

Hello, wellness. Hello, you.

These health and wellness benefits are available as part of your health plan benefits.¹



Get care, virtually anywhere

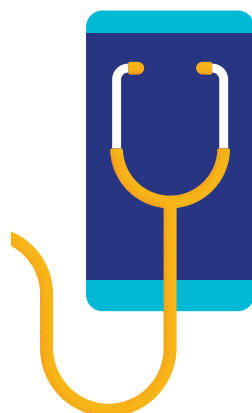
With 24/7 Virtual Visits, you can connect to a care provider by phone or video* through **myuhc.com**® or the UnitedHealthcare® app. Providers can treat a range of nonemergency health conditions—and may even prescribe medication as needed.**

24/7 Virtual Visits are good for common conditions such as:

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

*Data rates may apply.

**Certain prescriptions may not be available, and other restrictions may apply.



Anytime access to everything health plan

Your plan comes with digital tools that are designed to help make managing your plan easier. With **myuhc.com**®—your personalized member website—and the UnitedHealthcare® app—your app for on-the-go access—you can:

- Find, price and save on network care
- See what's covered
- View claim details and plan balances

Connect with your plan 24/7 with **myuhc.com** and the UnitedHealthcare app.



Build habits to live a healthier lifestyle

Connect with a community of support with Real Appeal®, an online weight loss program designed to inspire healthier behaviors. It includes group coaching sessions, 24/7 access to videos, tools to track your progress and more.



Support for emotional well-being

Whether you're in a time of greater need or want to work on personal growth, you can get connected to self-help digital tools, in-person or virtual behavioral health providers and more. These resources and programs are designed to help with a variety of concerns, from depression and anxiety to mental health and substance disorder services.

Want to learn more?
myuhc.com



**United
Healthcare**
Oxford



Support with a personal touch

Connect with an Advocate by phone or on the UnitedHealthcare® app to get the information you need, when you need it. Specially trained Advocates are here to help you understand your benefits, make more informed health care decisions and access the care that fits your needs.



Make sure everything checks out

Preventive care—such as routine annual checkups and certain recommended screenings and immunizations—is covered by most of our plans for \$0 out-of-pocket when you see network providers. A preventive care visit may be a good time to help establish your relationship with your primary care provider and create a connection for future medical services.

Get more info

Visit myuhc.com®, your personalized member website, after your plan is active to learn more and sign up for these programs and services

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1 Preventive care is designed to help you stay healthy, and is covered by most health plans with \$0 out-of-pocket when you see a network provider.

Advocate4Me® 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 program is for informational purposes only and provided as part of your health plan. Wellness nurses, coaches and other representatives 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. The program is not an insurance program and may be discontinued at any time. Additionally, if there is any difference between this information and your coverage documents (Summary Plan Description, Schedule of Benefits, and any attached Riders and/or Amendments) your coverage documents govern. The UnitedHealthcare® app is available for download for iPhone® or Android®. iPhone is a registered trademark of Apple, Inc. Android is a registered trademark of Google LLC.

Members can access a cost estimate online or on the mobile app. None of the cost estimates are intended to be a guarantee of your costs or benefits. Your actual costs may vary. When accessing a cost estimate, please refer to the Website or Mobile application terms of use under Find Care & Costs section.

The UnitedHealthcare® app is available for download for iPhone® or Android®. Android is a registered trademark of Google LLC. iPhone is a registered trademark of Apple, Inc.

Real Appeal is a voluntary weight management program that is offered to eligible members at no additional cost as part of their benefit plan. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical and/or nutritional advice. Participants should consult an appropriate health care professional to determine what may be right for them. Results, if any, may vary. Any items/tools that are provided may be taxable and participants should consult an appropriate tax professional to determine any tax obligations they may have from receiving items/tools under the program.

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. **Telehealth services are available in Connecticut in addition to 24/7 Virtual Visits.**

Oxford insurance products are underwritten by Oxford Health Insurance, Inc. Oxford HMO products are underwritten by Oxford Health Plans (NJ), Inc. and Oxford Health Plans (CT), Inc.

Administrative services provided by Oxford Health Plans LLC. Stop-loss insurance is underwritten by UnitedHealthcare Insurance Company or their affiliates, including UnitedHealthcare Life Insurance Company in NJ and UnitedHealthcare Insurance Company of New York in NY.