

UnitedHealthcare

Digital tools to access healthcare and your health plan information (3:54)

Welcome to the Apple Benefits Explained Video Series. This video dives into the digital tools and resources available to you and your family.

Let's start with **myuhc.com**[®]. Here, you and all family members age 18 and older can register to view your health plan details, manage prescriptions, find network doctors and pharmacies, and more.

If you need access to your info on the go, download the UnitedHealthcare[®] app. You can use it to view, share and print your digital ID card. You can also find nearby care options, estimate and compare costs, connect with a doctor virtually, view plan balances and receive a call back from a nurse, 24/7.

See a doctor online from the comfort of home — or anywhere — using 24/7 Virtual Visits. 24/7 Virtual Visits are great for colds or the flu, sinus infections, sore throats, pink eye, rashes, coughs, fevers and other minor health concerns.

Use your iPhone, iPad or Mac to connect with a doctor anytime, no appointment needed. Start a 24/7 Virtual Visit by signing in at **myuhc.com/virtualvisits** or by using the UnitedHealthcare app. On the app, click Virtual Care and follow the prompts.

If you're looking for a simple way to cope with stress, anxiety or depression, try Sanvello[™]. This app features daily mood tracking, guided Journeys and community support — all designed to help you improve your mental health the way you want it. It also offers mental health coaching, teletherapy and telepsychiatry services.

To access your free premium account through UnitedHealthcare, open the app to create an account, choose "check coverage" and select UnitedHealthcare to enter the info from your ID card.

The Omada app gives you virtual access to a licensed physical therapist. You'll start with a 30-minute, face-to-face video consultation with a physical therapist, who will perform an assessment and give you direction on appropriate care and next steps.

Next, you'll get a targeted treatment plan and equipment to work with your physical therapist through your Mac, iPad or iPhone. Discover a better way to get joint and muscle relief.

Expecting or have children? If you want 1-on-1 parenting guidance from a specialist, download the Cleo for Families app free from the App Store. You can get information on topics such as pregnancy, newborn care, parenting concerns for children and returning to work.

Ready to quit tobacco? You've got access to Quit For Life[®]. Connect with a coach who will help guide you at every step, manage triggers anytime with coach-led groups, trackers, texts and videos, and stay on track with nicotine-replacement therapy like gum or patches — all designed to help you gain skills to quit tobacco for good. Get started at **quitnow.net**.

And there you have it: From having instant access to your medical plan details to taking care of your health, these digital tools and resources help you take the best care of yourself and your family.

Have questions or need help? The dedicated team of UnitedHealthcare Advocates for Apple is here to help make healthcare — and life — a little easier.

Scan a QR code to call the Advocates and save their number to your iPhone, or to download the UnitedHealthcare app.

Thank you for watching!