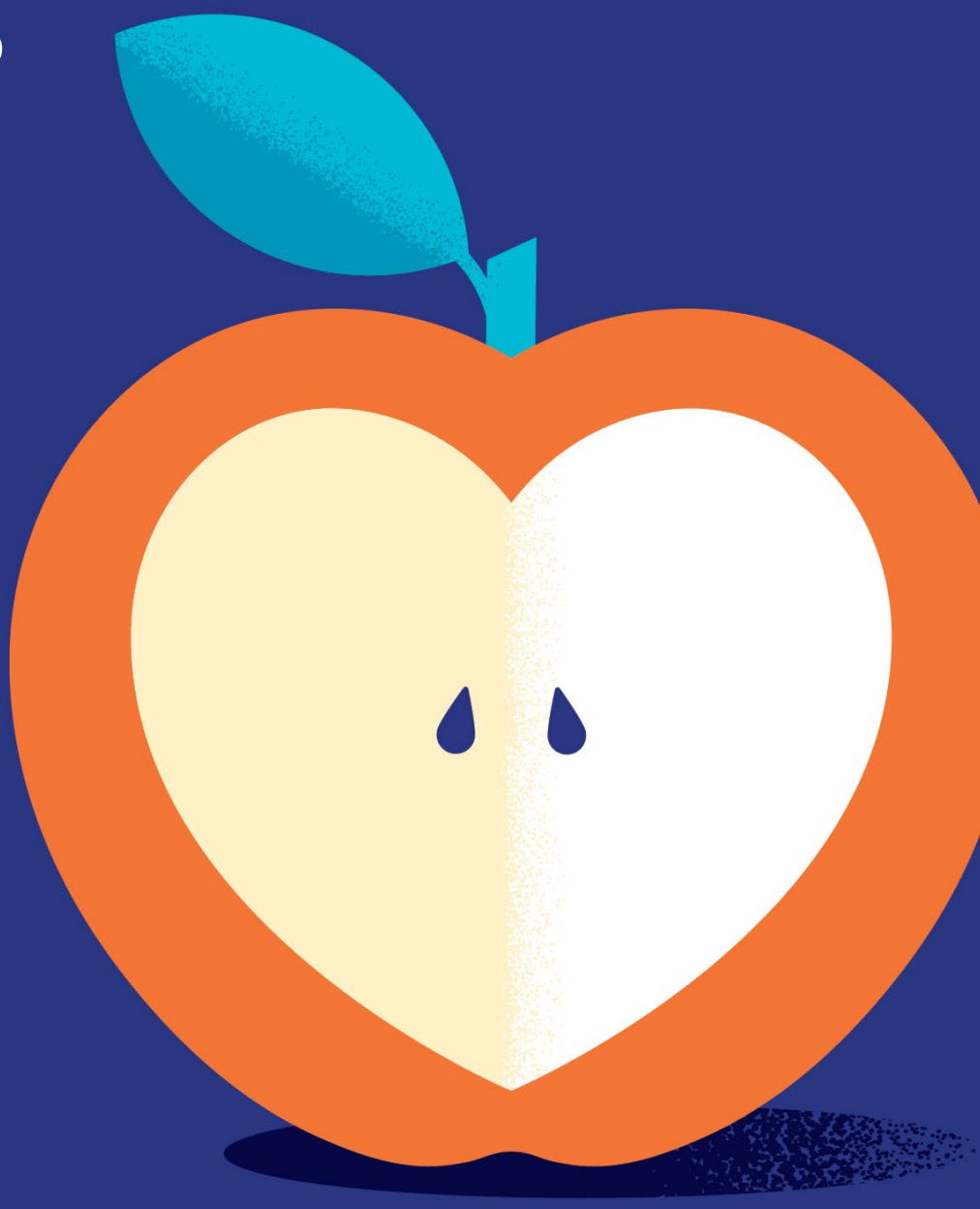
UnitedHealthcare Level Funded

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 reaching program goals and completing one-time activities

HealthiestYou™ Virtual Care

Virtual care from your mobile device or computer

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

24/7 Virtual Visits

Connect with a doctor 24/7

Speak to a doctor by phone* or video when you want care — anytime, anywhere

* Data rates may apply.

Get in on UHC Rewards

Earn up to

$1,000

Good news — your health plan comes with a program where you may earn up to $1,000. UnitedHealthcare Rewards is included in your health plan at no additional cost.

There may be so much good to get

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

Reach daily goals

- Track 5,000 steps or 15 active minutes each day, or double it for an even bigger reward
- Track 14 nights of sleep

Complete one-time reward activities

- Go paperless
- Get a biometric screening
- Take a health survey
- Connect a tracker

Personalize your experience by selecting activities that may be right for you —and look for new ways of earning rewards that may be added throughout the year.

There are 2 ways to get started

On the UnitedHealthcare® app

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

On myuhc.com®

- Sign in or register
- Select **UHC Rewards**
- Activate UHC Rewards
- Choose reward activities that inspire you — and start earning

Your health

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

Your goals

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

Your rewards

You may earn up to $1,000

Key features:

- Plan participants and eligible spouses may be reimbursed up to $1,000, subject to any applicable incentive limits
- Rewards are deposited into an Optum health savings account (HSA) or health Incentive account (HIA) as soon as $5 in earnings is achieved. Earnings may take 14 days to appear.
- 50% plan year rollover of unreimbursed rewards for those on a non-HSA plan

Considerations:

- Point tracking does not start until after your effective date
- All earned credits will be deposited into the plan participant's HSA or HIA to be used at your discretion
- Plan participants and spouses on a high deductible health plan will need to set up an Optum HSA, if they do not already have one, to receive reimbursement
- $65 registration credit will be deposited into the plan participant's HSA or HIA

HSA contribution limits for 2024: Plan participants are responsible for ensuring that they do not exceed the 2024 HSA contribution limits imposed by the IRS. For 2024, the maximum contribution is $4,150 for individual coverage and $8,300 for family coverage. If you are age 55 or older, you may be eligible for an additional $1,000 catch-up contribution. Please seek your own tax advice.

Questions?

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

Get well.
HealthiestYou virtual care.

healthiestyou™
By Teladoc

Virtual care from your mobile devices!

HealthiestYou – Your one-stop shop for all things virtual healthcare. All 4 services are available to all family members in your household, even those not taking medical coverage with UnitedHealthcare Level Funded. HealthiestYou may help you save time, 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)

Back/neck care

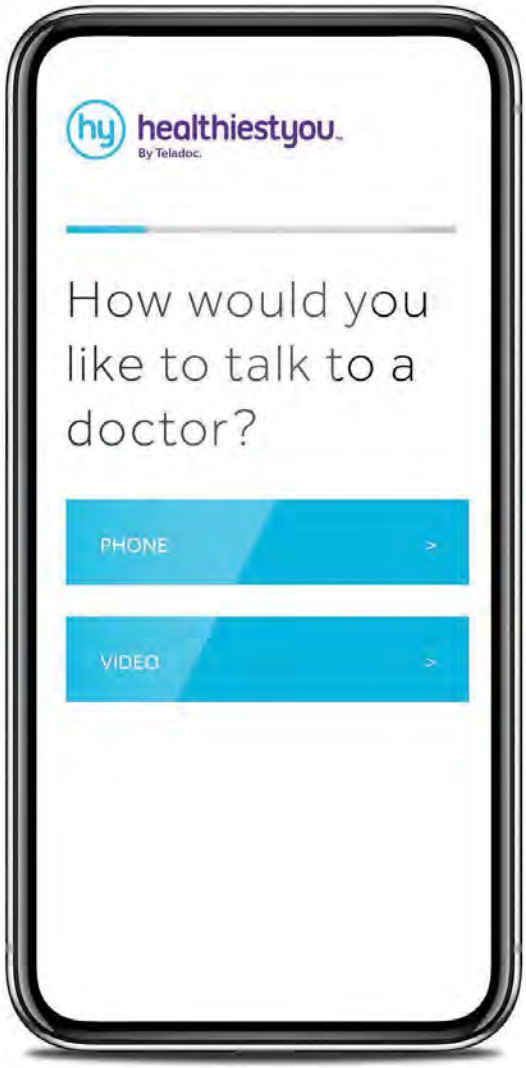
Get help to relieve your back and neck pain through guided videos with a certified health coach

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, your preferred language, and 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.

Download on the App Store | GET IT ON Google Play

See a doctor 24/7 with Virtual Visits

24/7 Virtual Visits let you and your covered family members connect with a doctor whenever you want care — from anywhere. Care is at your fingertips on **myuhc.com®** or the UnitedHealthcare® app — and you can choose a phone or video visit.

With 24/7 Virtual Visits, doctors can diagnose a wide range of common medical conditions — and even may prescribe medications, if permitted and needed.**

Through your UnitedHealthcare Level Funded plan, your cost for a 24/7 Virtual Visit is $0.***

Get started

Visit **myuhc.com/virtualvisits** or download the UnitedHealthcare app.

To register by phone, call **1-855-615-8335**.
When you request your visit, you can choose to speak to a doctor on the phone or have a video visit.

Use 24/7 Virtual Visits for common, nonemergency conditions like:

- Allergies
- Bronchitis
- Eye infections
- Flu
- Headaches/migraines
- Rashes
- Sore throats
- Stomachaches
- And more

Questions about Virtual Visits

See the 24/7 Virtual Visits FAQ on **myuhc.com**
or call the member number on your health plan ID card

** Certain prescriptions may not be available, and other restrictions may apply.
*** The Designated Virtual Visit Provider's reduced rate for a 24/7 Virtual Visit is subject to change.

Download on the App Store

GET IT ON Google Play

Notes

Notes

Notes

Visit Level Funded Wellness at myuhc.com

United Healthcare

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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.

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.

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