

THINGS TO DO: Here are some ways to help you get the most out of your health plan.



Activate your myuhc.com[®] account.

Your personalized member website, myuhc.com, helps you manage your health plan, see what's covered and so much more. To help everyone get the most from their plan, it's important that each member age 13 and older create their own account. Use it to:

- Find network doctors and pharmacies.
- Find and estimate costs.
- View and pay claims.
- Check your account balances, if applicable.
- Learn about covered preventive care.

Ready. Set. Go!



Find a network PCP.

Although your plan may not require you to choose a PCP (primary care provider or sometimes called a primary care physician or doctor),* it's a good idea to have one main doctor to guide you through your care.

For help choosing a PCP, call us using the toll-free member phone number on your ID card or sign in to myuhc.com > **Find Care & Costs** and:

- See location, specialty, reputation, availability and hours of operation.
- Look for patient ratings and compare quality and estimated costs.



Keep up on preventive care.

Preventive care—such as routine wellness exams and certain recommended screenings and immunizations—is covered by most Oxford plans at no additional cost when you see network providers. Learn more at uhc.com/preventivecare.



Download the UnitedHealthcare[®] app.

Find nearby care options in your network, video chat with a doctor 24/7 within the app, see your claim details and even check your progress toward your deductible.



Three ways to answer your questions:

- 1 Sign in to myuhc.com.
- 2 Download and use the **UnitedHealthcare app**.
- 3 Call the toll-free member phone number on your ID card, if you don't have access to a computer or need language assistance.

* Depending on your health plan, selection of a primary care physician may be required.

THINGS TO DO: Here are some ways to help you get the most out of your health plan.



Ways to help you save.

Psst!
Money-saving
tips below.

1 Stay in the network.

The doctors and facilities in our network have agreed to provide services at a discount—so staying in network usually saves money. You can find network doctors, pharmacies, hospitals, labs and more at myuhc.com > **Find Care & Costs**.

2 Shop around.

From minor procedures to major surgeries, it's a good idea to check pricing first. Sign in to myuhc.com > **Find Care & Costs** to estimate the price of care. Members who comparison shop may pay up to 36% less.¹



See what's covered by your plan by signing in to myuhc.com > **Coverage & Benefits**.

Now you're
in the know.

And good to go.

¹ UnitedHealthcare Internal Claims Analysis, 2015.