Get an early jump on getting more out of your health plan

Even before your health plan ID card arrives and your coverage starts, there are a few things you can do to help you take charge of your health care. Here are 6 ways to get started.

1 Check the mail
Watch for your health plan ID card to arrive.

2 Download the UnitedHealthcare® app
Once your plan is effective, you'll be able to take your plan and ID card on the go with our app. You can even find nearby care options and view progress toward your deductible.

3 Choose a network PCP
Although your plan may not require you to choose a primary care provider (PCP),* it's a good idea to have one main doctor to guide you through your care. To find a network PCP, you can use the Find a Doctor directory on **uhc.com** or the UnitedHealthcare app—or, you can call us for help. After you receive your health plan ID card, sign in to **myuhc.com®** to view a provider directory that's specific to your plan.

4 Explore your network
Check who's in the network by using the Find a Doctor directory on **uhc.com** or the UnitedHealthcare app. You'll also see which clinics and hospitals are in your network.

5 Make an appointment
Plan ahead by scheduling an appointment with your PCP. Just remember that the appointment date must be after your coverage effective date. Many preventive screenings and immunizations are covered at no additional cost to you when you see network providers, so it's a good idea to get them on the calendar. Learn more at **uhc.com/preventivecare.**

6 Bookmark myuhc.com
Once you have your ID card, you can activate your online account. Here, you can search for network doctors, find and estimate the cost for care and see what's covered—all in one spot.

United Healthcare