



# United Healthcare

Employee Wellness Programs





# Physical Health & Wellness Programs

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## Rally Health & Wellness App

- Complete an annual health assessment to discover your “Rally Age” and set health targets
- Earn rewards for engaging with preventive care measures like exercise, eating right, and more
- Navigate the UHC services that align with your health goals, preventive care, etc.

## Fitness Reimbursement (Part of Rally)

- Stay active at the gym or with home-based physical activities (including walking the dog, housework, yardwork, etc.)
- Check in at least 12 days per month to earn a \$20 monthly reward

## Real Appeal

- Weight loss action plan that provides a higher level of support with exercising and eating right
- A personal coach customizes your plan and meets with you regularly to support your progress with fitness and nutrition
- Welcome package includes a body weight scale, food scale, nutrition guides, and access to Fitness on Demand options.



## Proven strategies to drive you toward your objectives

- Missions
- Rally Coins
- Communications
- Recommendations and goal setting

## Peloton Fitness

- No-cost access to the Peloton Fitness app (cardio, strength training, fitness, and exercise classes/resources)—a \$155 value
- Sign up by 6/30/23

## Apple Fitness

- No-cost access to the Apple Fitness app (cardio, strength training, fitness, and exercise classes/resources)
- Sign up by 12/31/23



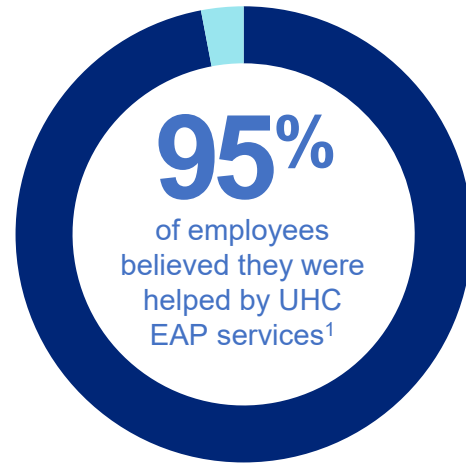


# Mental and Behavioral Health Resources

# Emotional and Mental Health & Wellness Programs

## Employee Assistance Program (EAP)

- Completely confidential support and guidance for:
  - Stress, anxiety, and depression
  - Personal challenges, including substance use and relationships
  - Work/Life balance, including legal and financial support
- 3 free visits per incident per year for members and their enrolled dependents



## Sanvello

- Self-help app for 24/7 support with stress, anxiety and depression
- Daily mood tracking and emotional health goal-setting
- Guided journeys and mindfulness skills
- Peer communities offer round-the-clock anonymous social support

## Myuhc.com Support Resources

- Explore the resources and tools on your personalized emotional support page, which may help you with the ins & outs of everyday life
- A variety of behavioral health and well-being tools, including articles, videos, podcasts

## UHC Behavioral Health Provider Network

- Connect with a licensed therapist, counselor, psychologist, or psychiatrist for ongoing support to help with a full range of behavioral health needs
- Narrow your search by provider name, location, area of expertise and more
- Schedule an in-person or virtual appointment with the provider you select

## Virtual Behavioral Health Visits

- Talk virtually and confidentially to a licensed provider for conditions like ADHD, addiction, anxiety, and depression
- See the same provider each time to establish an ongoing relationship
- Your provider can provide a diagnosis, treatment and medication if needed.

