



Health care made simple

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 benefits 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 wellness goals such as losing weight, quitting smoking or better managing stress

Call **1-866-672-2511**, 8 a.m. – 8 p.m. local time (Mon. – Fri.).

Or call 24/7 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 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

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
- Individually tailored treatment plans
- Faster access to care
- Applied behavior analysis (ABA) therapy

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 24/7 to help with depression, stress and anxiety; parenting and family concerns; substance use and recovery; and more. As part of the program, you receive six free face-to-face counseling sessions per person, per issue, with a mental health specialist. This benefit is available to you and your eligible family members—even dependents not covered on your medical plan.

To access the EAP, call **1-866-728-8413** or visit **liveandworkwell.com**, access code 228485.

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*

Visit **liveandworkwell.com**, access code 228485.



myuhc.com®

Manage your benefits and health care at **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 UnitedHealthcare Premium® designation program.
- Refill prescriptions.
- Estimate health care costs.

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.

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? Give Advocate4Me a call or visit **uhcpreventivecare.com**.

Common preventive care and screenings may include:**

- Annual wellness exam
- Measurements of your weight, blood pressure, glucose (blood sugar) and cholesterol
- Immunization vaccines, such as flu shots
- Well-baby and well-child visits
- Cancer screenings, such as breast, colorectal and cervical
- Osteoporosis screening
- Tobacco use and sexually transmitted diseases 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.

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
- Adding exercise to your day
- Improving your heart health
- Eating nutritious foods
- Reducing your stress
- Avoiding falls

Call **1-866-672-2511** or visit **myuhc.com**.

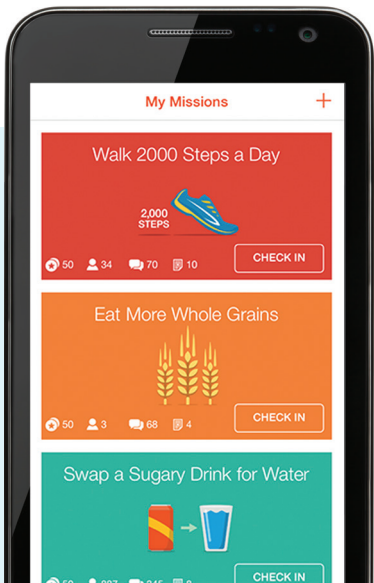
Rally is an interactive way to help make getting healthier fun. You'll get personalized recommendations to help get you moving more, eating better and feeling happier, and you'll have a chance to win great prizes. Find Rally under the Health and Wellness tab on myuhc.com.

- **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 reach your health goals.
- **Achieve Missions:** Rally will recommend Missions: activities designed to help you improve your diet, fitness and mood.
- **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, smartphone or tablet. It even works with select online apps and wearables, such as Fitbit®, Jawbone® and BodyMedia®. Have an iPhone® or Android™? Download the Rally app.



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 Support Program 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.



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.

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 my.oracle.com/site/hr/RegionalSites/U.S./usbenefits/wellness/ to access Oracle's wellness programs and resources available to Oracle employees and 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 about 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 United HealthCare 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 problems 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.