



# Beyond the Benefits

Brown University

January 1, 2022

20-409451 E120409450

United  
Healthcare

# Preventive care

Preventive care is covered  
100% by most plans in our network

## This includes:



Immunizations



Age-appropriate preventive  
exams and health screenings

For more information, check your plan documents.  
For a list of preventive care guidelines, visit [uhc.com/health-and-wellness/preventive-care](https://uhc.com/health-and-wellness/preventive-care)



© 2021 United HealthCare Services, Inc. All Rights Reserved. 20-409451 EI20409450



# Help is just a call away

Health plan questions?  
We've got answers.

**Connect with our dedicated  
customer care team by phone or online:**



Advocates can help you find  
information and resources



For more information, check your plan documents.  
For a list of preventive care guidelines, visit [uhc.com/health-and-wellness/preventive-care](https://uhc.com/health-and-wellness/preventive-care)

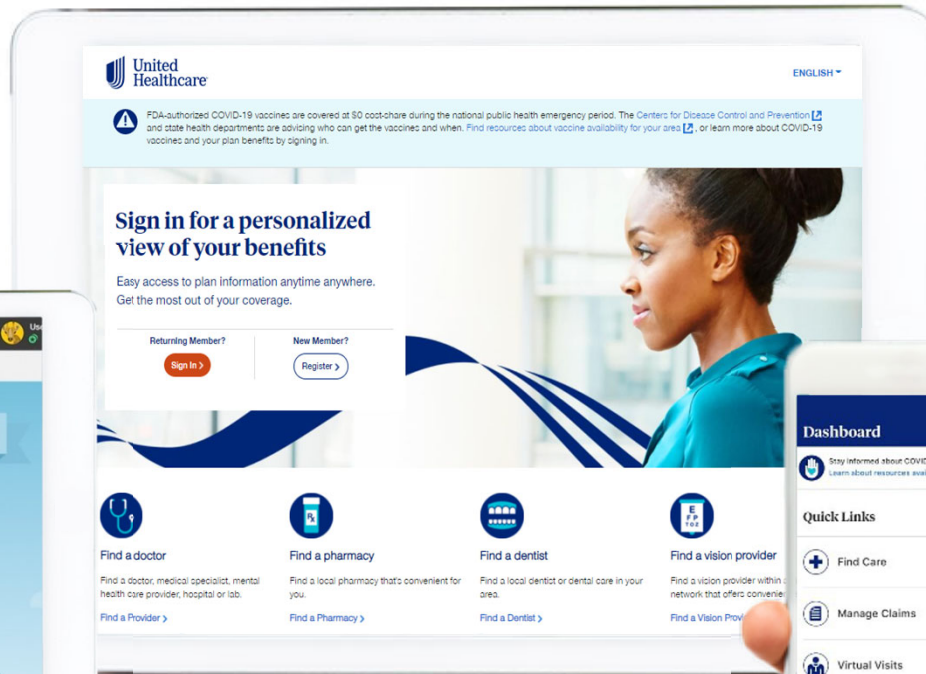
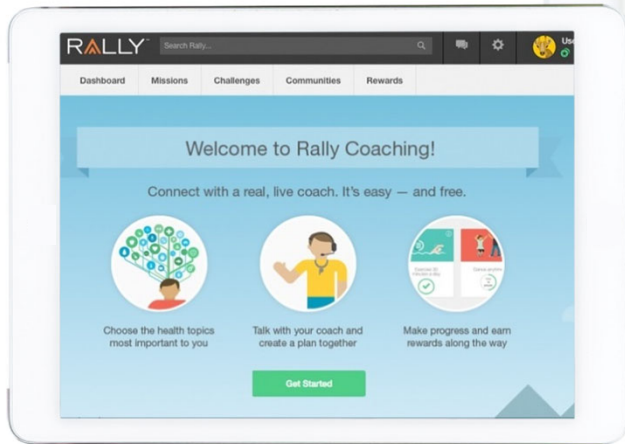


© 2021 United HealthCare Services, Inc. All Rights Reserved. 20-409451 EI20409450

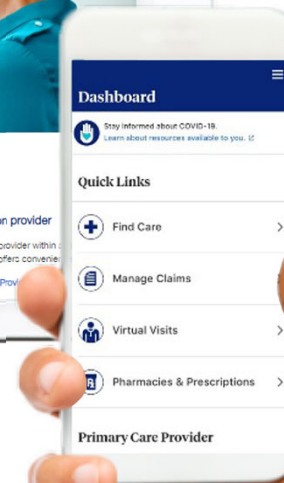


# Manage your plan and health online (and on the go)

Rally®



myuhc.com®



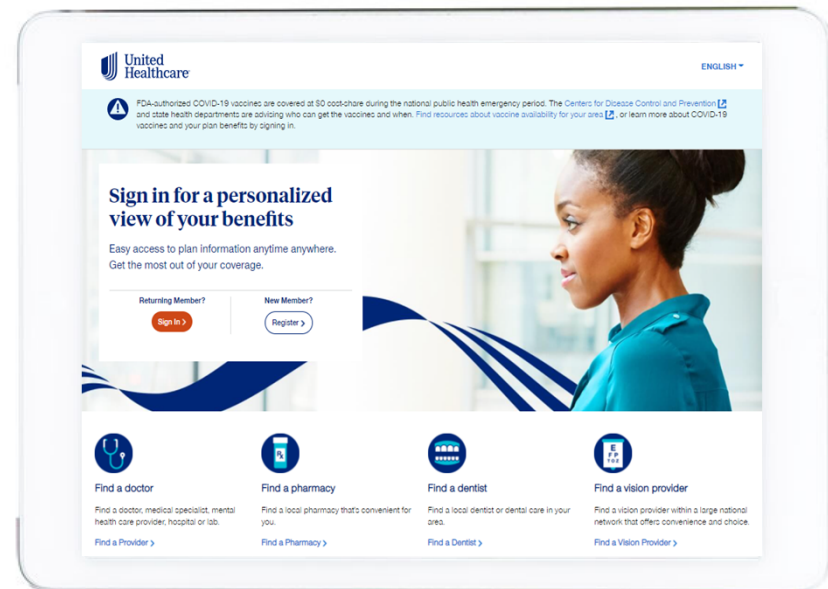
UnitedHealthcare® app



# Go digital and get the most out of your benefits

Activate your myuhc.com<sup>®</sup> account after enrolling and gain access to:

- Find network providers and locations
- See what's covered
- View claim details
- Check plan balances
- Learn about covered preventive care
- Find and estimate costs



# Supporting you and your emotional well-being

With Behavioral Health Solutions get connected to self-help digital tools, behavioral health providers (in-person or virtual) and other resources that can help with a variety of concerns such as:



- Depression, stress and anxiety
- Relationship difficulties
- Coping with grief and loss



- Alcohol and drug recovery
- Medication management



- Compulsive habits and eating disorders



# See a doctor 24/7

## Get 24/7 care by video or phone\* with Virtual Visits

May be used for common medical conditions and you can even get a prescription\*\*

- Allergies
- Pinkeye
- Sore throats
- Bronchitis
- Rashes
- And more

## Telehealth Visits with Your Doctor\*\*\*

- Stay connected with your local doctor through live audio/video chat
- Can be used for routine, chronic, or follow-up care

\* Data rates may apply.

\*\* Certain prescriptions may not be available, and other restrictions may apply.

\*\*\* Not available with all providers.



© 2021 United HealthCare Services, Inc. All Rights Reserved. 20-409451 EI20445653



# See a provider anywhere, anytime

Through Behavioral Health virtual care, you may have a real-time, audio- and video-enabled session with a behavioral health provider

## Use a behavioral health virtual visit for needs such as:

- Anxiety
- Bipolar disorder
- Depression
- Neuro-development disorders
- Substance disorders

NOTE: There is a cost for this service





# Easily connect with the support and care you need

Visit [LiveandWorkWell.com](https://www.liveandworkwell.com) for:

- Online tools, information and more for help working through life's challenges
- Learn how you can:



Deal with major  
life changes



Balance work, life  
and financial issues



Connect with behavioral  
health, and substance  
disorder resources, and more



# Tools to help manage stress and anxiety

Sanvello™ is an app that offers clinical techniques to help dial down the symptoms of stress, anxiety and depression — anytime

**Relieve symptoms and build life skills through:**

- Coping tools
- Daily mood tracking
- Peer support
- Guided journeys



# Talkspace

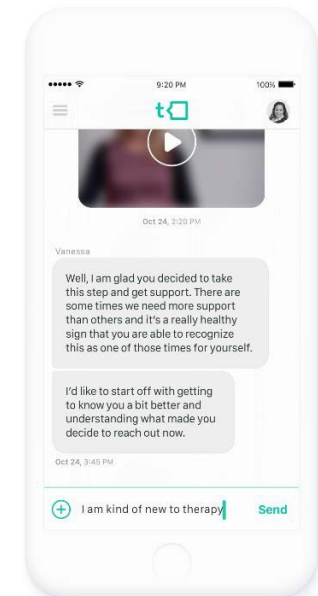
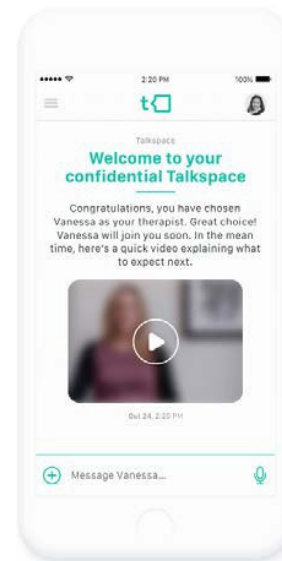
Connecting people to quality care with an effective alternative to face-to-face therapy



- **4000+ licensed therapists** across all 50 states
- Digital provider matching tool
- **Send text, audio and video messages** and receive responses daily, 5 days per week
- Schedule **real-time video sessions** as needed
- **Ability to begin therapy within hours** of selecting a provider, no appointment needed
- <https://www.talkspace.com/connect>

**98%** of users found Talkspace more convenient than traditional therapy

**50%** fewer missed hours of work over a 7 day period of treatment



# Find support for dealing with cancer

## Cancer resource services

- Personal support from an experienced cancer nurse
- Help understanding your diagnosis
- Information to help you make informed decisions about your care

To learn more, call the toll-free member phone number on your health plan ID card or visit [myuhc.phs.com/cancerprograms](https://myuhc.phs.com/cancerprograms).



# Get support during and after your delivery

Learn what to expect and how to manage your health through pregnancy and postpartum with various educational resources and mobile tools



# Bariatric Resources

## Services are built to help reduce obesity

By providing access to providers at leading regional bariatric programs, employees are more likely to receive quality care that leads to better outcomes.

**The program is designed for those over the age of 18 with:**

- ✓ A body mass index (BMI) of 40+, or
- ✓ A BMI of 35–40 with at least 1 comorbidity\*

\* If the employer elects, we will provide services for teenagers. Our recommended age is 18; for adolescents, they must have reached 95% of their adult height and a minimum Tanner stage of 4.



© 2021 United HealthCare Services, Inc. All Rights Reserved.



# Congenital Heart Disease Resource Services

Pairing patients with a specially trained nurse to help improve outcomes and lower cost by:

- Offering ongoing education and support
- Guiding them to quality, cost-effective care
- Connecting them to a specialized network of leading facilities



# Transplant Resource Services is built for better access, greater support and lower costs

## Access to centers of excellence

- Transplant providers are qualified at the program level
- All programs must meet clinical and contracting standards

## Specialized employee support

- Designated transplant nurse manager provides education on care options
- Designed to help employees confidently navigate the health care system

## Lower costs

- Specialized contracts yield a 55% discount<sup>1</sup>



<sup>1</sup> Optum® repriced claims 2010–2018. Reconciled cases as of February 2020.





# Get help losing weight and keeping it off

Real Appeal® is a weight loss program tailored to your lifestyle and schedule



## Online coaching

Encouragement from an online coach to help create healthy, lasting change



## Success Kit

Weight and food scales, recipes, fitness equipment and more delivered to your door



## Motivational resources

Set goals and track progress, stream workouts and more with your online dashboard



# Comprehensive Kidney Solution offers customized advocacy to help improve clinical outcomes

Delivering personalized clinical interventions for employees with late-stage CKD and ESRD, our specially trained renal nurses provide 1-on-1 telephonic support to help employees:



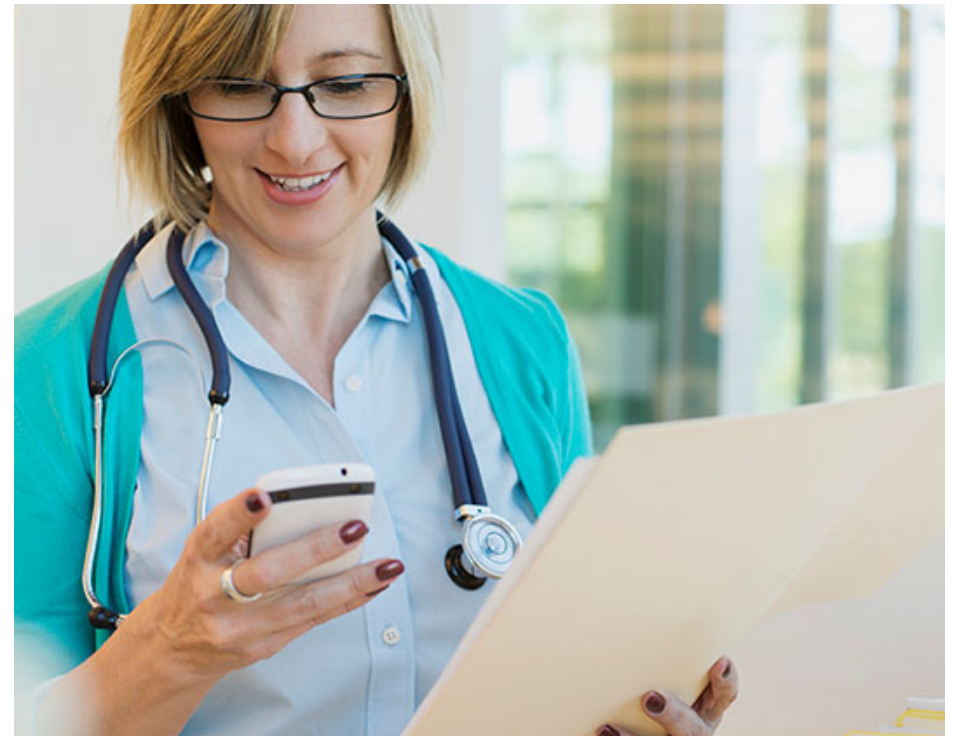
Understand and manage their condition



Monitor and manage other health conditions



Connect with additional resources and coordinate care



# Questions?

