It’s about everyday choices

UnitedHealthcare Wellness Programs
For customers with 2-99 employees

When employees learn how to make good decisions for their health, everyone wins. They may stay healthier. You, as their employer, may see that healthier employees can work better and miss work less often.

There’s a lot you can do to help your employees stay healthy. Research shows that, for every dollar employers like you invest in worksite wellness, you could save $3.48 on medical costs and as much as $5.82 on the cost of employees who have to miss work because of an illness or injury.*

More companies are looking for ways to lower their health care costs. We believe that wellness programs in the workplace could potentially save you a lot of money.

Fitness Reimbursement Program

We’re serious about motivating our members to make more informed choices that may result in better health.

The fitness reimbursement program offers money back to members who go to a participating fitness center on a regular basis. It’s a fun way to encourage healthy behavior. Here is how the program works:

• Members choose a participating fitness center from a national network including 24 Hour Fitness, Bally Total Fitness®, Anytime Fitness®, Curves®, Gold’s Gym®, Life Time Fitness, Snap Fitness, the Y and more.
• Members present their fitness ID card each time they visit the fitness center.
• Members are reimbursed $20 per month (to an annual maximum of $240) for every month they visit the fitness center at least 12 times. The reimbursement can be deposited directly into their bank account or credited to their credit card.
• Members and spouses (if enrolled in the health plan) can participate in the fitness reimbursement program.
• More information on this program is easy to find on uhctogether.com/uhcwellness

Health Screenings and Coaching

Offering biometric health screenings and wellness coaching can help make a measurable difference to you and your employees. Monitoring health status and focusing on preventive care may help to reduce the chances of future complicated health conditions.

Biometric Health Screenings

• Available to groups with 2-99 employees
• Employee and spouse are eligible
• Home screenings kit sent and received by mail:
  – Cholesterol
  – Glucose
  – Body Mass Index
• Data is fed weekly into myuhc.com*
• Data populates into online health assessment and Personal Health Record

Wellness Coaching

• Telephonic wellness coaching on seven conditions
  – Weight
  – Stress
  – Exercise
  – Heart Health
  – Tobacco Cessation
  – Nutrition
  – Diabetes
• Available to groups 2-99

Why preventive care is important

Preventing disease or detecting disease early is important to living a healthy life. The better an individual’s health, the lower health care costs are likely to be. UnitedHealthcare provides information about guidelines for maintaining health:

• Health screenings for children up to 18 years of age
• Recommended immunization schedules for children up to 18 years of age
• Preventive care guidelines for adults over 18
• And much more

Members should talk to their doctor about specific health questions and concerns, and follow his or her recommendations. If you’d like more information on preventive care, visit www.preventiveservices.ahrq.gov.

* Program applies to select partner gyms.
Health discount program
The health discount program can help employees save on many health and wellness purchases not included in standard health insurance plans. On myuhc.com, members can click on “Extra Programs and Discounts.” Members can get discounts on:

- Dental care – Cosmetic procedures such as teeth whitening
- Vision care – Laser eye surgery
- Alternative care – Acupuncture, chiropractic care, massage therapy, and natural medicine
- Long-term care services – Skilled nursing facilities, assisted living, respite programs and durable medical equipment
- Hearing aids
- Online health store – Members can get what they need to help them live healthier lifestyles, including fitness apparel, weight-loss programs, home medical supplies, vitamins and much more

Personal Health and Wellness

UnitedHealth Wellness

UnitedHealth Wellness is the name of a group of programs and services. These programs and services are designed to help members make healthy lifestyle decisions that could affect their long-term quality of life. Below are just a few of the tools and resources included in UnitedHealth Wellness.

- Online health assessment – Gives people a picture of their current health. The results of the online health assessment include personalized recommendations to help individuals maintain or improve their health or take steps to prevent health problems.
- Health assessment participation report and management summary – After employees take the online health assessment, employers can get a report on what are the most common health risks. Using this information, the employer can decide on a wellness program that would best suit the needs of the employees.
- Reminders – Employees can get e-mails to remind them to follow recommendations on getting preventive health screenings, such as mammograms and childhood immunizations.
- Online health coaching – These self-directed programs help members learn about lifestyle choices that may improve their overall health and well-being. They can choose from seven online programs on: physical activity, nutrition, weight, tobacco use, stress, heart health and diabetes.
- Personal health record – Employees can securely record their medical history online. The personal health record is where they can keep their health assessment results and even some claims data. They can also receive personalized health messages and reminders.
- Healthy Pregnancy program – Gives women the support they need through all stages of pregnancy and delivery. Includes screenings that help identify patients with high-risk pregnancies. By helping patients get the information they need, this program may help lower maternity and intensive care costs.
- Health and wellness publications – When people sign up for our Healthy Mind Healthy Body e-newsletter, they can choose up to five health topics relevant to their lifestyle. Subscribers can get the latest healthy living information.

*The health discount program is not insurance.
Value-Add Services

myuhc.com®
UnitedHealthcare’s website for consumers offers easy-to-use online tools and personalized information. The website was designed to help employees clearly understand their health care choices and get the most out of their health care coverage. myuhc.com gives employees an interactive and reliable way to access their personal account, health topics of interest, and network information.

At no additional cost to you, enrollees can:
• Check claims status and history
• Review who is covered under their plan and what services are covered
• Change/select a primary physician (if required by the benefit plan)
• Compare costs in-network and out-of-network
• Print a temporary health plan ID card or request a new health plan ID card
• Look up flexible spending account information (if in coverage)
• Use Pharmacy Online (if in coverage)
• Look up hospital specialties and quality-of-care measures using the Hospital Comparison Tool
• Explore various treatment costs with the Treatment Cost Estimator
• Estimate the costs of different plan options using the Plan Cost Estimator
• Talk one-on-one with a registered nurse using Live Nurse Chat
• Use the Personal Health Record to organize health data and receive information on specific conditions to better manage their health
• Take a personalized Health Assessment and participate in Online Health Coaching programs that help them set goals for better health

Simplified benefits administration
Save money and lighten administrative responsibilities. Offer Pre-Tax Premium plans, COBRA administration services and Flexible Spending Accounts through UnitedHealthcare. These services are available at no additional cost to you when you purchase medical coverage through UnitedHealthcare.* Adding these plans to your benefit programs may reduce payroll-related taxes and increases employee satisfaction. And, all you need to do is enroll in these programs. UnitedHealthcare will provide all the support you need, including templates and tools to help you effectively communicate with your employees.
• Pre-Tax Premium Plan
• COBRA/State Continuation
• Flexible Spending Account

Employer eServices®
Registering for Employer eServices allows you to take full advantage of the many services available at this state-of-the-art employer website. You can simplify eligibility management, billing and reporting, and manage vital aspects of benefits administration online and in real-time, quickly and easily.


*These services are available to customers with 20 to 99 eligible employees. The cost of these administrative services is included in the administrative portion of the premium.
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 UnitedHealthcare 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. Some UnitedHealth Wellness programs and services may not be available in all states or for all group sizes. Components subject to change.

UnitedHealthcare wellness programs provide information and support. They do not diagnose medical problems or recommend specific treatment, nor are they a substitute for a physician’s care.

The Healthy Pregnancy Program follows national practice standards from the Institute for Clinical Systems Improvement. The Healthy Pregnancy Program cannot diagnose problems or recommend specific treatment. The information provided is not a substitute for your doctor’s care.

Disclosure: The UnitedHealth Allies health discount program is administered by HealthAllies®, Inc., a discount medical plan organization located at PO Box 10340, Glendale, CA 91209, 1-800-860-8773. The health discount program is NOT insurance. The health discount program provides discounts for certain health products and services. The health discount program does not make payments directly to the providers of health products and services. The program member is obligated to pay for all health products and services but will receive a discount from those providers who have contracted with the discount plan organization. The health discount program is offered to existing members of certain products underwritten or provided by UnitedHealthcare Insurance Company or its affiliates to provide specific discounts and to encourage 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. UnitedHealthcare does not endorse or guarantee health products/services available through the discount program. This program may not be available in all states or for all groups. Components subject to change.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates.