

Support for every part of your health journey

U.S. Bank offers a variety of services and programs to help you and your family access quality care and make the most of your benefits.



Learn more. Do more. Save more.

Visit myuhc.com®, a personalized website designed to help you find, price and save on care using cost comparison and cost estimator tools. You also can view your HSA balance, pay medical bills, manage reimbursements and more.



Download the UnitedHealthcare® app for access on the go

START YOUR JOURNEY



See a doctor without leaving home

With 24/7 Virtual Visits, you can meet with a doctor online anytime from your computer, tablet or mobile phone—no appointment needed.* To learn more, visit myuhc.com/virtualvisits.

Optum® Virtual Primary Care

Now you can see a primary care doctor without leaving home or work. You'll connect via your phone, tablet or computer on an ongoing basis.* Go to myuhc.com/virtualprimarycare.



Manage prescriptions

Manage your Optum Rx® prescription drug benefits at myuhc.com:

- Check on coverage and claims information
- Find and price prescriptions
- Enroll in Optum Rx home delivery
- Find participating pharmacies and more



Achieve your weight-loss goals with Real Appeal

Start living a healthier life with help from Real Appeal®, an online weight-loss program that offers tracking tools, group sessions, a success kit and a community of support to keep you motivated.

> Learn more or enroll at usbank.realappeal.com.



Get extra support when you're pregnant

Connect with an experienced maternity nurse who can provide support before, during and after pregnancy. Visit myuhc.com for additional maternity support resources.



Seek a second opinion with 2nd.MD

Connect with specialists from medical institutions by video or phone to get information and guidance on a new or existing diagnosis, treatments and procedures, surgical options and more.

> Visit 2nd.md/usbank or download the 2nd.MD app and activate your account

Get help navigating life's challenges

U.S. Bank Employee Assistance Program (EAP)

Your EAP offers support and resources to help enhance all aspects of your well-being. Find support for everything from legal and financial matters, relationship challenges and stress to personal or family concerns — and beyond.

> Visit liveandworkwell.com and enter access code: **USBANK** or call **1-877-855-1336** to get started



Call **1-800-358-0114** to enroll in the Maternity Support Program and we'll send a special gift for you and your baby.





Talk to a nurse for guidance and support

Facing a new diagnosis, ongoing illness or complex health issue? A registered nurse can provide confidential, 1-on-1 support to help you:

- Understand your diagnosis and treatment options
- Coordinate your care
- Guide you to a Center of Excellence

To receive coverage for eligible bariatric surgery, fertility treatment or transplant surgery, you must use a Center of Excellence and enroll prior to receiving services.

> Call **1-800-358-0114**



Get support for surgery

Specialist Management Solutions (SMS) is here for you whenever you may need an outpatient procedure like a colonoscopy or surgery. A care advocate will help educate you about your options and connect you to a network provider so you can make the best choice for you about your care.

> Call **1-800-358-0114**



Get help quitting tobacco

Quit For Life® offers tools and support to help you learn to live without tobacco. Get unlimited calls with a Quit Coach® who can help you develop a quit plan and fend off cravings, as well as access to a members-only website, text reminders and tips. You may even qualify for patches or gum at no additional cost.

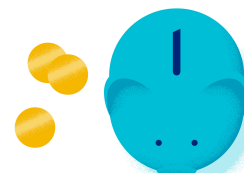
> Call **1-877-371-1513** to enroll or learn more by visiting myquitforlife.com/usbank



Get help managing diabetes

Livongo for Diabetes™ can help you better manage your diabetes with tools, information and support from specially trained coaches who can help you set and achieve your goals. This program is available at no additional cost to you and your covered dependents diagnosed with type 1 or type 2 diabetes.

> Learn more at join.livongo.com/usbank



Three ways to save money

1 Get preventive care and screenings

Visit uhc.com/preventivecare for recommendations. Wellness exams and many health screenings are 100% covered when you see a network doctor.**

2 Stay in the network

Network providers have agreed to charge lower prices—find one at myuhc.com or use the app.

3 Choose quality, cost-effective care

When searching for a network doctor, look for 2 blue hearts ♥♥ by the doctor's name.

We're here to help, every step of the way

Whatever your health plan question or care need might be, our benefit experts can help.



> Call **1-800-358-0114**



*Data rates may apply.

**Certain preventive care services are covered without cost sharing by many plans as specified by the Patient Protection and Affordable Care Act (ACA). These services are based on your age and other health factors. UnitedHealthcare also covers other routine services that may require a copay, coinsurance or deductible. Always refer to your plan documents for your specific coverage.

The information provided through the programs is for informational purposes only and provided as part of your health plan. Nurses, coaches and other program representatives cannot diagnose problems or recommend treatment and are not a substitute for your doctor's care.

Virtual primary care are services available with a provider via video, chat, email, or audio-only where permitted under state law. Virtual primary care services are only available if the provider is licensed in the state that the member is located at the time of the appointment. Virtual primary care is 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, or for all members. Certain prescriptions may not be available, and other restrictions may apply.

24/7 Virtual Visits 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. 24/7 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. Payment for 24/7 Virtual Visit services does not cover pharmacy charges; members must pay for prescriptions (if any) separately. The Designated Virtual Visit Provider's reduced rate for a virtual visit is subject to change at any time.

The Quit For Life program provides information regarding tobacco cessation methods and related well-being support. Any health information provided by you is kept confidential in accordance with the law. The Quit For Life program does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care.

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