Welcome to UnitedHealthcare.

We're here to help you get the most out of your health plan. Use this checklist to help you take charge of your health. Let's get started:

1 Activate your myuhc.com® account.

Your personalized member website helps you manage your health plan, see what's covered and so much more. You can sign in beginning on your effective date. Go to **myuhc.com > Register Now** and follow the step-by-step instructions. Use it to:

- Access a copy of your health plan ID card.
- Find and estimate costs for the network care you need.
- Find network doctors and pharmacies.
- See what's covered and get information about preventive care.
- View claim details and account balances.

2 Download the UnitedHealthcare® app.

Take your plan and ID card on the go, find nearby care options in your network, video chat with a doctor 24/7 and check your progress toward your deductible.

3 Stay in the network.

The doctors and facilities in our network have agreed to provide services at a discount—so staying in network makes sense, especially when visiting an out-of-network provider could cost you a lot more for care or may not be covered by your health plan. Find network doctors, mental health professionals, pharmacies, hospitals, labs and more at **myuhc.com > Find Care & Costs**.

4 Find a network PCP.

Although your plan may not require you to choose a PCP (primary care provider or primary care physician),[1] 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, use the UnitedHealthcare app or sign in to **myuhc.com > Find Care & Costs**.

5 Explore your pharmacy benefits.

Sign in to **myuhc.com > Pharmacies & Prescriptions** or use the UnitedHealthcare app to:

- See your medication cost and coverage.
- Locate a network pharmacy.
- See if your medications have any requirements, like prior authorization or step therapy, before filling them.
- Sign up for home delivery and order up to a 3-month supply of medications you take regularly.

You can also call the member phone number on your ID card with questions.

6 Make your first appointment.

Many preventive screenings and immunizations are covered at no additional cost to you, so it's a good idea to call your PCP and get your first checkup on the calendar. Learn more at **uhc.com/preventivecare**.

Visit uhc.com/memberresources to learn more.

UnitedHealthcare®