

# 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](#)<sup>®</sup> 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<sup>®</sup> 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),<sup>1</sup> 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.



<sup>1</sup> Depending on your health plan, selection of a primary care physician may be required.

Certain preventive care items and services, including immunizations, are provided as specified by applicable law, including the Patient Protection and Affordable Care Act (ACA), with no cost-sharing to you. These services may be based on your age and other health factors. UnitedHealthcare also covers other routine services, and some plans may require copayments, coinsurance or deductibles for these benefits. Always review your benefit plan documents to determine your specific coverage details.

Virtual Visits and video chat with a doctor are not an insurance product, health care provider or a health plan. Unless otherwise required, benefits are available only when services are delivered through a Designated Virtual Network Provider. Virtual Visits are not intended to address emergency or life-threatening medical conditions and should not be used in those circumstances. Services may not be available at all times or in all locations.

All UnitedHealthcare members can access a cost estimate online or on the mobile app. None of the cost estimates are intended to be a guarantee of your costs or benefits. Your actual costs may vary. When accessing a cost estimate, please refer to the Website or Mobile application terms of use under Find Care & Costs section.

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