



## Resources at your fingertips

As a registered myuhc.com<sup>®</sup> user, you can:

- View benefits and eligibility
- Estimate treatment costs
- Chat with a nurse online (if in coverage)
- Set up direct deposit
- View account balances
- View claim documents
- Find a network doctor
- Enroll in online health and wellness programs (if in coverage)
- Combine health care and financial management with Quicken Health Expense Tracker<sup>SM</sup>
- View health statements

See what you can do at myuhc.com and learn about all the valuable online tools and resources that are both practical and personalized so you can get the most out of your benefits.

1. Go to myuhc.com and select Register Now.
2. Enter the required information and provide your e-mail address.
3. Accept the delivery message and start receiving your communications online.

For more information, visit myuhc.com and click on Site Demo.



## Take charge of your health. With the Personal Health Record on myuhc.com<sup>®</sup>

It's your health history, a medical library, and a customizable organizer rolled into one secure and easy-to-use tool. The Personal Health Record lets you establish a secure, Web accessible location that you control to organize and store all of your health data.

### With the Personal Health Record you can:

- Review medical and pharmacy claims information, as well as lab results
- Record allergies and immunizations
- Record your family health history and personal contacts
- Track your progress with important Health Trackers such as blood pressure, cholesterol, and weight
- Print or download a historical claims summary known as the Personal Health Summary, which can be taken to a doctor's appointment to review

### Customizable, reflecting your unique needs

Personal Health Record is customized with health information and reminders that reflect your specific health conditions. And, you may easily personalize it with detailed information important to you.

### Confidential, personalized information

Personal Health Record will provide you with health information based on your age, gender, lifestyle habits, and diagnosed or self-reported conditions and diseases.

### Start today on myuhc.com

To access your Personal Health Record, logon to myuhc.com and select the Personal Health Record tab. Now is the best time to take control and proactively manage your health on myuhc.com.

Get the convenience and peace of mind of having your health information all in one place. Personal Health Record, your online, interactive personal health management system from UnitedHealthcare.

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## Ten great reasons to use myuhc.com®

The tools and information at myuhc.com are both practical and personalized so you can get the most out of your benefits. Register at myuhc.com and connect to current information about your plan benefits and health care interests.

- 1. Compare costs for different health plans.** Choose a plan that's right for you and your family needs.  
*Select Plan Cost Estimator located under Links and Tools*
- 2. Ask health care professionals.** Communicate one-on-one online 7 days a week with a registered nurse who can help answer your questions and give you advice.  
*Select Live Nurse Chat located on the Home page*
- 3. Organize your medical claims online.** View processed claims, remaining balances for deductibles and out-of-pocket expenses via your Health Statements. Download claims to a spreadsheet, set-up automatic payments, direct deposits and more.  
*Select Claims & Accounts*
- 4. Get information about hospitals and physicians.** Find information on network doctors and health care professionals. You can even find out what physicians are recognized in the UnitedHealth Premium® designation program, a free informational tool that evaluates physician and facilities using national quality and cost efficiency standards in their specialty.  
*Select Physicians & Facilities*
- 5. Receive health care alerts.** Check for personalized messages that are specific to you and your myuhc.com account. Messages may include:
  - Health and cost savings information
  - Advantages of staying in network
  - Preventive care reminders

You can check these messages directly from your homepage whenever it's convenient for you.  
*Select Message Center*
- 6. Learn more about your coverage.** Check your current eligibility, deductibles and out-of-pocket costs; confirm what's covered and what's not covered.  
*Select Benefits & Coverage*
- 7. Organize and store all of your health data in one convenient, confidential place.** Record your family health history, allergies and immunizations, and personal contacts. Review medical claims information, as well as lab results. Track your progress with important Health Trackers such as blood pressure, cholesterol, and weight. Print or download a historical claims summary known as the Personal Health Summary.  
*Select Personal Health Record*



- 8. Improve your health habits.** Participate in Health Coaching Programs that help set goals to achieve health objectives. Find out the best way to improve your health by taking the online Health Assessment.  
*Select Health & Wellness or click on the Health Assessment from the Home page*
- 9. Learn about health conditions and treatment options.** Medical information from reliable resources recognized by physicians.  
*Select Health & Wellness > Conditions AtoZ*
- 10. Request a medical ID card.** Print a temporary ID card or request a replacement card.  
*Select Account Settings*

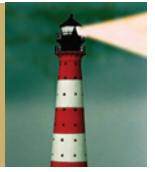
### Register at myuhc.com today:

1. Click "Register Now"
2. Enter the requested information
3. Begin using the site

For more information, visit myuhc.com and click on SiteDemo.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by UnitedHealthcare Insurance Company, United HealthCare Services, Inc. or their affiliates.

For a complete description of the UnitedHealth Premium® Designation program, including details on the methodology used, geographic availability, program limitations please see myuhc.com®.



## Treatment Cost Estimator on myuhc.com®

It's easier to budget for a medical treatment if you have an idea of how much it will cost. Our simple-to-use Treatment Cost Estimator gives you the information you need to plan ahead.

- Find the right physician or medical specialty as you explore the provider cost estimate
- Save money by comparing network and non-network cost estimates
- Learn how a procedure would affect your health account balances

Treatment cost estimates are personalized for you and your family.

- Your health plan information is automatically applied to the cost estimate, including deductible, out-of-pocket maximum, copayments and coinsurance
- Your ZIP Code entry calculates approximate costs in a geographical area
- Your physician and facility-type choices further adjust the estimate for accuracy

### Need to plan for an upcoming medical expense? Take these four easy steps today.

Log in to myuhc.com® (or register if you are a first-time user). Select the Treatment Cost Estimator button on your myuhc.com home page or click on the Benefits and Coverage tab > select the Treatment Cost Estimator on the left-hand navigation.

#### Step 1: Select member and location

First, select member name and location where medical treatment will be performed.

Estimates are adjusted for local cost differences and are based on your specific coverage including:

- deductible
- out-of-pocket maximum
- copayments coinsurance differences

#### Step 2: Select a medical treatment

Next, select your specific medical treatment. Not sure? Enter a key term or search by health category, condition or body part.

#### Step 3: Select a provider

Then, using the search options, find and select providers for estimating treatment cost.

Your estimate will be based on your specific provider's rates.

If you don't have a physician yet, you can search for providers and compare estimates.

#### Step 4: View estimates

Review your estimate at a high level or view details to learn:

- what fees are included in your estimate
- how the estimate is broken down according to your coverage
- which health account balances are available

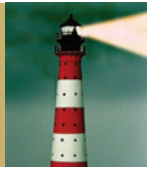
In addition, you can change quantities of services or include optional services.



## How to find a physician or hospital

After becoming a UnitedHealthcare® member, the quickest way to find a physician, specialist or hospital in the UnitedHealthcare network is to go online to myuhc.com®.

1. Simply go to myuhc.com, login (or register if it's your first time visiting the site)
2. Once in the site, click on the Physician & Facilities tab or the large Find a Doctor button located on the center of the page
3. Under Search for Care in Your Network, select find a Physician, Hospital, Urgent Care or Other Facility
4. Follow the easy directions via the form to help you define your search. You can search by Location, Specialty, Physician Name, Condition or Procedure
5. Click on the Continue or Search button



On myuhc.com, you can find information on network doctors and health care professionals including their name, specialty, office hours, languages, and driving directions. You can also find hospitals and other health care facilities by name and location.

You can even find out which physicians are recognized in the UnitedHealth Premium® designation program, a free informational tool that evaluates physicians and facilities using national quality and cost efficiency standards in their specialty. Just look for the stars to find the UnitedHealth Premium designation.

For a complete description of the UnitedHealth Premium® Designation program, including details on the methodology used, geographic availability, program limitations and medical specialties participating, please see myuhc.com®.

## Are you ready for a change?

### Sometimes, the most important step is your first.

Take your first step towards a healthier life by taking a free, personalized health assessment at myuhc.com®. By taking the online health assessment, you can identify your personal health needs, learn healthy habits and compare your “lifestyle score” to others of the same age and gender.

The assessment takes approximately 15 minutes to complete and you will be provided with immediate feedback on the current state of your health. In addition, your responses are used to help create a personalized online experience specifically for you.

Plus, you'll have access to several health improvement resources and interactive tools, such as quizzes, exercise programs, planned meals, and action steps to help you achieve your personal health goals.

Coach may recommend up to three health improvement programs to help you achieve your personal health goals, such as:

- Nutrition
- Exercise
- Smoking Cessation
- Diabetes Lifestyle
- Heart Health Lifestyle
- Weight Loss
- Stress Management

**To get started, visit myuhc.com and once you are logged in on the home page click on “Health Assessment.”**

If you haven't yet registered with myuhc.com, click “Register Now.” It's quick and easy!

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