

Get Connected

*Working Together to Build Health & Financial Wellness
Stronger. Smarter. Better.*

VIRTUAL DOCTOR VISITS

When you don't feel well or when someone you love is sick, the last thing you want to do is sit in the doctor's waiting room. With Virtual Visits you can see and speak to a doctor online anytime from your mobile device or computer.

- \$0 Co-Pay
- Telemental health services

FREE CARE MANAGEMENT SERVICES

- Diabetes Healthcare Management
- Healthy Pregnancy Program
- Asthma Disease Management Program
- Cancer Resource Services
- Centers of Excellence

SUPPORT SERVICES

- Orthopedic Health Support
- myNurseLine
- Interactive Preventive Care Tool
- Behavioral Health Solutions

\$50 UNUM PLAN WELLNESS BENEFIT

Your Unum plan also pays a Wellness Benefit for one wellness test each year. With Unum's Wellness Benefit, you and other covered family members can receive a valuable incentive for important tests and screenings. Many of these tests are routinely performed, so it's easy to take advantage of this benefit.

TALKSPACE

Talkspace is a digital platform that offers an effective alternative to face-to-face therapy through text, voice and video messaging.



With Talkspace, you can regularly communicate with a licensed therapist, safely and securely from your phone or desktop.

Just like other behavioral health virtual visits, Talkspace sessions are subject to copay or deductible/co-insurance in accordance with your United HealthCare plan for outpatient mental health benefits.

Download the Talkspace app in the App Store or get it on Google Play. Read more on CityNet.



FREE EMPLOYEE FITNESS CENTERS

Being physically fit is not just about losing weight to look good. There is a high correlation between fitness and physiological health. Below are three facilities that you have free access to:

- MMOB - 300 W. Washington St.
- MEDFORD SERVICE CENTER - 401-C Patton Ave.
- GTA - 223 W. Meadowview Rd.



REAL APPEAL WEIGHT LOSS SUPPORT

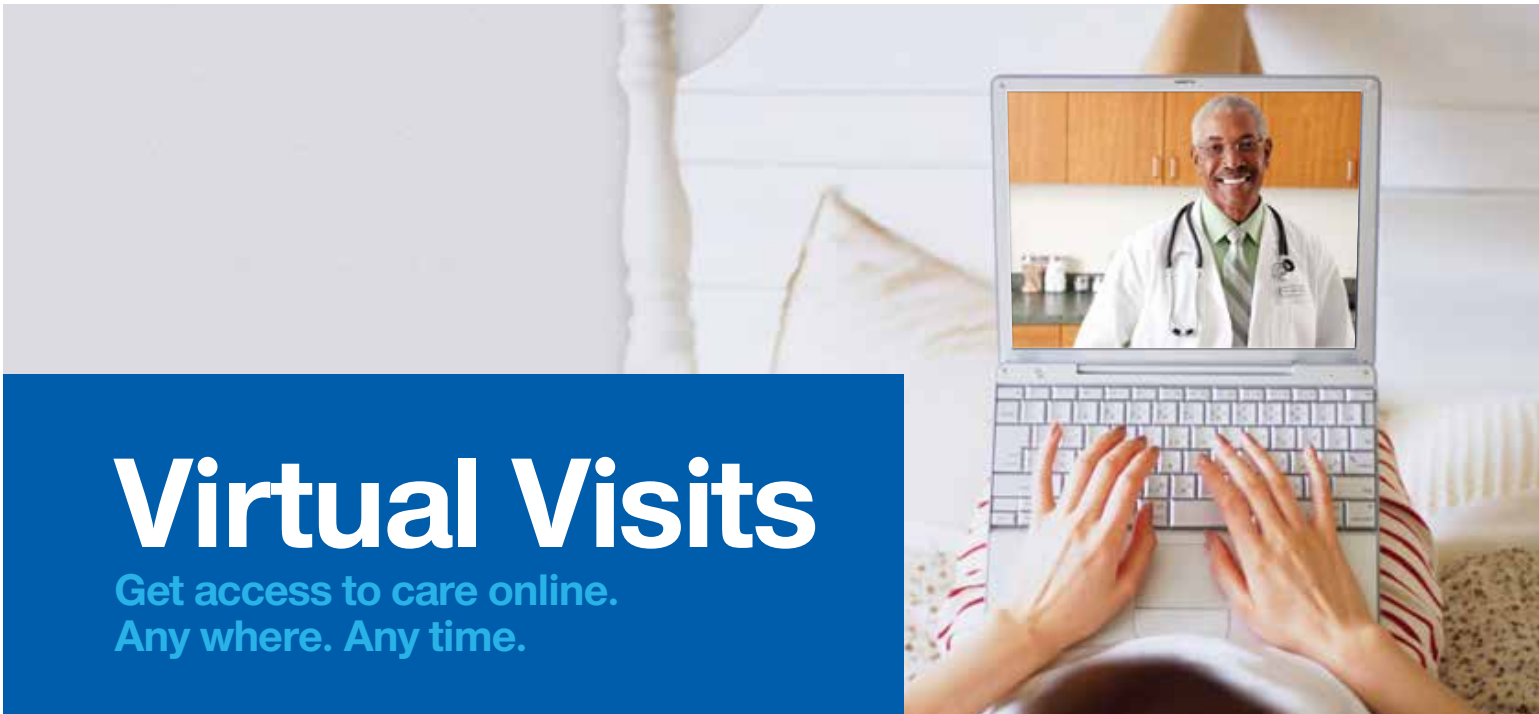
Real Appeal will help motivate you and improve your health with an evidence-based virtual weight loss program. Real Appeal teaches you how to eat healthier and be active, helping you achieve your weight loss goals.



RECHARGE ROOMS

Get away from the stresses of the job long enough so that the brain can reset, and when the batteries are fully recharged, you are ready to tackle even the toughest projects with renewed energy.

- MMOB
300 W. Washington St.
- MEDFORD SERVICE CENTER
401-C Patton Ave.
- GTA
223 W. Meadowview Rd.



Virtual Visits

Get access to care online.
Any where. Any time.

When you don't feel well, or your child is sick, the last thing you want to do is leave the comfort of home to sit in a waiting room. Now, you don't have to.

A virtual visit lets you see and talk to a doctor from your mobile device or computer without an appointment. Most visits take about 10-15 minutes and doctors can write a prescription*, if needed, that you can pick up at your local pharmacy. And, it's part of your health benefits.

Conditions commonly treated through a virtual visit

Doctors can diagnose and treat a wide range of non-emergency medical conditions, including:

- Bladder infection/
Urinary tract infection
- Diarrhea
- Rash
- Bronchitis
- Fever
- Sinus problems
- Cold/flu
- Migraine/headaches
- Sore throat
- Pink eye
- Stomach ache

Access virtual visits

Log in to **myuhc.com**[®] and choose from provider sites where you can register for a virtual visit. After registering and requesting a visit you will pay your portion of the service costs according to your medical plan, and then you will enter a virtual waiting room. During your visit you will be able to talk to a doctor about your health concerns, symptoms and treatment options.



To learn more, login to myuhc.com

Use virtual visits when:

- Your doctor is not available
- You become ill while traveling
- You are considering visiting a hospital emergency room for a non-emergency health condition

Not good for:

- Anything requiring an exam or test
- Complex or chronic conditions
- Injuries requiring bandaging or sprains/ broken bones

* Prescription services may not be available in all states.

Access to virtual visits and prescription services may not be available in all states or for all groups. Go to myuhc.com for more information about availability of virtual visits and prescription services. Always refer to your plan documents for your specific coverage. Virtual visits are not an insurance product, health care provider or a health plan. Virtual visits are an internet based service provided by contracted UnitedHealthcare providers that allow members to select and interact with independent physicians and other health care providers. It is the member's responsibility to select health care professionals. Care decisions are between the consumer and physician. 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. Members have cost share responsibility and all claims are adjudicated according to the terms of the member's benefit plan. Payment for virtual visit services does not cover pharmacy charges; members must pay for prescriptions (if any) separately. Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.
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