Go ahead, take advantage.

1-866-887-9533, TTY 711
8 a.m. – 8 p.m. PT, 7 days a week

www.UHCRetiree.com/uc

For more details, please review your Evidence of Coverage (EOC). Your Quick Start Guide, which you will receive once you are enrolled, will include instructions on how to access your EOC.

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1 A copay or coinsurance may apply if you receive services that are not part of the annual physical/wellness visit.

2 The NurseLine service 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 this service is for informational purposes only. The nurses cannot diagnose problems or recommend treatment and are not a substitute for your doctor’s care. Your health information is kept confidential in accordance with the law. Access to this service is subject to terms of use.

3 Renew by UnitedHealthcare is not available in all plans. Resources may vary. Renew Rewards is not available in all plans with Renew by UnitedHealthcare.

4 Availability of the SilverSneakers program varies by plan/market. Refer to your Evidence of Coverage for more details.

Consult a health care professional before beginning any exercise program. SilverSneakers is a registered trademark of Tivity Health, Inc. © 2020 Tivity Health, Inc. All rights reserved.

5 Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities are limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.

6 Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer Members additional classes. Classes vary by location.

7 Please refer to your Summary of Benefits for details on your benefit coverage.

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan’s contract renewal with Medicare.

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Ready to take advantage?
Discover what the UC Medicare Choice plan has to offer

United Healthcare
UNIVERSITY OF CALIFORNIA
Take advantage of a plan you won’t find anywhere else

There’s so much to take advantage of when you’re a UC Medicare Choice plan member. Our plans are designed to help you live healthier, with many features and benefits including:

**Renew by UnitedHealthcare**

Renew offers health and wellness resources and activities that include:

- Brain games, healthy recipes, learning courses and fitness activities
- Health topic library including articles, videos and health news
- Interactive quizzes and tools, fun activities and music playlists
- Rewards for completing certain health care activities

**SilverSneakers**

SilverSneakers includes memberships to thousands of locations nationwide, group exercise classes designed for all abilities, On-Demand video library, live virtual classes and workshops, and fun activities held outside the gym.

Classes, equipment, facilities and services may vary by location.

**Virtual Doctor and Behavioral Health Visits**

With Virtual Doctor Visits, you can ask questions, get a diagnosis, or even get medication prescribed and have it sent to your pharmacy. Virtual Behavioral Health Visits may be best for initial evaluation, medication management, addiction, depression, stress or anxiety.

**UnitedHealthcare Hearing**

Your hearing health is important to your overall well-being and can help you stay connected to those around you. Get access to hundreds of name-brand and private-labeled hearing aids — available in-person at any of our 5,500 UnitedHealthcare Hearing providers nationwide or through home delivery.

**Post-Discharge Routine Transportation**

Our transportation program gives you a lift to and from medically-related visits such as doctors’ appointments, pharmacy trips and more after you have been discharged from the hospital or skilled nursing facility. The program offers unlimited rides up to 30 days following hospital or skilled nursing facility discharges when referred by a UnitedHealthcare clinical advocate.

**Post-Discharge Meal Delivery**

Our post-discharge meal delivery program provides freshly-made meals to your home after you have been discharged from the hospital or skilled nursing facility, at no additional cost. The program provides up to 84 meals immediately following an inpatient hospital discharge or skilled nursing facility stay when referred by a UnitedHealthcare clinical advocate.

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**$0 Annual Wellness Visit and many preventive services at $0 copay**

An Annual Wellness Visit with your doctor is one of the best ways to stay on top of your health. Take control by scheduling your annual physical and wellness visit early in the year to give you the most time to take action.

You and your doctor can work as a team to create a preventive care plan, review medications and talk about any health concerns.

**UnitedHealthcare HouseCalls**

Get a yearly check-in with a member of our licensed medical staff who will:

- Perform a head-to-toe exam, health screenings and answer your health questions
- Review your history and medications
- Send a summary of your visit to you and your primary care provider

A HouseCalls visit is designed to support, but not take the place of your doctor’s care. HouseCalls may not be available in all areas.

**NurseLine**

NurseLine was designed specifically to help make your health decisions simple and convenient by providing immediate answers to your health questions any time, anywhere — 24 hours a day, 7 days a week — at no additional cost.

When you call, a registered nurse can help you:

- Choose where to go for care — whether that’s self-care, a doctor visit or urgent care
- Find a doctor or hospital that meets your needs and preferences
- Understand your diagnosis and explore treatment options

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