



# Start Healthier

Welcome to the power of better health at work.

## Introducing a package of health and wellness programs designed for businesses like yours.

Give your employees the support they need to improve their health, boost business results and lower costs.

**Access all of the following programs at the number or website listed or on [www.myuhc.com](http://www.myuhc.com)**

### EAP



Employee Assistance Program: Connects members to wellness, financial, legal or counseling resources anytime, day or night.

888-887-4114

### Substance Abuse



Hotline: makes it as easy as possible for our members to access the services they or their loved ones may need.

855-780-5955

### Healthy Pregnancy App



24/7 nurse support via the app  
Medically approved pregnancy Info  
Tracking tools and resources



download the app:  
UnitedHealthcare Healthy Pregnancy

### Quit For Life\* (2-100)



A clinically proven tobacco cessation program offered in collaboration with the American Cancer Society.

Get started on [myuhc.com](http://myuhc.com)

\* Not available on all plans. Call Member Services to confirm eligibility

### Rally®



Designed to help members make changes to their daily routine, set smart goals and track progress. Participants get personalized recommendations to help them move more, eat better and improve their health.

Mobile App:

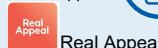


### Real Appeal®



Helps people make small changes necessary for larger, long-term weight loss results.

Mobile App:



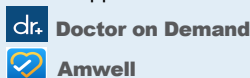
Employer Registration site: [engage.realappeal.com](http://engage.realappeal.com)  
Employee Registration site: [join.realappeal.com](http://join.realappeal.com)

### Virtual Visits\*



Members can see a doctor any time 24/7 for things like allergies, UTI, Cold, Flu, Migraine & sinus infections, to name a few. Go to [myuhc.com](http://myuhc.com) to access [Teladoc](http://Teladoc) and see below for other virtual providers.

Mobile Apps:



[www.doctorondemand.com](http://www.doctorondemand.com)  
[www.amwell.com](http://www.amwell.com)

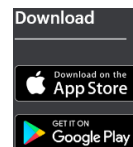
\* Applicable copays or charges apply. See plan documents for details.



Contact a your Agent's office or call the Advocate number on the back of your ID card to learn more.



Download the Unitedhealthcare App today!



Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates. Health plan coverage provided by or through UnitedHealthcare of Florida, Inc. and Neighborhood Health Partnership, Inc.

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MT-1166943.0 2/18 ©2018 United HealthCare Services, Inc. 18-7158

