



Get to know your benefits

City of Watauga Open Enrollment

August 17, 2022

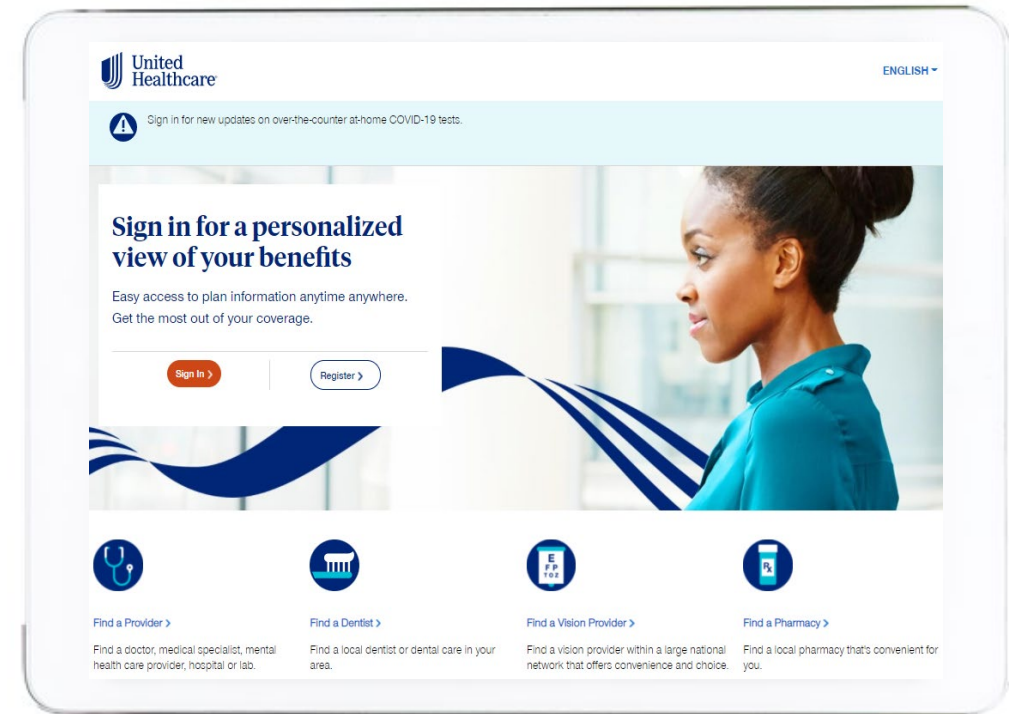


United
Healthcare

Access your plan easily with myuhc.com[®]

Activate your myuhc.com account after enrolling and gain access to:

- Find and estimate the cost of care
- See what's covered
- View claim details
- Check your plan balances
- Find network doctors
- Order prescriptions



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.



3 easy ways to find a network provider

1

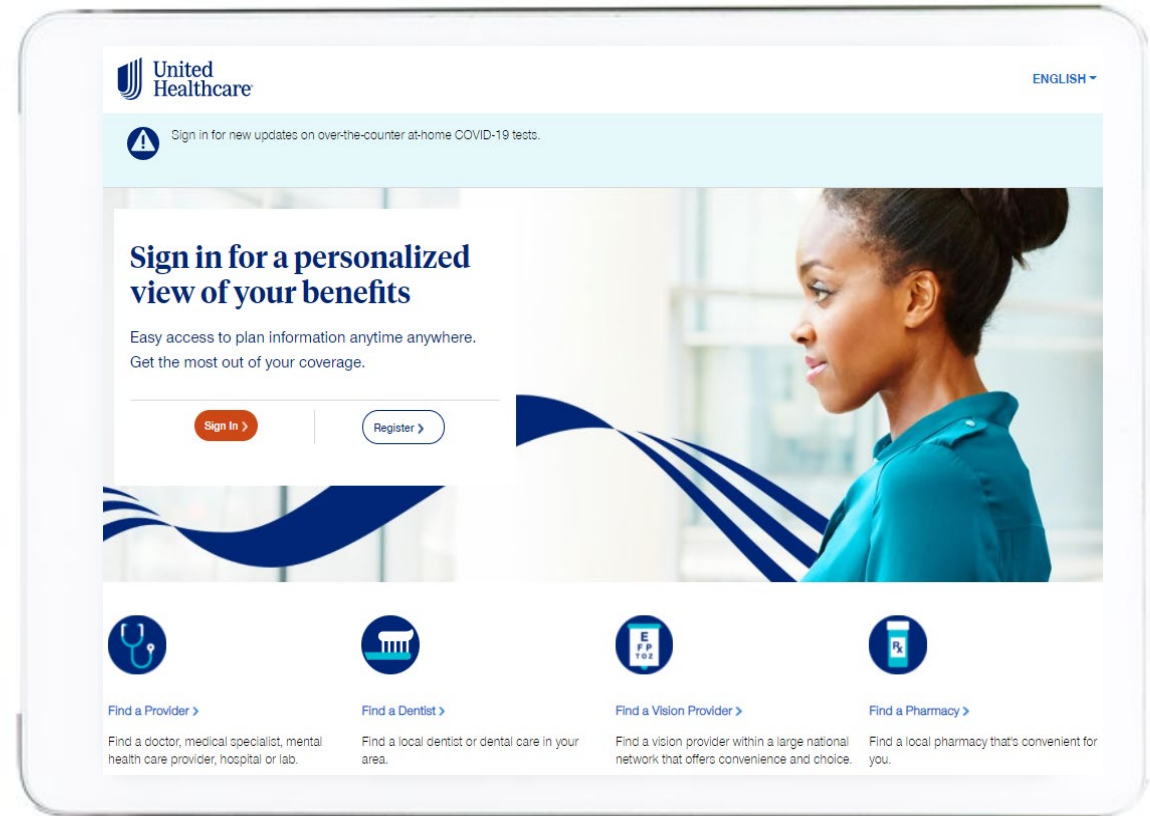
Look for the “Find a Provider” button on myuhc.com®

2

Call the number on your health plan ID card

3

Search using the UnitedHealthcare® mobile app





**Benefits designed to help
you stay healthier**

**United
Healthcare**

Aim for better health with Rally®



Take the Rally Health Survey

Know your overall health before setting simple goals



Get personalized recommendations

Build healthy habits for well-being, activities and more



Earn sweet rewards

Take healthy actions and achieve goals — earn Rally coins

Rally® Health provides health and well-being information and support as part of your health plan. It does not provide medical advice or other health services, and is not a substitute for your doctor's care. If you have specific health care needs, consult an appropriate health care professional. Participation in the health survey is voluntary. Your responses will be kept confidential in accordance with the law and will only be used to provide health and wellness recommendations or conduct other plan activities.

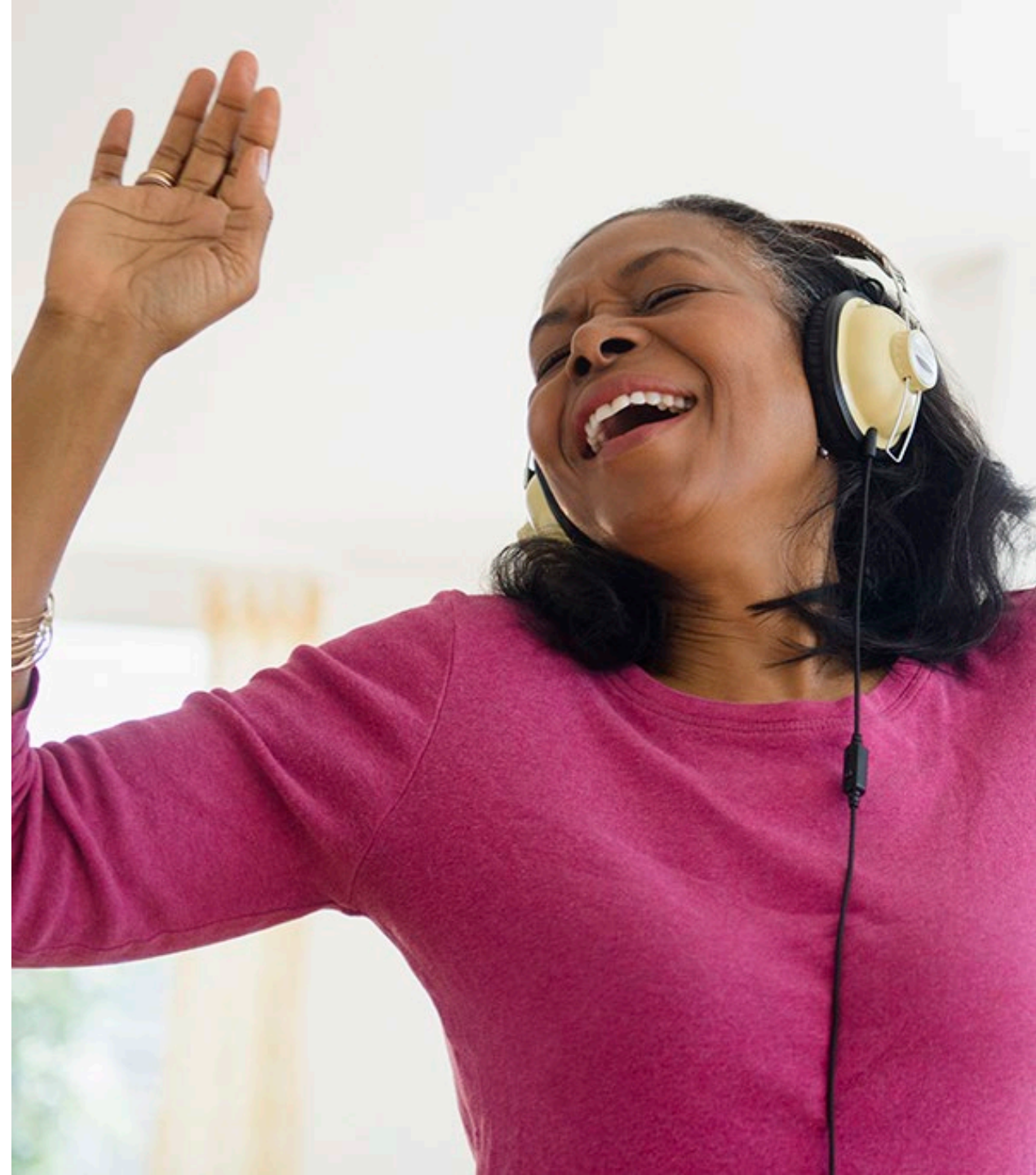


Quit tobacco for good

The Quit For Life® program includes:

- A personal Quit Coach®
- Online support
- A customized action plan
- And more

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. Please discuss with your doctor how the information provided is right for you. Participation in this program is voluntary. If you have specific health care needs or questions, consult an appropriate health care professional. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.



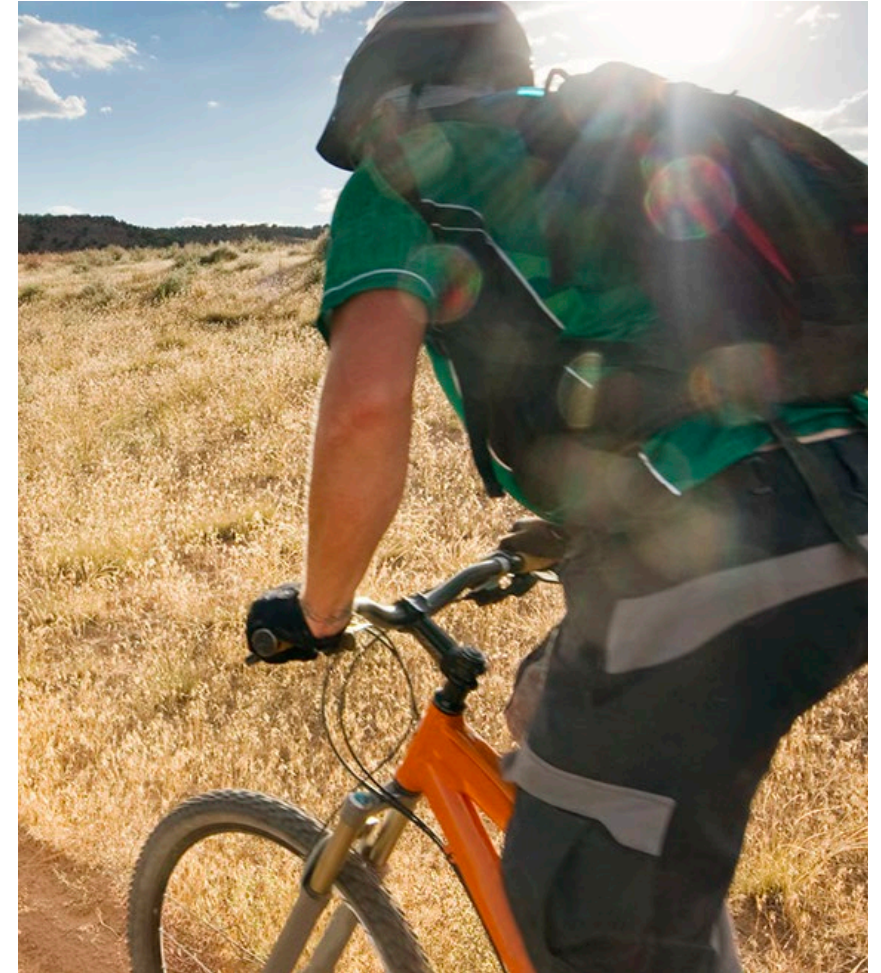
Get moving and earn rewards

UnitedHealthcare Motion® is a wellness program that rewards you for doing certain daily activities.

- Meet certain daily activity goals
- Potential to earn over \$1,000 each plan year with deposits into a health savings account
- App-based program provides many ways to earn

The more you move, the more you may get rewarded.

UnitedHealthcare Motion is a voluntary program. The information provided is for general informational purposes only and is not intended to be nor should be construed as medical advice. You should consult an appropriate health care professional before beginning any exercise program and/or to determine what may be right for you. Receiving an activity tracker and/or certain credits and/or purchasing an activity tracker with earnings may have tax implications. You should consult an appropriate tax professional to determine if you have any tax obligations under this program, as applicable. If any fraudulent activity is detected (e.g., misrepresented physical activity), you may be suspended and/or terminated from the program. If you are unable to meet a standard related to health factor to receive a reward under this program, you might qualify for an opportunity to receive the reward by different means. You may call us toll-free at 1-855-256-8669 or at the number on your health plan ID card, and we will work with you (and, if necessary, your doctor) to find another way for you to earn the same reward. Rewards may be limited due to incentive limits under applicable law. Subject to HSA eligibility, as applicable.



Get the Peloton App for no additional cost

Your health plan option includes a 1-year Peloton® App Membership — available to you at no additional cost.

Here's what the Peloton App includes:



Thousands of fitness classes



The flexibility to get active anywhere, anytime



Ways to help you have fun and stay motivated

Learn more at uhc.com/peloton







The Peloton offering is available to members enrolled in applicable fully insured UnitedHealthcare plans and participants enrolled in UnitedHealthcare Level Funded NavigateNOW plans who are 18+ years of age and register for an account with Peloton. Offer is valid until June 30, 2023. Members and participants that own a Peloton Bike, Bike+ or Tread can redeem a 3-month All-Access Membership. Limit one code redemption per member and participant. All services provided by Peloton directly to consumers are governed by Peloton's Membership Terms, located at <https://www.onepeloton.com/membership/terms>. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. Members and participants should consult with an appropriate health care professional before beginning any exercise program and/or to determine what may be right for them. The value of this offering may be taxable. Members and participants should consult with an appropriate tax professional to determine if they have any tax obligations from having access to this offering at no additional cost.



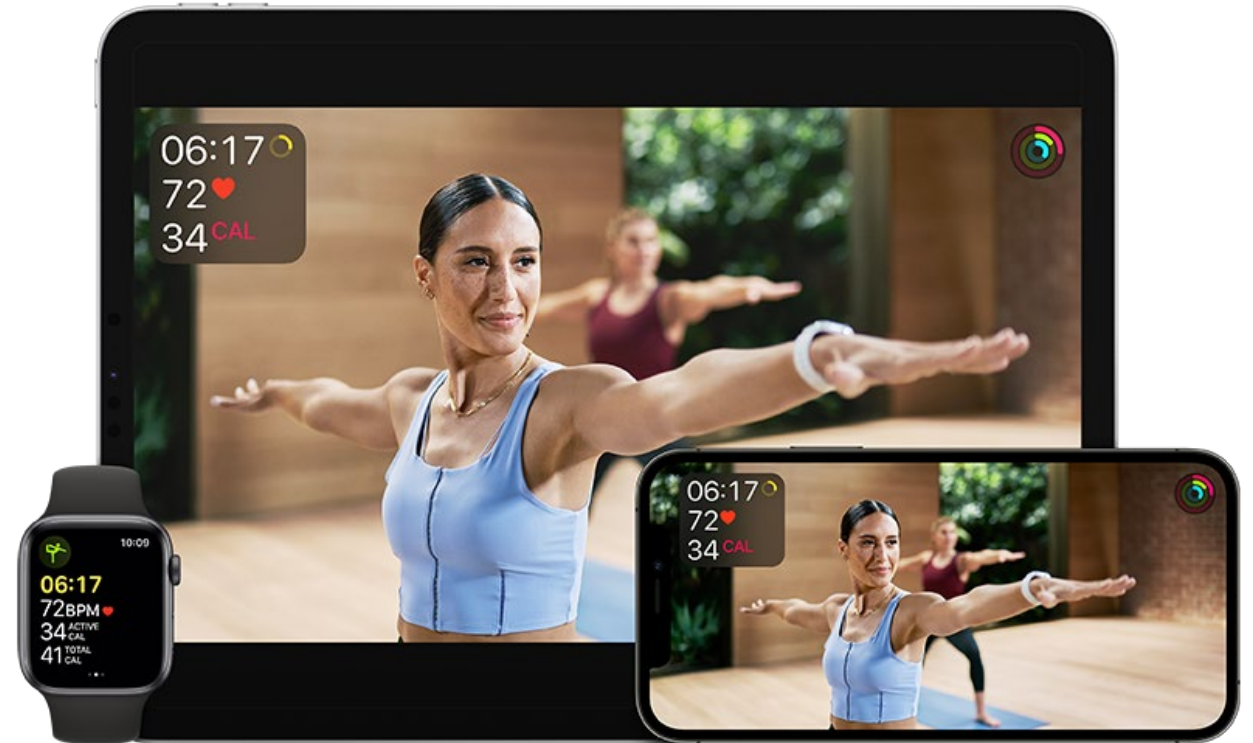
Work out anytime, anywhere with Apple Fitness+

Get 12 months of Apple Fitness+ at no additional cost to you as part of your health plan.* That's a \$79.99 value.

The first fitness service powered by Apple Watch includes:

-  11 workout types (from HIIT to Pilates to strength to yoga)
-  New workouts and meditations every week (from 5–45 minutes)
-  Handpicked music to keep you going
-  A subscription for up to 5 family members

Get started at uhc.com/apple-fitness-plus



* Apple Fitness+ requires Apple Watch Series 3 or later with watchOS 7.2 or later and one of the following Apple devices: iPhone 6s or later with iOS 14.3 or later, iPad with iPadOS 14.3 or later, or Apple TV with tvOS 14.3 or later. Must be 13+ years of age and covered under an applicable health plan.

Fully Insured customers: Available to applicable medical plans for fully insured customers until 12/31/23, excluding New York. Self-funded customers: An Apple Fitness Bundle, including Apple Fitness+ and Apple Store gift card, may be available for purchase by ASO customers.

The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. You should consult with an appropriate health care professional before beginning any exercise program and/or to determine what may be right for you. The value of the application and/or gift card may be taxable. You should consult with an appropriate tax professional to determine if you have any tax obligations from having access to this application at no additional cost, or under this program, as applicable.



Questions?



Already a member? Visit myuhc.com



Medical 1-866-873-3903, TTY 711
Dental 1-888-679-8925

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates.
Administrative services provided by United HealthCare Services, Inc. or their affiliates.

