

Value Added Resources and Programs

24/7 Virtual Visits

24/7 Virtual Visits provide:

- Faster, convenient, on-demand access to care without having to leave home or the workplace
- The ability to connect with our designated virtual providers by phone or video through myuhc.com or the UnitedHealthcare app²
- Doctors that are able to diagnose a wide range of common medical conditions and may even prescribe medications, with a prescription sent to a local pharmacy³

1. \$0 24/7 Virtual Visit copays apply to all fully insured non-HSA plans. The Designated Virtual Visit Provider's reduced rate for a 24/7 Virtual Visit is subject to change and may apply after the deductible according to plan design.
2. Data rates may apply.
3. Certain prescriptions may not be available, and other restrictions may apply.

Advocate4Me®

Provides members end-to-end health, wellness and benefits support including benefits and claims questions, finding a doctor, proactive support and information, health education, clinical program enrollment and much more.

Cancer Support Program

The Cancer Support Program connects members and their families to education, resources and emotional support. Members have access to:

- Highly rated physicians and providers;
- A personal advocate;
- Information to make informed health care decisions;
- Social worker support and more

CareCash

Care Cash® is a preloaded debit card that helps members pay for more cost efficient and convenient care. The card comes loaded with \$200 for individuals or \$500 for family plans. Use it in place of a credit or debit card to help pay for eligible network expenses.

Use Care Cash for approved network care such as:

- 24/7 Virtual Visits: Virtual urgent care for common concerns (from the flu to allergies)
- Primary Care: The place to start for routine care (from physical to behavioral health)
- Urgent Care: From care at convenience clinics (for flu shots and minor injuries) to urgent care (for broken bones and infections)

NOTE: this program is only available to OHP NJ Metro Non-H.S.A Plans – Eff.11/1/22

OHP Medical
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UHC Medical
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Complementary & Alternative Medicine (CAM)

Large network of complementary and alternative therapy providers including acupuncture, massage therapy, naturopathic medicine and nutrition counseling.

NOTE: This is a discount program.

EAP

The Employee Assistance Program (EAP) helps remove barriers to care by helping employees focus on their goals and empowering them with appropriate resources. It provides:

- Access to an EAP specialist who can help in the moment
- Access to more than 200,000 network clinicians nationwide for in-person or virtual support;
- Legal assistance and financial coaching

Earn it Off Program (Part of UHC Rewards)

Earn It Off is a payment option where participants can get an **Apple Watch** for \$0 or a low upfront cost and pay the remaining cost with the rewards earned over 12 months.

- You must be a member of an Oxford or UHC plan with the *UnitedHealthcare Rewards Core benefit* selected by your employer
- Payments are due monthly, starting 1 month after the purchase date
- Rewards Core members can earn up to \$300 off the cost of an Apple Watch

HealtheNotes (HeN) Reminders

HealtheNotes Reminders are messages sent to employees who've been identified with gaps in preventive care in one of these areas:

- Women's health
- Child and teen vaccines
- Diabetes
- Heart health

The goal? To help employees become more engaged in their health.

Maternity Support Program

Members have access to digital maternity courses throughout their pregnancy and postpartum.

NOTE: for Oxford Plans, the program is without nurse support.

Myuhc.com

The website for Oxford members allows users to check claim status and history, view their benefits and health statements, refill a prescription, search for doctors, hospitals, labs and other network providers, see quality criteria for safe, timely, effective and efficient care and estimate the cost of care and much more.

OnePass Select

One Pass Select offers various membership tiers through a lower-cost, extensive nationwide gym network that includes:

- No long-term contracts or annual gym registration fees
- Flexible fitness options with the ability to change tiers monthly
- Multi-location access nationwide with no waiting period
- Digital fitness options to work out anywhere
- The ability to add family members (ages 18+)

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Quit for Life

This tobacco cessation support program:

- Helps participants to end tobacco use, including smoking and vaping
- Employs physical, psychological and behavioral strategies through coaching calls, text reminders and secure email messaging
- Provides available resources 24/7 online and through the app

Real Appeal

This online weight-management program provides members and their covered family members 18 years of age or older with the tools and support to help them lose weight and potentially prevent weight related health conditions.

- 1:1 coaching
- Online classes
- Weight loss and maintenance plan customized to individual needs
- Entertaining and engaging delivery of content

SelfCare by AbleTo

On-demand access to self-help for stress and emotional well-being. Self Care helps individuals to engage with activities to help improve their mental health from their mobile device anytime.

Special Needs Advocates

Advocate4Me offers families with children with complex health care needs caring guidance across the health care system through an assigned adviser at no additional cost. The compassionate adviser is matched with the family through advanced data and technology; Takes responsibility for each inquiry; Supports every member of the family and their health care needs.

Sweat Equity Program

With the Sweat Equity® program, members may earn up to \$200 every 6 months for meeting program exercise requirements. There are many ways to participate — from visiting the gym to taking classes and more. Covered spouses and dependents 13+ are also eligible to earn up to \$100 every 6 months for meeting program exercise requirements.

Note: Not available for UHC National plans.

UHC Rewards

UnitedHealthcare Rewards is a program that rewards members for taking healthy actions! employees and their covered spouses can earn dollars for reaching program goals and completing one-time activities. Members can personalize their experience by choosing what's right for them — and the same goes for ways to spend earnings. Employee and their covered spouse/domestic partner can each earn up to \$300 per plan year.

Under Armour Discount

Members can receive 40% off qualified Under Armour gear. Our relationship with the Boomer Esiason Foundation has made it possible to offer this 40% discount and the website is being updated now to add more items as the season changes.

UHC members: uhcunderarmour.com: Use Coupon code: **UHC** at checkout.
Oxford members: www.uhcunderarmour.com/oxford: Use Coupon code: **Oxford** at checkout.

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UnitedHealthcare® app

The mobile version of myuhc.com is designed to help employees manage different aspects of their health care, like searching for providers and getting health care cost estimates for specific treatments and procedures from their smartphone or tablet.

The UnitedHealthcare® app is available for download for iPhone® or Android®. iPhone is a registered trademark of Apple, Inc. Android is a registered trademark of Google LLC.

VITAL Medications Program

The new Vital Medication Program offers members certain drugs at no additional cost. Out-of-pocket costs are eliminated for preferred short and long-acting insulins as well as preferred emergency use medications for in-the-moment critical care.

NOTE: The list may not be all-inclusive, is subject to change throughout the year and some of the drugs may have quantity limits and other clinical requirements.

Wellos

The Wellos app experience is tailored to the employee's health goals. It offers daily content and support for nutritional health, emotional well-being and weight management through: Goal-based lessons, customized tips, daily trackers and more.

- This is not a part of the UnitedHealthcare Rewards experience
- Wellos is available to FI groups, subscribers, their spouses and dependents 18+

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Rev. 4.2.2025. This document is subject to change and is meant only to provide highlights of member benefits generally available with most Oxford and UHC fully insured plans.