



## SimplyEngaged<sup>®</sup> Health & Wellness Coaching

### Empowers you to change behavior and improve your health...

Once you've received your *Know Your Numbers* Screening results and completed the Online Health Assessment\* you'll have a good picture of your current health status and, perhaps, some clearly outlined goals and priorities to help improve your overall health and wellness.

The goal of Health & Wellness Coaching is to work with you to make these goals a reality. Health & Wellness Coaching can help you identify behaviors that you may need to change in order to improve your health.

Health & Wellness Coaching can be delivered by telephone, the Internet and mail.

**Complete these programs after you have completed the wellness screening and health assessment to earn rewards.**

*Employees and spouses/ domestic partners covered by this UnitedHealthcare plan receive their choice of gift cards to over 100 national retailers when they complete the coaching programs.*

#### Complete an Online Coaching program and get a \$25 gift card

- ▶ Following completion of the Online Health Assessment you can visit **myuhc.com** to access the Online Program.
- ▶ Click the "Health and Wellness" tab, then select "I Do" and "Add Programs" to get started. Completing a Health Assessment may auto-enroll you in a coaching program, based on your personalized needs.

#### Complete a telephone-based Coaching program\*\* and get a \$75 gift card<sup>A,B,C,D</sup>

- ▶ You must complete the Health Assessment\* first in order to participate in the Coaching program.
- ▶ Once you've completed the Health Assessment, call the wellness coach at 1-800-478-1057 to begin working on your personal health improvement plan.

*(continued on back)*



A Maximum reward per employee \$175; Maximum reward per family \$350. Each member is eligible to receive a maximum of one reward for completing the wellness activity listed in each category. This includes a maximum of one reward per person for completing the Health Assessment, one for online coaching and one for telephone-based coaching.

B Children may not participate in the reward program.

C Incentives can be earned only once every plan year. This also pertains to the online and telephonic coaching rewards.

D Health Assessments can only be completed once every six months. For example, if you complete a Health Assessment today, you will need to wait six months from today to complete another Health Assessment.

\*Members should refer to their health plan ID card and log into the UnitedHealthcare health and wellness website listed on their ID card.

\*\*Members must complete the Health Assessment before enrolling in the telephone-based health coaching program.

## Online Wellness Tools

### Online Personalized Health & Wellness Homepage –

An online welcome page tailored to each individual with health tips, trackers, information, health improvement plans, reminders and articles.

- ▶ **Personal Health Record** – One place to manage personal health care information for the entire family with data integration from medical and pharmacy claims, as well as self-reported information.
- ▶ **Online Program** – Targeted, behavior modification programs to guide you to better health. Reinforces and provides ongoing lifestyle-support for nutrition, exercise, weight management, tobacco cessation, stress management, diabetes and heart health, and more.

### Health Coaches – experts in the field of health behavior change

The program's Health Coaches are professionals with degrees and certifications in health related fields such as psychology, nutrition and health education. They help you identify health risk behaviors and suggest tactics and resources to support your health goals. Through collaboration and shared decision-making, the Health Coach works with you to create a personalized plan that evolves throughout the program.

Health Coaches engage you in many ways – integrating telephonic wellness coaching with interactive on-line tools, trackers and personal messaging.

### UnitedHealthcare understands the importance of protecting your privacy.

We care about the relationship we have with you. The services we provide require that we receive personal information and we know it is critical to protect your privacy.

Our business practices are in compliance with the privacy requirements under the Health Insurance Portability and Accountability Act (HIPAA).

Your personal information will not be shared with your employer.

Your personal information will be used only by UnitedHealthcare and its wellness program affiliates to provide individualized health information to you to improve your health practices.

Please call **877-818-5826** if you have questions about your rewards.



UnitedHealth Wellness® is a collection of programs and services offered to UnitedHealthcare enrollees to help them stay healthy. It is not an insurance product but is offered to existing enrollees of certain products underwritten or provided by UnitedHealthcare Insurance Company or its affiliates to encourage their participation in wellness programs. Health care professional availability for certain services may be dependent on licensure, scope of practice restrictions or other requirements in the state. Some UnitedHealth Wellness programs and services may not be available in all states or for all group sizes. Components subject to change.

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