A close-up photograph of a young man with dark hair and a beard, smiling broadly. He is wearing a light blue denim button-down shirt. The background is blurred, showing what appears to be an outdoor setting with buildings and trees.

Wellness Guide

**Health care made simple
Well-being resources and support
with a personal touch**

ORACLE

 UnitedHealthcare®



Advocate4Me

With a busy schedule, making good health a priority can be challenging. Advocate4Me can make it easier and save you time. Speak directly with experts who can help you

- Understand how your benefits work and get to the bottom of claims and benefit issues
- Figure out how to manage health conditions such as high blood pressure, high cholesterol, diabetes, or back pain
- Locate doctors, specialists, and facilities
- Reach your well-being goals such as losing weight, quitting smoking, or better managing stress

Call **+1.866.672.2511**, 8:00 a.m. – 8:00 p.m. local time (Monday – Friday).

Or, call 24x7 and say “speak with a nurse” to

- Find the most affordable care for your situation, such as when your baby has a fever at 2:00 a.m.
- Learn self-care tips to deal with an illness

If UnitedHealthcare calls you

If a nurse contacts you, answer the call. You may be surprised by the tips and information available to you. To protect the privacy of your personal information, you'll be asked a few questions to confirm your identity. You may receive a call if

- You have a chronic medical condition
- You were recently hospitalized
- You are pregnant

Self-Care by AbleTo

Get access to self-care techniques, coping tools, meditations, and more—anytime, anywhere. With Self-Care by AbleTo, you'll get personalized content that's designed to help you boost your mood and shift your perspectives. Tap into tools created by clinicians that are suggested for you based on your responses to a short, optional assessment. Self-Care by AbleTo is here to help you feel better—and it's available at no additional cost to you.

Find Self-Care by AbleTo on your homepage by visiting liveandworkwell.com, and browsing as a guest with your company access code **228485**.

Behavioral Health

If you or someone in your family is facing depression, anxiety, substance use, an eating disorder, or other mental health condition—your Optum Behavioral Health benefit is here for you.

Your Behavioral Health benefit offers

- An extensive network of providers around the country
- Applied Behavior Analysis (ABA) therapy
- Faster access to care
- Individually tailored treatment plans

Call **+1.866.728.8413** to speak with a Behavioral Health advocate, or visit liveandworkwell.com, access code **228485**.

Employee Assistance Program (EAP)

Get confidential assistance with medical, personal, financial, or emotional concerns. Master's-level specialists are available 24x7 to help with depression, stress and/or anxiety; parenting and family concerns; substance use and recovery; and more.

As part of the program, you receive 10 free counseling sessions per concern, per year with a mental health specialist, either face-to-face or virtually. This benefit is available to you and your eligible family members—even dependents not covered on your medical plan.

To access the Employee Assistance program, call **+1.866.728.8413** or visit liveandworkwell.com, access code **228485**.

UnitedHealthcare App

Download the UnitedHealthcare app to access your benefits and get help anytime, anywhere.

View your virtual health plan ID card, check claim updates, find physicians and facilities, estimate costs, and get answers to your questions.

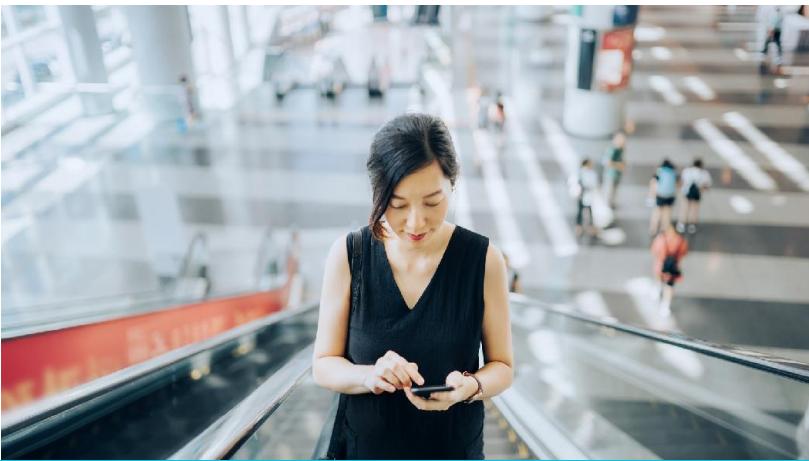


Wellness coaching

You'll get personal advice and support from a trained coach who will help you take concrete steps to achieve your health goals. You'll talk over the phone at your convenience, focusing on your unique hopes, dreams, and challenges. Whether you want to take small steps or make big changes, your coach can help you with things like

- Managing diabetes
- Losing weight
- Increasing physical activity
- Improving heart health
- Eating better
- Reducing stress
- Avoiding falls
- And more

Call **+1.866.672.2511** or visit myuhc.com.



myuhc.com®

Manage your benefits and health care at [myuhc.com](https://www.myuhc.com).

- Track claims and expenses
- Find network providers, care centers, and pharmacies including doctors who've met quality and cost efficiency guidelines through the UnitedHealth Premium® designation program
- Refill prescriptions
- Estimate health care costs

Virtual visits

Connect with an EAP specialist or your Behavioral Health Advocate through secure videoconferencing technology. This convenient option gives you secure access to clinicians who can

- Evaluate and treat general mental health conditions such as depression and anxiety
- Provide therapy
- Prescribe medications, when appropriate*

* Per state telehealth rules and guidelines

Visit [liveandworkwell.com](https://www.liveandworkwell.com), access code **228485**.



Preventive care

Regular preventive care visits and health screenings help you learn your current health status and may help identify potential health issues before they become more serious. Wondering which checkups, immunizations, and screenings you may be due for? Call Advocate4Me or visit <https://www.uhc.com/health-and-wellness/preventive-care>.

Common preventive care and screenings may include

- Annual wellness exam
- Measurements of your weight, blood pressure, glucose (blood sugar), and cholesterol
- Immunizations vaccines, such as flu shots
- Well-baby and well-child visits
- Osteoporosis screening
- Cancer screenings, such as breast, colorectal, and cervical
- Tobacco use and sexually transmitted disease screening
- Healthy diet, physical activity, and depression screening

Preventive care may be covered at 100%**

Certain preventive health services will be covered based on age, gender, and other factors without cost sharing (100% without charging a co-payment, deductible, or co-insurance), as long as you receive these services from a network provider**. If you are receiving treatment due to a symptom or an existing illness, the services provided usually won't be considered or covered as preventive care. Be sure to check your benefit plan for specific coverage details.

Maternity and fertility support

If you're expecting, get help throughout pregnancy and delivery. Enroll in the Maternity Support Program by calling an advocate at **+1.866.672.2511** to speak to a nurse, get information to help you identify health risks, and more. You'll even get a gift for mom and baby.

If you're dealing with fertility issues, enroll in the Fertility Solutions program at **+1.866.774.4626** for guidance and care. A fertility nurse will give you information on the causes of infertility, help you find high-performing in-network specialists and help you best use your health benefits.



Rally®

Rally is an interactive way to help make getting healthier fun. You'll get personalized recommendations to help get you moving more, eating better, feeling happier—and you'll have a chance to win great prizes. Find Rally under the Health and Wellness tab on [myuhc.com](#).

- **Start with your Rally AgeSM:** Answer a few easy questions and receive feedback to help you assess your health
- **Build better habits:** After finding out your Rally Age, you'll get personalized activity recommendations to help you reach your health goals
- **Achieve missions:** Rally will recommend missions—activities designed to help you improve your diet, fitness, mood, and more
- **Win cool stuff:** There are lots of ways to earn Rally Coins, which you can use to enter sweepstakes for your chance to win great prizes. Rack up coins for joining missions, pushing yourself in a challenge, and even just logging in every day.
- **Take Rally with you:** Rally is available online via your computer, tablet, or smart phone. It even works with select online apps and wearables, such as FitBit®, Jawbone®, and BodyMedia®. Have an iPhone® or Android™? Download the Rally app.

Complex health conditions

Nurses who specialize in these areas are available to answer your questions and direct you to providers and treatment centers

- Bariatric surgery
- Cancer
- Congenital heart disease
- Infertility
- Kidney disease
- Neonatal care
- Spine and joint
- Transplants

Call Advocate4Me at **+1.866.672.2511** to get started.

Livongo—available on the myuhc app January 1, 2024

Through advanced technology and personal coaching, Livongo can help you manage diabetes. Livongo can also help you improve your habits to help lower your risk of developing type 2 diabetes.

Track your health trends to work toward reaching your goals, and access tips, insights, personalized lessons and more, available through the myuhc app starting January 1, 2024.

Access the **UnitedHealthcare app ("myuhc")** to get started.

Hinge Health—coming January 1, 2024

If you are struggling with joint or muscle pain, consider Hinge Health—a digital clinic for joint and muscle care. Get access to a personalized exercise program and your own care team to help you overcome joint and muscle pain. Hinge Health includes care for

- Neck and upper back
- Shoulders
- Elbows, forearms, wrists and hands
- Lower back and hips
- Pelvic region
- Thighs and knees
- Calves and shins
- Ankles and feet

Visit [myuhc.com](#) to get started.

Learn more about the programs and services available to you at no additional cost through your health plan:

Contact Advocate4Me today.

Call +1.866.672.2511 or visit myuhc.com

Visit <https://mysites.oracle.com/hr-benefits-us/well-being-and-health/wellness.html> to access Oracle's well-being programs and resources available to Oracle employees and eligible family members.

* Per state telehealth rules and regulations.

** This content is provided for informational purposes only and does not constitute medical advice. Always consult your doctor about any decisions regarding medical care. The services outlined here do not necessarily reflect the services, vaccines, screenings or tests that will be covered under your benefit plan. Always refer to your plan documents for specific benefit coverage and limitations, or call the toll-free member number on your health plan ID card. Certain procedures may not be fully covered under some benefit plans.

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This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this service is for your information only. It is provided as part of your health plan. Program nurses and other representatives cannot diagnose problems or suggest treatment. This program is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. This is not an insurance program and may be discontinued at any time.

Certain preventive care services are provided as specified by the Patient Protection and Affordable Care Act (ACA), with no cost sharing to you. These services are based on your age, gender, and other health factors. UnitedHealthcare also covers other routine services that may require a co-pay, co-insurance, or deductible. Administrative services provided by UnitedHealthcare Services, Inc. or their affiliates.

Advocate services should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through advocate (Advocate4Me) services is for informational purposes only and provided as part of your health plan. Wellness nurses, coaches, and other representatives cannot diagnose programs or recommend treatment and are not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. Advocate services are not an insurance program and may be discontinued at any time. Please discuss with your doctor how the information provided is right for you.

For a complete description of the UnitedHealth Premium designation program, including details on the methodology used, geographic availability, program limitations, and medical specialties participating, please see myuhc.com.

Rally 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.