

Get more out of your health care coverage.

UnitedHealthcare SignatureValue® offers programs and tools designed to help you live a healthier life.



When you choose your health care coverage plan, you want to know that the money you spend provides both the care and value you and your family need. UnitedHealthcare SignatureValue plans are designed to provide the care you need with programs and tools to help you maximize your benefits.

UnitedHealthcare app

With the UnitedHealthcare® app members can search for providers, manage their health plan details, view claims, have a Virtual Visit with a real doctor and so much more.

Health Management programs

Managing chronic conditions and maintaining a healthier lifestyle can be a challenge, that's why we offer programs to help members where they need it most. Our programs offer education, self-care guidance and lifestyle information to help manage the following health conditions:

- Asthma
- Diabetes
- Congestive heart failure
- Smoking cessation
- Coronary artery disease

Online health trackers and tools

Get help managing your weight, quitting smoking or becoming more physically active. Based on your health profile, recommended Online Programs are actively promoted on your personalized Health & Wellness home page. Each program includes personalized articles, health trackers and other suggested activities to help you achieve your personal health goals.



myuhc.com

The tools and information on myuhc.com® are both practical and personalized so you can get the most out of your benefits. See how myuhc.com can help you manage your health care coverage and make more informed decisions about medical treatments and overall wellness.

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Keep a convenient Personal Health Record

It's your health history, a medical library and a health care organizer rolled into one secure and easy-to-use resource. Your Personal Health Record stores your claims information for you automatically, but you can add emergency contact information, details about your health history and even track important health indicators such as blood pressure and cholesterol.

Healthy Pregnancy Program

Is your family growing? We want to help ensure everything from pregnancy through delivery goes as well as possible. That's why we created the Healthy Pregnancy Program. By seeing your doctor regularly and enrolling in our Healthy Pregnancy Program—offered at no additional cost—you'll have built-in support through every stage of your pregnancy.

Healthy Mind Healthy Body monthly newsletter

Healthy Mind Healthy Body® is an award-winning newsletter, providing health and wellness news in a monthly email format. You will receive brief updates on relevant and timely health topics, links to additional health resources, as well as an Ask the Doctor segment.

Multicultural benefit resources and tools

Need information in a second language? Or health and wellness information focused on the needs of Hispanics or Asian Americans? Visit uhclatino.com for information in Spanish or uhcasian.com for information in Chinese, Korean, Japanese and Vietnamese.

Health Assessment and Online Health Coaching

The online health assessment questionnaire provides secure and confidential results about your overall health, plus information to help you identify your health risks. With programs that provide information and health activities to help you lower your blood pressure, reduce your cholesterol or lose weight, we've got something for you to help you live a healthier life.



Contact your UnitedHealthcare representative for additional information.



The information provided through these programs is for educational purposes only as a part of your health plan and is not a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you. Your personal health information is kept private in accordance with your plan's privacy policy.

Health Management programs vary by state and may not be available in all states; components may change. Programs and services available to enrollees only. Physicians must direct enrollment in Disease Management programs; other requirements may apply; Physicians do not direct enrollment for Taking Charge of Programs or StopSmoking.

Participation in the Health Assessment is strictly voluntary. Any health information collected as part of the assessment will be kept confidential in accordance with the Notice of Privacy Practices; be used only for health and wellness recommendations or for payment, treatment or health care operations; and be shared with your health plan, but not your employer.

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.

Health plan coverage provided by or through UnitedHealthcare of California. Administrative services provided by UnitedHealthcare Services, Inc.; Optum Rx, Inc.; or OptumHealth Care Solutions, Inc. Behavioral health products are provided by U.S. Behavioral Health Plan, California (USBHPC); or United Behavioral Health (UBH).

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