

Health & Wellness Coaching



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

Employees and their covered spouse (if applicable) receive their choice of gift cards to over 350 national retailers when they complete the coaching programs.

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

Once you've received your *Know Your Numbers* Screening results and completed the Health Assessment you'll have a good picture of your current health status and, perhaps, some clearly outlined goals and priorities to 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 be delivered by telephone, the Internet and mail.

¹ Children may not participate in the reward program. Employees and spouses must take the Health Assessment within 90 days of the start of the wellness program to earn rewards. Each Employee and Spouse are 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.

² Members must complete the Health Assessment before enrolling in the telephone-based health coaching program. The telephone-based health coaching program is complex, time consuming and is most appropriate for people with high risk health conditions.

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.

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

Your personal screening results 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.

Complete an online Health Coaching program and get a \$25 gift card

- Following completion of the Health Assessment you can visit myuhc.com to access the Online Health Coaching program.
- Click "Health&Wellness" tab, then "Online Health Coach" link under the Personal Health Center tab to get started.

Complete a telephone-based Health Coaching program² and get a \$75 gift card

- You must complete the Health Assessment first in order to participate in the telephone-based Health Coach program.
- Once you've completed the Health Assessment, call the Optum Health Coach at 1-800-478-1057 to begin working on your personal health improvement plan.

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.

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