

# Managing health, made simple.

Your **UnitedHealthcare Concierge Team** makes it easier to manage your health.



## We help you take control.

It's easy to take good health for granted. But for better or worse, things can change. If you're living with a health condition or just want to make some healthy changes, it can be hard to know where to turn or what to do. Your **UnitedHealthcare Concierge Team** is here to make it easier to get the answers and support you need, so you can take control of your health (and your life).

### Here are a few ways we can help:

#### Wondering if you are overdue for a screening?



We'll tell you which screenings are recommended for your age. And, if you are due, we'll even make an appointment for you.

#### Looking for healthy lifestyle tips?



We have lots of them! Whether you're looking to make a big change or a little change, we'll help you create a plan that fits with your lifestyle and goals.

#### Questions about your treatment or medication options?



We'll help coordinate getting a second opinion with leading doctors, if desired, and we'll explore lower-cost medication alternatives.

#### Not sure where to go for care?



Receiving care at an urgent care center or convenience care clinic for non-urgent issues can save you time and money. We'll help you decide where to go based on your symptoms.

#### Expecting a baby?



Congratulations! We can help you prepare for your new arrival. We'll work with you throughout your pregnancy to help keep you healthy and give your baby a strong start.

## We can help with all this and anything else you might need!

Call your **UnitedHealthcare Concierge Team:**  
**800-985-3290**



Or, send us an email or chat request through the Contact Us link on [myuhc.com](https://myuhc.com)®



# Plan selection, made simple.

Your **UnitedHealthcare Concierge Team** makes it easier to make enrollment decisions.



## Choose your medical plan with confidence.

When it comes to your medical plan, you want to know that the plan you select is right for you and your family. Your **UnitedHealthcare Concierge Team** is here to make open enrollment easier, so you can choose coverage with confidence (and avoid any unwelcome surprises).

### Here are a few ways we can help:

Considering a high-deductible health plan (HDHP)?



We'll help you understand how these plans work, so you can make informed decisions about which option is right for you.

Want to know what you'll pay for a treatment or service?



We'll use our cost estimator tool to compare costs for providers in your area. We can also show you how to use the tool — it's simple — if you'd prefer to do the estimates on your own.

Curious about what's covered (and what's not)?



We can help. We'll walk through all of the coverage details — including programs and resources that come with your benefit plan, no matter which option you choose.

Need to know if your doctor is in the network?



We'll confirm and, if needed, help you find a network provider near you — including doctors who've been recognized for providing cost-efficient and high-quality care.

Don't know the difference between a deductible, coinsurance or copayment?



Understanding what these terms mean is critical to understanding your plan options. We'll explain them in plain English so you can pick the plan that's best for you.

**We can help with all this and anything else you might need!**

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One call does it all.  
No jargon. No runaround. No kidding.

Call your **UnitedHealthcare Concierge Team: 800-985-3290**

Monday through Friday, 8 a.m. to 8 p.m., in all U.S. time zones — or anytime day or night if you need to speak with a nurse. Or, send us an email or chat request through the Contact Us link on **myuhc.com**.



This 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 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.

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Health Plan coverage provided by or through a UnitedHealthcare company.

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