 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. **The Centers of Excellence (COE)** program providers and medical centers are independent contractors who render care and treatment to health plan members. The COE program does not provide direct health care services or practice medicine, and the COE providers and medical centers are solely responsible for medical judgments and related treatments. The COE program is not liable for any act or omission, including negligence, committed by any independent contracted health care professional or medical center. **Packaged Savings** Minimum participation requirements may apply. Packaged Savings program is not available for all group sizes. Please consult your UnitedHealthcare representative for more details. **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. 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.