



UnitedHealth WellnessSM

Resources and tools to help you stay healthy.

Feel Good. Be Healthy. Live Well.SM

Portfolio of UnitedHealth Wellness Programs and Services:

- **Total Well-Being Program – myRenewellSM** **NEW**
- **Health Value Program – UnitedHealth AlliesSM** **NEW**
- **Healthy Living – Other Tools, Programs and Services**
 - **Online Health Assessment and Personalized Report**
 - **Online Health Improvement Programs** **NEW**
 - **Online Personal Health Manager** **NEW**
 - **Healthy Pregnancy Program**
 - **Health and Wellness Educational Information**
- **Other Wellness Programs and Services**

As a comprehensive portfolio of new and existing wellness programs and services through UnitedHealthcare, UnitedHealth WellnessSM can help improve your total health and well-being.

And all of the new programs automatically come with your medical plan.

UnitedHealth Wellness is not insurance. Instead, it is our commitment to bring you more ways than ever to stay healthy. We are pleased to offer you this exciting portfolio of both on-site and online wellness programs and services. And we will continue to enhance it over time.

Total Well-Being Program – myRenewellSM

myRenewell is designed to help you find health and wellness services, discounted products and information – all in one place. Focused on subjects like exercise and fitness, diet and nutrition, and personal development, myRenewell organizes comprehensive information that relates to the five areas of total well-being: Physical, Intellectual, Social, Spiritual and Emotional.

It also features several easy-to-use, interactive online tools and resources, based on your individual needs and preferences. They include the following:



- **Wellness Survey** – gives you a report card on the five areas of total well-being to help you balance your life.
- **Library** – contains over 20,000 scientifically researched articles on a variety of subjects.
- **Marketplace** – offers discounts on products and services related to a balanced lifestyle, such as smoking cessation, weight management, fitness and vitamin supplements.
- **Pathways** – allows you to set and reach achievable goals.
- **Quizzes, Calculators, Assessments** – allows you to test and evaluate your health and wellness status.
- **Journaling** – gives you a way to track your healthy changes.

To access the Total Well-Being Program (myRenewell) and use its many tools, visit the UnitedHealth Wellness Web site at www.unitedhealthwellness.com and link to myRenewell.com. Just follow the registration and login directions using the Subscriber ID/Group Number shown on your UnitedHealth Wellness ID card, which you will receive in a separate mailing.

Health Value Program – UnitedHealth AlliesSM

UnitedHealth Allies provides typical savings of up to 50 percent on certain health care services that are not covered by your medical, dental or vision plan. With UnitedHealth Allies, you can receive discounts on the following types of services:

- **Complementary Care/Alternative Medicine** – chiropractic care, acupuncture, massage therapy and natural medicine
- **Cosmetic Dentistry** – wide range of cosmetic dentistry services, including teeth whitening
- **Laser Eye Vision Correction** – LASIK, Custom LASIK and other procedures
- **Hearing Services** – hearing tests and devices
- **Long-Term Care Services** – adult day care, assisted living, durable medical equipment, homemaker and personal care services, respite programs, skilled nursing facilities and hospice services

As a discount program, UnitedHealth Allies does not require referrals or claim forms. You can explore the dozens of participating discount providers online or call the Customer Care toll-free phone number on your UnitedHealth Wellness ID card, which you will receive in a separate mailing.

Using UnitedHealth Allies is easy.

1. **Activate your account.** Follow the registration and login directions for UnitedHealth Allies on the UnitedHealth Wellness Web site at www.unitedhealthwellness.com. Use your Subscriber ID/Group Number from your UnitedHealth Wellness ID card where indicated.
2. **Locate a health care professional.** Select a health care professional on the linked UnitedHealth Allies Web site and confirm the preferred discounted rate. Print the rate confirmation and take it with you to the provider location.
3. **Visit your selected health care professional.** Make an appointment directly with the health care professional within 90 days of your rate confirmation. At the time of service, present the rate confirmation and your UnitedHealth Wellness ID card. Pay the discounted rate directly to the professional.

Learn more about the Health Value Program (UnitedHealth Allies) and view its many discount offerings online. Simply go to the UnitedHealth Wellness Web site at www.unitedhealthwellness.com and link to the UnitedHealth Allies Web site.

Healthy Living – Tools, Programs and Services

Our healthy living tools, programs and services are available through various UnitedHealthcare sources, including myuhc.com[®] (your medical plan Web site), healthy-pregnancy.com and more. Please see the access source in each of the following sections.

3

Online Health Assessment and Personalized Report

Online Health Assessment

Available through myuhc.com (your medical plan Web site) under the “Health Topics & Tools” tab and “Assess & Improve Your Health,” the Health Assessment is an online confidential survey that helps assess your overall current state of health. It only takes about 20 minutes to complete.

Personalized Report

After taking the Health Assessment, you immediately receive a Personalized Report with your results online. You can then begin taking steps to achieve a healthier lifestyle through using the online Health Improvement Programs (see next page), based on your Personalized Report’s suggested improvement areas. You also have the option to speak with a consultative nurse about your results.

Online Health Improvement Programs

With UnitedHealthcare's online Health Improvement Programs, you can choose from a variety of six-week programs. They are designed to help you make lifestyle changes at your own pace, and achieve your health objectives in key targeted areas.

The core elements of our online Health Improvement Programs are the following:

- A diet to maximize the joy of eating
- An exercise plan that promotes daily activity
- Tools and resources that promote better health and well-being

And whether your objective is to lose weight, gain energy or improve your overall health, all Health Improvement Programs have been developed based on sound medical and behavioral research. Here are the Health Improvement Programs to choose from at this time:

1. **Easy Start** – perfect for beginners who want to get healthier but don't know where to start.
2. **Weight Loss** – the basics of weight loss and nutrition with a personalized meal plan for steady weight loss.
3. **Get in Shape** – personalized fitness plans and menus.
4. **Smoke-Free** – tools and trackers to identify and conquer barriers to quitting, incorporate healthy lifestyle changes into a daily routine, and understand how to become and remain smoke-free.
5. **Stress Relief** – nutrition and fitness strategies to fight stress, and techniques to help ward off daily stressors.
6. **Healthy Aging** – personalized meal plans and fitness recommendations, plus the latest science-backed advice on nutrition, supplements, wellness and fitness.
7. **Healthier Diet** – information on how making simple substitutions can improve your diet and give you a long-range plan for eating better.
8. **Disease-Fighting** – three separate programs about good nutrition and fitness as the foundation of disease prevention: **Cancer-Fighting, Diabetes-Fighting and Healthy Heart.**
9. **Custom** – design your own plan with interactive tools, including personalized meal plans, access to fitness trackers and self-assessments.
10. **Your Healthy Living Program** – weekly features customized to your interest and health concerns if you have completed any program, with a quick view of your Progress Tracker and access to your meal plan.

The online Health Improvement Programs are located on **myuhc.com** under the "Health Topics & Tools" tab and "Assess & Improve Your Health."



Online Personal Health Manager

Available on **myuhc.com** under the “Health Topics & Tools” tab, the online Personal Health Manager helps you manage your health information all in one place. It allows you to do the following:

- Securely record your current health status or conditions.
- Permit access to only people you approve, including physicians, health care professionals and family members.
- Document your medical contacts.
- Create an emergency medical wallet card.
- Store information from doctor visits.
- Print reports for doctor visits, school trips or for your own records.

5

Confidentiality is Key.

The information you submit to your Personal Health Manager is for your personal use. It is only shared with those people and organizations you approve to view it. Please consult the legal, privacy and security information on **myuhc.com** for details.

Healthy Pregnancy Program

With our Healthy Pregnancy Program, UnitedHealthcare enrollees receive personal support through all stages of pregnancy and delivery. Some features of the program include a pregnancy assessment to identify special needs, identification of pregnancy risk factors, a 24-hour toll-free phone number to experienced nurses and customized maternity educational materials.

To enroll in the Healthy Pregnancy Program, simply call toll-free at **1-800-411-7984** between 8 a.m. and 11 p.m. Central Time, Monday through Friday; or visit **www.healthy-pregnancy.com**.

Health and Wellness **Educational Information**

You can find healthy living articles and general information on myuhc.com and unitedhealthcare.com. Health and wellness topic categories include the following and much more:

- **Addiction**
- **Family**
- **Fitness and Nutrition**
- **Healthy Aging**
- **Healthy Pregnancy**
- **Preventive Medicine**
- **Relationships**

To learn more, visit our Web sites at your leisure or ask your employer for information.



Other Wellness Programs and Services

Depending on your employer's health care benefit offerings, you may have other special wellness programs and services from UnitedHealthcare. These could include one or more of the following:

Care24SM – a 24-hour toll-free helpline to talk with registered nurses and master's level counselors; audio messages on more than 1,100 health and well-being topics; and the opportunity for your employer to order on-site (workplace) or Web-based training programs, seminars and information fairs on almost 100 different personal wellness and work/life topics. Sample topics: *Balancing Work and Home*, *Natural Energy Boosters*, *Smoking Cessation*, *Stress Management*, *Wellness and You*, and much more.

NurseLineSM – a 24-hour toll-free helpline to talk with registered nurses about health concerns, and audio messages on more than 1,100 health and well-being topics.

Reminders Program – sends reminders to get recommended preventive care and screenings, including mammograms, diabetic eye exams, pediatric immunizations and flu shots.

liveandworkwell.com – a Web site devoted to mental health issues, containing information and resources that deal with work and wellness.

Assistance Program – a program that offers 24-hour support for family and relationship issues, work-related concerns, financial and legal needs, stress and other personal concerns.

Health and Wellness Publications – includes *Taking Care*[®] self-care books for healthy living and credible information on common injuries, illnesses and conditions; and *Taking Care* newsletters for the latest self-care and health lifestyle information.

Employer-Sponsored Wellness Program – a customized, workplace health management program that can be accessed from your employer's Intranet site or myuhc.com, containing a health assessment survey, lifestyle intervention programs and coaching, and a participation incentive program.

It just makes sense.SM

Questions?

If you have questions about the UnitedHealth Wellness collection of programs and services or how to access them, please call the Customer Care toll-free phone number at **1-888-848-WELL** (1-888-848-9355) from 8 a.m. to 8 p.m. Monday through Friday. Or visit the UnitedHealth Wellness Web site at **www.unitedhealthwellness.com**.

Note: You will receive a separate mailing containing your UnitedHealth Wellness ID card and program access information.



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UnitedHealthcare[®]

UnitedHealth Wellness is a collection of programs and services offered to UnitedHealthcare enrollees to help them stay healthy. It is not an insurance product but is offered to existing enrollees of certain products underwritten or provided by United HealthCare Insurance Company or its affiliates to encourage their participation in wellness programs.

Health care professional availability for certain services may be dependent on licensure, scope of practice restrictions or other requirements in the state. Therefore, some services may not be included in some programs due to state regulations.

Some UnitedHealth Wellness programs and services may not be included in all medical plans or for all customers and individuals.