



Hello, wellness. Hello, you.

These health and wellness benefits are available at no additional cost to you.



**Get care,
virtually
anywhere**

With Virtual Care visits, you can connect to a care provider by phone or video¹ through [healthiestyou.com](https://www.healthiestyou.com) or the HealthiestYou® app. Providers can treat a range of nonemergency health conditions – and may even prescribe medication as needed.²

Virtual Care visits you can connect that are good for common conditions such as:

- Allergies
- Bronchitis
- Eye infections
- Flu
- Headaches/migraines
- Rashes
- Sore throats
- Stomachaches



**Anytime access
to everything
health plan**

Your plan comes with digital tools that are designed to help make managing your plan easier. With flexwork.uhc.com, your member website, you can connect with your plan 24/7 with flexwork.uhc.com.



**Support for
emotional
well-being**

Whether you're in a time of greater need or want to work on personal growth, you can get connected to self-help digital tools, in-person or virtual behavioral health providers and more. These resources and programs are designed to help with a variety of concerns, from depression and anxiety to mental health and substance disorder services.

**Want to
learn more?**
flexwork.uhc.com



**United
Healthcare®**

¹Data rates may apply.

²Certain prescriptions may not be available, and other restrictions may apply.

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Advocate4Me® 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 the program 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. The program is not an insurance program and may be discontinued at any time. Additionally, if there is any difference between this information and your coverage documents (Summary Plan Description, Schedule of Benefits, and any attached Riders and/or Amendments) your coverage documents govern. 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.

HealthiestYou is not health insurance. HealthiestYou is designed to complement, and not replace, the care you receive from your primary care physician. HealthiestYou physicians are an independent network of doctors who advise, diagnose, and prescribe at their own discretion. HealthiestYou physicians provide cross-coverage and operate subject to state regulations. Physicians in the independent network do not prescribe DEA-controlled substances, non-therapeutic drugs and certain other drugs which may be harmful because of their potential for abuse. HealthiestYou does not guarantee that a prescription will be written. Services may vary by state. HealthiestYou by Teladoc® and UnitedHealthcare are not affiliated and each entity is responsible for its own contractual and financial obligations.

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