



Health care made simple
Resources and support with a personal touch.

We make it easier to get care and stay healthy.



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 questions
- ✓ 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:

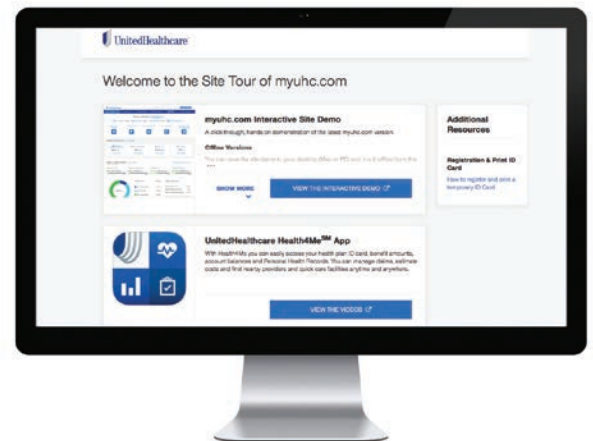
- ✓ Find the most affordable care for your situation, such as when your baby has a fever at 2 a.m.
- ✓ Learn self-care tips to deal with an illness



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 UnitedHealth Premium® designation program
- ✓ Refill prescriptions
- ✓ Estimate health care costs



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. Access the EAP, call **1-866-728-8413** or visit liveandworkwell.com and enter code 228485.



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 & Joint
- ✓ Transplants

Call Advocate4Me at **1-866-672-2511** to get started.

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



RallySM

Rally is a fun, 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 Age:** 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 Support Program

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 access nurses, get information to help you identify health risks and more. You'll even get a gift for mom and baby.



UnitedHealthcare Health4Me®

Download the app and get access to your benefits and 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.



Health4Me



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 <http://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 mammography, 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.

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, visit myuhc.com**

Visit <http://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.

*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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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.