



Call or go online to learn more today



1-866-794-3033, TTY 711



retiree.uhc.com/TRB

For more details, review the Evidence of Coverage (EOC).

The Welcome Letter which you will receive once you are enrolled, will include the plan website where you can access the EOC.

¹A HouseCalls visit is designed to support, but not take the place of, your regular doctor's care. HouseCalls may not be available in all areas.

²A new referral is required after every discharge to access your meal and transportation benefit. Services are provided by third parties not affiliated with UnitedHealthcare and participation may be subject to your acceptance of the third parties' respective terms and policies. UnitedHealthcare is not responsible for the services provided by third parties.

³A new referral is required after every discharge to access your meal and transportation benefit.

⁴Not all network providers offer virtual care. Virtual visits may require video-enabled smartphone or other device. Not for use in emergencies.

⁵Providers cannot prescribe medications in all states.

⁶A copay or coinsurance may apply if you receive services that are not part of the annual physical/wellness visit.

⁷Participation in the fitness program is voluntary. Consult your doctor prior to beginning an exercise program or making changes to your lifestyle or health care routine. The fitness program includes standard fitness membership and other offerings. Fitness membership equipment, classes, activities and events may vary by location. Certain services, discounts, classes, activities, 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 is subject to your acceptance of their respective terms and policies. 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. Gym network may vary in local market and plan.

⁸You must have a working landline and/or cellular phone coverage to use PERS.

⁹Other hearing exam providers are available in the UnitedHealthcare network. The plan only covers hearing aids from a UnitedHealthcare Hearing network provider. Network size varies by local market.

¹⁰Availability subject to change and may be discontinued at any time.

¹¹When medically necessary.

¹²With member consent.

Benefits, features and/or devices vary by plan/area. Limitations, exclusions and/or network restrictions may apply.

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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Time to put yourself first



more extras for you to explore

Get more of what matters to you with a UnitedHealthcare® Group Medicare Advantage (PPO) plan



Discover the programs, resources and support you've earned

Annual in-home visit (Medicare Advantage only)

With UnitedHealthcare® HouseCalls¹, get a yearly in-home health and wellness visit from one of our licensed health care practitioners at no additional cost to you. The visit includes:

- Up to an hour of 1:1 time with the health care practitioner
- Health screenings tailored to you
- A medication review
- A chance to get advice and ask questions to help you manage your health
- A visit summary that is sent to you and your primary care provider

HouseCalls may not be available in all areas.

Healthy at Home² (Medicare Advantage only)

UnitedHealthcare® Healthy at Home provides you with the support you may need to recover from inpatient hospital and skilled nursing facility stays. You are eligible to receive:

- 28 home-delivered meals when referred by a UnitedHealthcare Engagement Specialist³
- 12 one-way rides to medically related appointments and to the pharmacy when referred by a UnitedHealthcare Engagement Specialist³
- 6 hours of non-medical personal care provided through a professional caregiver to perform tasks such as preparing meals, bathing, medication reminders and more. A referral is not required.

Virtual visits⁴

See a medical provider or talk to a behavioral health specialist anytime using live video chat from your computer, tablet or smartphone.

- **Virtual Provider Visits:** Ask questions, get a diagnosis or even get medication prescribed and have it sent to your pharmacy⁵
- **Virtual Behavioral Health Visits:** Talk to a behavioral health specialist for addiction, depression, anxiety, stress, loss, and behavioral health medication management

Find a list of participating Virtual Visit providers by logging in to your member website.

No-cost Annual Wellness Visit and preventive care⁶

- Check in with your primary care provider (PCP)
- Create a preventive care plan
- Review medications
- Talk about any health concerns

For help scheduling, call the number on your member ID card.

Fitness membership⁷

Renew Active® is the gold standard in Medicare fitness programs – and is available at no additional cost.

- Provides you the chance to stay physically fit with a free gym membership and access to our nationwide network of fitness centers
- Access to on-demand workout videos and livestreaming fitness classes
- Social activities at local health and wellness classes and events

Once you become a member, sign into your member site, look for **My Coverage** and select **Access gym code** or call the number on your UnitedHealthcare member ID card to obtain your code.

Let's Move by UnitedHealthcare®

Let's Move, our health and wellness program, helps keep your mind, body and social life active. With simple resources, tools, events and personalized support, Let's Move helps you explore ways to eat well, stay connected and be financially, physically and mentally fit – all at no additional cost to you.

To explore, visit **Letsmovebyuhc.com** through your member website.

Chronic conditions care (Medicare Advantage only)

- Special programs for chronic conditions like diabetes or heart disease
- Personal attention and up-to-date information for your doctor to help them make decisions

Personal Emergency Response System (PERS)⁸ (Medicare Advantage only)

Help is a button-push away with the PERS, provided by Lifeline.

- In-home medical alert monitoring system
- Quick access to help in any situation, whether an emergency or you just need a helping hand
- Helps give you confidence and independence

UnitedHealthcare® Hearing

- Receive friendly, expert advice through our national network of 6,500+ hearing providers⁹ – or try virtual appointments⁹
- Get personalized support to help you adjust to your new hearing aids
- Choose from the latest technology from popular brands, including Phonak, Starkey®, Signia, ReSound, Widex® and Unitron™¹⁰

24/7 provider support

Get answers to your health questions with 24/7 provider support.

- Providers can diagnose and treat a wide range of conditions, and prescribe medication¹¹
- Connect by phone, web or app from anywhere
- Results of the visit can be shared with your Primary Care Provider¹²

Find a list of participating providers by registering and logging in to your member website, then click on Find Care.

