

## It's time to take advantage



[UHCretiree.com/TRB](https://UHCretiree.com/TRB)



1-866-794-3033, TTY 711  
8 a.m.–8 p.m. local time, 7 days a week

For more details, please review your Evidence of Coverage (EOC). Your Quick Start Guide, which you will receive once you are enrolled, will include instructions on how to access your EOC.



<sup>1</sup>A copay or coinsurance may apply if you receive services that are not part of the annual physical/wellness visit.

<sup>2</sup>Benefits, features and/or devices vary by plan/area. Limitations and exclusions apply.

<sup>3</sup>The Telephonic Nurse Support 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 this service is for informational purposes only. The nurses cannot diagnose problems or recommend treatment and are not a substitute for your provider's care. Your health information is kept confidential in accordance with the law. Access to this service is subject to terms of use.

<sup>4</sup>Renew by UnitedHealthcare is not available in all plans. Resources may vary. Renew Rewards is not available in all plans with Renew by UnitedHealthcare.

<sup>5</sup>Please refer to your Summary of Benefits for details on your benefit coverage.

<sup>6</sup>Participation in the Renew Active<sup>®</sup> program is voluntary. Consult your doctor prior to beginning an exercise program or making changes to your lifestyle or health care routine. Renew Active includes standard fitness membership and other offerings. Fitness membership equipment, classes, personalized fitness plans, caregiver access and events may vary by location. Certain services, discounts, classes, events and online fitness offerings are provided by affiliates of UnitedHealthcare Insurance Company or other third parties not affiliated with UnitedHealthcare. Participation in these third-party services are subject to your acceptance of their respective terms and policies. AARP Staying Sharp is the registered trademark of AARP. UnitedHealthcare is not responsible for the services or information provided by third parties. The information provided through these services is for informational purposes only and is not a substitute for the advice of a doctor. The Renew Active program varies by plan/area. Access to gym and fitness location network may vary by location and plan.

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare.

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# Get more from your UnitedHealthcare<sup>®</sup> Group Medicare Advantage PPO plan



United  
Healthcare



# Get more of the extras you want



## As a UnitedHealthcare Group Medicare Advantage plan member, you get all the benefits we have to offer, including some great extras



### Annual Wellness Visit<sup>1</sup> and preventive care services at \$0 copay<sup>2</sup>

An Annual Wellness Visit with your provider is one of the best ways to start your year off and stay on top of your health.

Take control by scheduling your annual physical and wellness visit early in the year to give you the most time to take action.

You and your provider can work as a team to create a preventive care plan, review medications and talk about any health concerns.



### UnitedHealthcare<sup>®</sup> HouseCalls

Get a yearly check-in with a member of our licensed medical staff who will:

- Perform a head-to-toe exam, health screenings and answer your health questions
- Review your medical history and medications
- Send a summary of your visit to you and your primary care provider

Video visits from UnitedHealthcare HouseCalls — A HouseCalls video visit uses technology to connect plan members with a health care practitioner for up to a full hour to review your health history and current medications, discuss important health screenings, identify health risks and provide health education.

**A HouseCalls visit is designed to support, but not take the place of, your provider's care.**

HouseCalls may not be available in all areas.



### Telephonic Nurse Support<sup>3</sup>

Telephonic Nurse Support was designed specifically to help make your health decisions simple and convenient by providing immediate answers to your health questions anytime, anywhere — 24 hours a day, 7 days a week — at no additional cost.

**When you call, a registered nurse can help you:**

- Choose where to go for care — whether that's self-care, a provider visit or urgent care
- Find a provider or hospital that meets your needs and preferences
- Understand your diagnosis and explore treatment options



### Renew by UnitedHealthcare<sup>®4</sup>

Renew offers health and wellness resources and activities that include:

- Brain games, healthy recipes, learning courses and fitness activities
- Health topic library including articles, videos and health news
- Interactive quizzes and tools and fun activities
- Rewards for completing certain health care activities



### UnitedHealthcare Hearing

Your hearing health is important to your overall well-being and can help you stay connected to those around you. Get access to thousands of name-brand and private-labeled hearing aids — available in-person at any of our 7,000 UnitedHealthcare Hearing providers nationwide<sup>5</sup> or by direct delivery through Right2You.



### Renew Active<sup>®6</sup>

Renew Active is the gold standard in Medicare fitness programs for body and mind. Available with many UnitedHealthcare<sup>®</sup> Medicare Advantage plans — at no additional cost.

- A free gym membership
- An annual personalized fitness plan
- An online brain health program from AARP<sup>®</sup> Staying Sharp<sup>®</sup>, including a brain health assessment and exclusive content for Renew Active members
- Social activities at local health and wellness classes and events, and through the online Fitbit<sup>®</sup> Community for Renew Active. No Fitbit device is needed.



### Virtual Doctor and Behavioral Health Visits

With Virtual Doctor Visits, you can ask questions, get a diagnosis, or even get medication prescribed and have it sent to your pharmacy. With Virtual Behavioral Health Visits, you can speak to a behavioral health specialist for addiction, depression, anxiety, stress, loss and medication management.