



# Getting the most from your health plan with [uhcwest.com](http://uhcwest.com)

We're here for you – Online – Anytime  
Get the information you need 24/7

Health information and program features are available at your fingertips. Visit [uhcwest.com](http://uhcwest.com) to view a wealth of information designed to help you get the most from your health care plan. Log in to the member site to obtain details about your health care coverage and access interactive tools and information designed to help you reach your health and wellness goals.

## Visit [uhcwest.com](http://uhcwest.com) to:

Find a doctor in our network<sup>1</sup> or change your Primary Care Physician (PCP)

Access our regularly updated participating/contracting doctor directory. Our provider directory contains information on medical, dental, vision and behavioral health providers.

Locate a retail pharmacy, learn about our Prescription Mail Service program and the most up-to-date medication list<sup>2</sup>

If your plan includes pharmacy coverage, you can find participating pharmacies that are convenient for you. Learn about the Mail Service program and view your plan's most up-to-date list of prescription drugs.

Learn about our health and wellness programs

Find information about the many health programs available to UnitedHealthcare plan members. Get help managing your weight, quitting smoking or becoming more physically active. Access dozens of tools and resources to help you achieve your personal health goals. These tools, trackers and quizzes entertain, motivate and educate while helping you find information fast.



## Healthy Pregnancy Program

We want to help ensure you have a smooth pregnancy, delivery and a healthy baby. That's why we created the Healthy Pregnancy Program. By seeing your doctor regularly, and by enrolling in our Healthy Pregnancy Program, at **healthy-pregnancy.com**, provided at no additional cost for UnitedHealthcare plan members, you'll have built-in support through every stage of your pregnancy.

### Take the online Health Assessment and access online health coaching tools to help identify your health risks and improve your health

This online health assessment provides secure results about your overall health, plus information to help you identify your health risks.

### Resources to help you manage your health

With Source4Women™, we can help you make confident health care decisions. Each month, we offer online seminars covering health care topics that are important to women, at no additional cost. Learn more at **uhc.com/source4women**.

### Health Discount Program

Our health discount program helps you and your family save typically 10 percent to 25 percent on many health and wellness purchases not included in your standard health benefit plan.

### Culturally sensitive health information

We understand that our enrollees come from different backgrounds and cultures. That's why we offer bilingual and culturally sensitive health information and resources to meet the diverse needs and preferences of our members.

- ▶ Latino Health Solutions provides Spanish language resources to the Hispanic/Latino population. Visit **uhclatino.com**.
- ▶ Generations of Wellness® provides in-depth information about health care coverage plans, services and health resources for African Americans. Visit **uhcgenerations.com**.
- ▶ Health Solutions for Asian Americans provides educational materials and resources in multiple Asian languages to the Asian American community. Visit **uhcasian.com**.

Participation in the Health Assessment is strictly voluntary. Any health information collected as part of the assessment will be kept confidential in accordance with the Notice of Privacy Practices; be used only for health and wellness recommendations or for payment, treatment or health care operations; and be shared with your health plan, but not with your employer.

1 If you do not have Internet access, please contact us at 1-800-624-8822 (English), 1-800-730-7270 (Spanish), 1-800-938-2300 (Chinese) for a hard copy directory.

2 Outpatient drugs and prescription medications may be available as a supplemental benefit. Please refer to your Schedule of Benefits.

The Healthy Pregnancy Program follows national practice standards from the Institute for Clinical Systems Improvement. The Healthy Pregnancy Program cannot diagnose problems or recommend specific treatment. The information provided is not a substitute for your doctor's care.

Source4Women content and materials are for information purposes only, are not intended to be used for diagnosing problems and/or recommending treatment options, and are not a substitute for your doctor's care. Lists of potential treatment options and/or symptoms may not be all inclusive.

## Healthy Mind Healthy Body®

Sign up for your personalized health e-newsletter. *Healthy Mind Healthy Body* is an electronic newsletter that allows you to choose the type of wellness articles that are most relevant to your life.

### Sign up today for your personal monthly e-newsletter

- ▶ Go to **www.uhc.com/myhealthnews**
- ▶ Enter your group ID number found on your health plan ID card
- ▶ Select **UnitedHealthcare SignatureValue™** from the dropdown menu
- ▶ Enter your email address



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Disclosure: The UnitedHealth Allies® discount plan is administered by HealthAllies®, Inc., a discount medical plan organization. **The UnitedHealth Allies discount plan is NOT insurance.** The discount plan provides discounts at certain health care providers for medical services. The discount plan does not make payments directly to the providers of medical services. The discount plan member is obligated to pay for all health care services but will receive a discount from those health care providers who have contracted with the discount plan organization. HealthAllies, Inc., is located at P.O. Box 10340, Glendale, CA, 91209, 1-800-377-0263.

Health plan coverage provided by or through UnitedHealthcare Insurance Company and UnitedHealthcare of California, UnitedHealthcare of Oklahoma, Inc., UnitedHealthcare of Oregon, Inc., UnitedHealthcare Benefits of Texas, Inc., UnitedHealthcare of Washington, Inc. Administrative services provided by PacifiCare Health Plan Administrators, Inc., Prescription Solutions or OptumHealth Care Solutions, Inc. Behavioral health products are provided by U.S. Behavioral Health Plan, California (USBHPC) or United Behavioral Health (UBH).