Help your employees take control of their health.

UnitedHealthcare provides resources to help your employees make more informed choices about their health and well-being. Our clinical, wellness and behavioral programs and tools are designed to support personal health management, which may lead to better outcomes.

**Complex Medical Condition Support**

**Congenital Heart Disease Resource Services**
- Combines specialized network of leading Congenital Heart Disease (CHD) Centers of Excellence (COE) with contractual savings and clinical management.
- CHD nurse case managers educate families about the benefits of receiving care at a COE and support families as their children receive care.
- A list of COEs in Arizona may be found on myuhc.com®.

**Kidney Resource Services**
- Educational information and network dialysis clinics are offered by a team of specialized nurses.
- The program is designed to reduce medical expenses related to end-stage renal disease.

**Chronic Kidney Disease**
- Expanded kidney disease program provides telephone-based services to members diagnosed with end-stage renal disease and chronic kidney disease.
- Focuses on members who are at an increased risk of chronic kidney disease, are transitioning into renal replacement therapy and those already on dialysis.
- A list of dialysis facilities in Arizona may be found on myuhc.com.

**Condition-specific Solutions**

**Condition or Disease Management**
For Coronary Artery Disease, Diabetes and Heart Failure.
- Designed to help members improve self-care, identify warning signs and access resources for assistance, with the goal of reducing the need for urgent/emergency services.
- Reinforces and supports physician treatment plans.
- Helps eliminate unnecessary or redundant procedures, reduce complication rates and improve medical outcomes.

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Disease Management programs and services may vary on a location-by-location basis and are subject to change with written notice. UnitedHealthcare does not guarantee availability of programs in all service areas and provider participation may vary. Certain items may be excluded from coverage and other requirements or restrictions may apply. If you select a new provider or are assigned to a provider who does not participate in the Disease Management program, your participation in this program will be terminated. Self-Funded or Self-Insured Plans (ASO) covered persons may have an additional premium cost. Please check with your employer.

The Complex Medical Conditions program 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 nurse support service is for informational purposes only and provided as part of your health plan. The nurse cannot diagnose problems or recommend treatment and is not a substitute for your doctor’s care. Please discuss with your doctor how the information provided is right for you. Your health information is kept confidential in accordance with the law. This nurse support service is not an insurance program and may be discontinued at any time. The Complex Medical Conditions program 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 and/or certain credits and/or purchasing an activity tracker with earnings may have tax implications. You should consult an appropriate tax professional to determine if you have any tax obligations from receiving an activity tracker and/or certain credits 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. Contact us and we will work with you (and, if necessary, your doctor) to find another way for you to earn the same reward.

Real Appeal®
• An evidence-based, virtual weight loss program that provides members with the tools and support needed to help them lose weight and prevent weight-related health conditions.

Savings4Health℠
• Designed to help employers earn premium rate reductions by improving employee health through health advocacy, plan design and adoption of select member incentive wellness programs.
• Group benefit plan scorecard reflects progress achieved and group’s rate reduction annually.

SimplyEngaged® and SimplyEngaged Plus
• Offers rewards for completing health actions and achieving specific outcomes for cholesterol, blood pressure, body mass index and tobacco use.
• Options include: Gift cards, deposits to either a health reimbursement account (HRA) or a health savings account (HSA) or member premium reduction.

UnitedHealthcare Motion®
• A wellness program designed to help motivate employees to do more of what they already do: walk.
• It’s convenient, provides immediate feedback on goal achievement and rewards members with deposits into their HRA or HSA for meeting certain daily walking goals.

Digital Onboarding
• Designed to be a no-cost digital tool that’s easy to implement, simplifies the enrollment process and may result in more informed and engaged employees.

PreCheck MyScript™
• Provides prescription clarity by giving physicians patient-specific pharmacy information within their existing electronic medical record (EMR) system and workflow.
• Offers transparent pricing, timely prescriptions, less administrative waste and a better patient experience.

Provider Network
• One of the largest national performance-tiered network.
• Pay-for-performance-based contracting.
• Custom network development.
• Includes accommodations for non-network providers.

Contact your UnitedHealthcare representative to learn more.