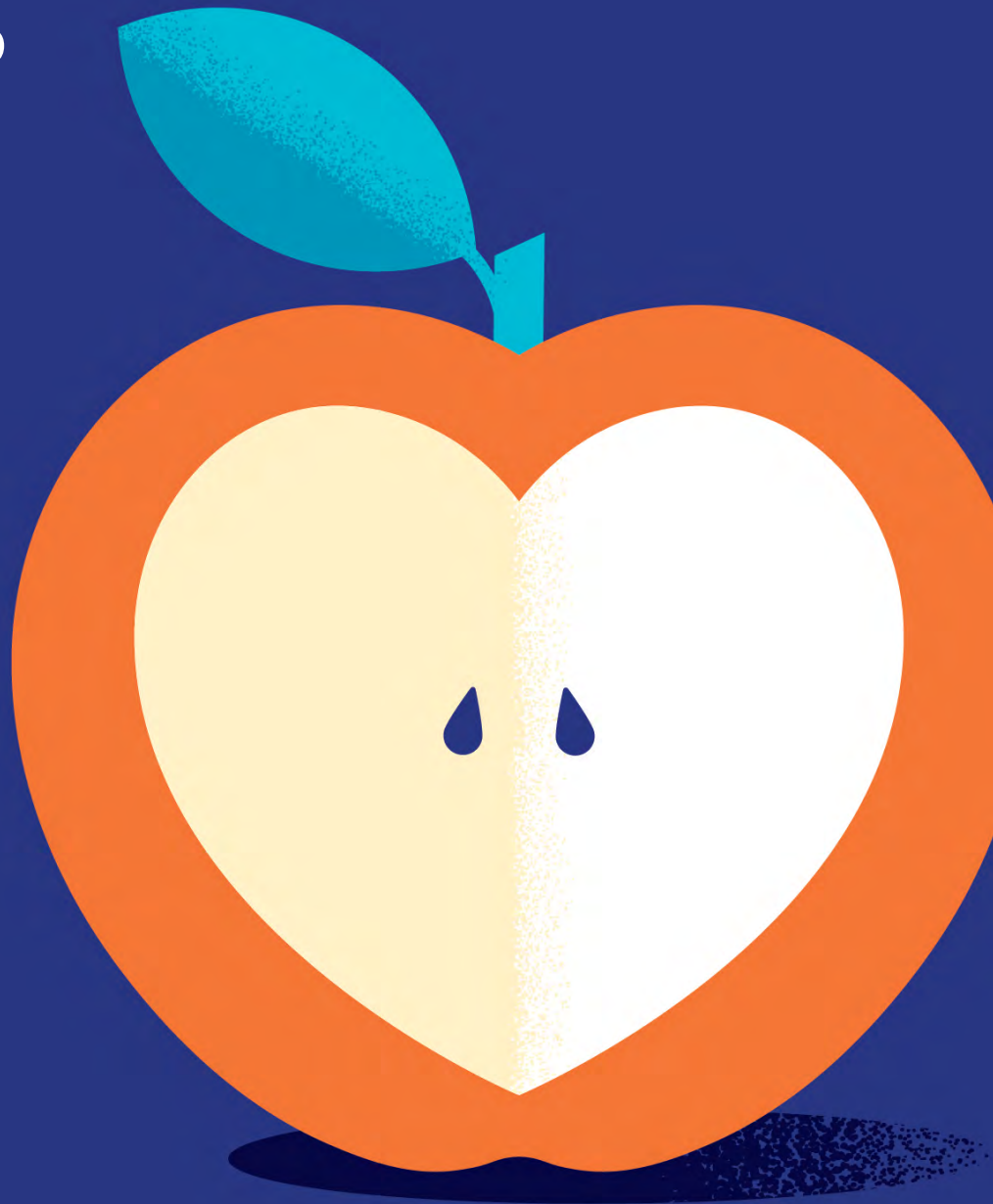




UnitedHealthcare Level Funded

Welcome to Wellness



United
Healthcare®



Level Funded Wellness

Get started with Level Funded Wellness, programs included in your health plan and designed to help you with a healthier lifestyle – all at no extra cost to you.



UnitedHealthcare Rewards

Earn rewards for completing a variety of actions, including things you may already be doing.



HealthiestYou™ Virtual Care

Virtual care from your mobile device or computer

Talk with medical doctors who can diagnose, treat and prescribe medication.



Virtual Care

Connect with a provider 24/7. Speak to a doctor by video or phone* for help with non-emergency care – anytime, anywhere. You can also connect with a primary care provider or specialist for certain conditions.

*Data rates may apply.

Get in on UHC Rewards

Good news – your health plan comes with a program where you can earn up to \$300. UnitedHealthcare Rewards is included in your health plan at no additional cost.

Earn up to
\$300

There's so much good to get

With UHC Rewards, a variety of actions—including many things you may already be doing—lead to rewards. The activities you go for are up to you. Here are some ways you may earn:

- Connect a tracker
- Track steps or sleep to complete daily and weekly goals
- Take a health survey
- Get an annual checkup
- Get a flu shot
- Get a biometric screening

Visit UHC Rewards for the full list of rewardable activities that are available to you.

Get started



On the UnitedHealthcare® app

- Scan this code to download the app
- Sign in or register
- Select **UHC Rewards**
- Activate UHC Rewards and start earning
- Though not required, connect a tracker and get access to even more reward activities



Your lifestyle

Get in on an experience that's designed to help inspire healthier habits

Your goals

Personalize how you may earn by choosing the activities that may be right for you

Your rewards

You may earn up to \$300

Key features:

- With UHC Rewards subscribers and spouses can each earn up to \$300
- Depending on your health plan¹, the rewards you earn can be deposited into a health savings account (HSA) or health incentive account (HIA)
 - For more information on each of these accounts please refer to the applicable fliers attached to the end of this brochure

¹Rewards will be deposited into a Visa Gift Card for Level Funded Cannabis groups.

Get care with virtual care

You can make a virtual care appointment for your urgent care, primary care, mental health and specialty care needs. You may get seen faster by a provider and, often, it may even cost less. All from the comfort of anywhere you choose. On average, you can connect with a provider by phone* or video in:

- 15 minutes or less for 24/7 virtual urgent care
- 1 week or less for virtual primary care or virtual therapy
- 3 days or less for virtual specialty care

Let quality care come to you

Here are some of the things virtual care may help you with:

24/7 Virtual Visits (virtual urgent care)

- Bronchitis
- Coughs, colds and flu
- Fevers
- Headaches
- Pinkeye
- Rashes
- Sinus problems
- Stomach pain and urinary tract infections (UTIs)

Virtual primary care

- Annual wellness visits, covered 100% just like in-person
- Lab orders
- Non-urgent needs
- Prescription refills**
- Specialist referrals

Virtual therapy

- ADD/ADHD
- Addiction
- Anxiety
- Depression
- Grief
- Mental health disorders
- Stress

Virtual specialty care

- Dermatology
- Gastroenterology needs
- Migraines
- Sleep apnea
- Speech therapy
- Women's health issues, like menopause, birth control and breast health

Make an appointment

Visit myuhc.com/virtualcare or the **UnitedHealthcare app** to get started.

Questions?

Call customer service at **1-866-230-2505**

*Data rates may apply.

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

Get well. HealthiestYou virtual care.



Virtual care from your mobile devices

HealthiestYou – Your one-stop shop for all things virtual health care. HealthiestYou may help you save time and money – and avoid unnecessary in person doctor visits for non-life threatening illnesses. Doctors may prescribe medication when necessary as well.

Your virtual care services include:



General medical

Consult with a doctor 24/7 in all 50 states for minor illnesses (cold, flu, sinus infection, pink eye, UTI, allergies, etc.)



Dermatology

Communicate with a dermatologist through the HealthiestYou app via message center for skin conditions (acne, eczema, shingles, psoriasis, etc.)



Mental Health

Connect with a psychiatrist/therapist for support for anxiety, stress, depression, family difficulties, etc. (for 18+ only)



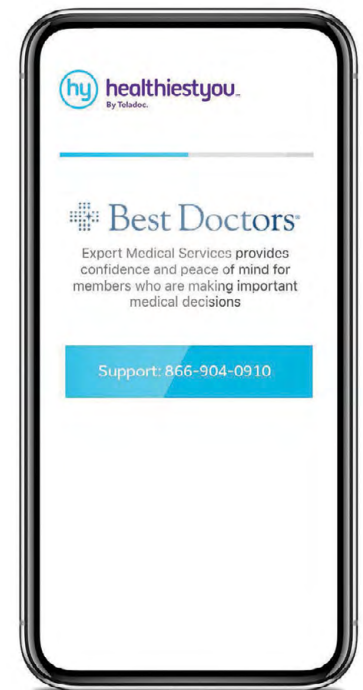
myStrength® Complete

myStrength Complete is a mental wellness program that provides you with a flexible and comprehensive digital program with proven tools and dedicated support for stress, depression, sleep and more.

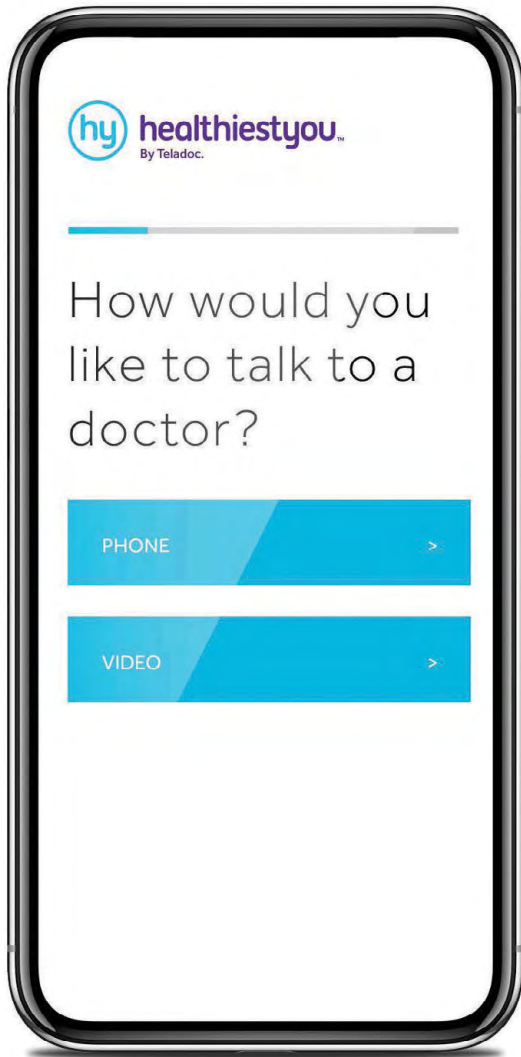
HealthiestYou Expert Medical Services

If you're dealing with a difficult diagnosis or questioning a treatment plan, you need to be sure. Have your medical case reviewed at no additional cost to you by a leading expert, and get a second opinion on conditions like cancer, orthopedic problems, digestive system issues, chronic illnesses and more.

1. **Contact HealthiestYou** via app or phone
2. **Provide details** about your medical history
3. **Get results and recommendations** in a personalized report at no additional cost



1-866-703-1259



Download the app to connect to doctors by phone or video 24/7, shop the lowest cost prescriptions and much more

1. Download the app

Search “HealthiestYou” in the App Store or on Google Play

2. Set up your account

Once you’ve downloaded the app, select “Register,” then choose “Employee” as your membership type

3. Enter basic contact information

Type in your last name, date of birth and ZIP code

4. Type in your security information

Enter a valid email address, password, the best number for our doctors to reach you and your preferred language, then accept terms and conditions

Questions about HealthiestYou virtual care?

Do you have a question on how to set up the member website? Need help downloading or using the app? We’re happy to help. Contact us using the information below.



Call: 1-866-703-1259 | Send us an email at: help@healthiestyou.com

HealthiestYou.com

Download the app.

Search “HealthiestYou” in the App Store® or Google Play® to download.





Visit Level Funded Wellness at myuhc.com

United
Healthcare®

All trademarks are the property of their respective owners.

UnitedHealthcare Rewards is a voluntary program. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. You should consult an appropriate health care professional before beginning any exercise program and/or to determine what may be right for you. Receiving an activity tracker, certain credits and/or rewards and/or purchasing an activity tracker with earnings may have tax implications. You should consult with an appropriate tax professional to determine if you have any tax obligations under this program, as applicable. If any fraudulent activity is detected (e.g., misrepresented physical activity), you may be suspended and/or terminated from the program. If you are unable to meet a standard related to health factor to receive a reward under this program, you might qualify for an opportunity to receive the reward by different means. You may call us toll-free at 1-866-230-2505 or at the number on your health plan ID card, and we will work with you (and, if necessary, your doctor) to find another way for you to earn the same reward. Rewards may be limited due to incentive limits under applicable law. Subject to HSA eligibility, as applicable. This program is not available in Hawaii, Vermont and Puerto Rico. Components subject to change. This program is not available for fully insured members in Hawaii, Vermont and Puerto Rico nor available to level funded members in District of Columbia, Hawaii and Vermont.

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.

24/7 Virtual Visits is a service available with a Designated Virtual Network Provider via video, or audio-only where permitted under state law. Unless otherwise required, benefits are available only when services are delivered through a Designated Virtual Network Provider. 24/7 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, or for all members. Check your benefit plan to determine if these services are available.

Virtual primary care are services available with a provider via video, chat, email, or audio-only where permitted under state law. Virtual primary care services are only available if the provider is licensed in the state that the member is located at the time of the appointment. Virtual primary care is 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, or for all members. Certain prescriptions may not be available, and other restrictions may apply.

Virtual Specialists are services available with a provider or coach via video, chat, email, or audio-only where permitted under state law. It is not an insurance product or a health plan. Virtual Specialists 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, or for all members. Certain prescriptions may not be available, and other restrictions may apply.

Certain preventive care items and services, including immunizations, are provided as specified by applicable law, including the Patient Protection and Affordable Care Act (ACA), with no cost-sharing to you. These services may be based on your age and other health factors. Other routine services may be covered under your plan, and some plans may require copayments, coinsurance or deductibles for these benefits. Always review your benefit plan documents to determine your specific coverage details.

The UnitedHealthcare plan with Health Savings Account (HSA) is a qualifying high deductible health plan (HDHP) that is designed to comply with IRS requirements so eligible enrollees may open a Health Savings Account (HSA) with a bank of their choice or through Optum Bank, Member FDIC. The HSA refers only and specifically to the Health Savings Account that is provided in conjunction with a particular bank, such as Optum Bank, and not to the associated HDHP.

The service offerings and programs of UnitedHealthcare Level Funded Wellness are subject to change or may be discontinued. The Level Funded Wellness service offerings may not be available in all states.

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. Apple, App Store and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries. Google Play and the Google Play logo are registered trademarks of Google Inc.

Administrative services provided by United HealthCare Services, Inc. or their affiliates, and UnitedHealthcare Service LLC in NY. Stop loss insurance is underwritten by UnitedHealthcare Insurance Company or their affiliates, including UnitedHealthcare Life Insurance Company in NJ, and UnitedHealthcare Insurance Company of New York in NY.