No-cost health and wellness programs provide better outcomes. And healthier patients.

Through OptumHealthSM, your patients may have access to a wide range of health and well-being programs and services at no additional cost to them. Designed to help individuals achieve better health, these programs provide education, inspiration and guidance in healthy living.

The programs listed below are available to members of Individual and Group sponsored Medicare plans offered by SecureHorizons®, Evercare® and UnitedHealthcare unless otherwise noted. Remember to encourage your patient to check with Customer Service before initiating services:

NurseLineSM Services (Not available for Individual PFFS members or Institutional Evercare members)

• OptumHealthSM NurseLine services offer 24/7 access to an experienced registered nurse for non-emergency health concerns. Members can call any time – around the clock – and talk with an experienced nurse who will:
  ◦ Help them navigate symptoms
  ◦ Make medical recommendations
  ◦ Answer questions about health conditions
  ◦ Arrange for personal nurse interaction when needed

For the plans that offer NurseLine services, select plans also provide access to the following services (not available in the Evercare plans):

• Treatment Decision Support offers telephonic information and support about nine common medical conditions – low back pain, knee replacement, hip replacement, chronic stable angina, breast cancer, benign uterine conditions, benign prostatic hypertrophy, prostate cancer and morbid obesity. We always encourage your patients to discuss all options with you.

• Access Support offers assistance in selecting physicians and hospitals, scheduling appointments and coordinating medical records. If your patients are having trouble seeing a specialist or getting the appointments they need, we may be able to help schedule those appointments for them.

Encourage participation in these valuable programs.

If you have patients who you believe could benefit from any of the above programs, encourage them to call NurseLine at 1-877-365-7949 (TTY 711), 24 hours a day every day of the year for more information.

Wellness Advising Program (for Group Plan members only)

This program focuses on helping members remain healthy through integrated advising approaches. Wellness Advisors work with members telephonically to set goals and strategies for achieving and maintaining a healthy lifestyle.

Group Plan members (those who get their coverage through an employer-sponsored plan) have access to the following programs:

• Weight management (BMI 25+)
• Weight stabilization (BMI 19-)
• Fall risk reduction (two or more falls in the past year)

continued on next page
New York/North Carolina: The following programs are available to Medicare members enrolled in selected AARP® MedicareComplete® and SecureHorizons® MedicareComplete® Individual plans in NY and NC

National: Also available to all Group Plans and all PFFS members (Individual and Group):

Health Discount Program
Offering discounts from 5% to 50% on a wide variety of health and wellness products and services that retirees typically pay for out-of-pocket, including:

- **Vision care**: Laser vision correction, mail-order eyeglasses and contact lenses
- **Dental care**: General dentistry; dental specialties including periodontics, endodontics, oral surgery and cosmetic services
- **Alternative care/pain relief**: Massage therapy, chiropractic care, and acupuncture/acupressure
- **Weight loss**: Jenny Craig®, NutriSystem™ and other programs
- **Nutrition**: Nutrition counseling, vitamins and supplements and natural foods
- **Fitness**: Fitness club memberships, equipment and apparel, yoga books and CDs
- **Health supplies**: Home medical supplies, durable medical equipment, over-the-counter medications and aids to daily living
- **Smoking cessation**: Smoking cessation kits and aids
- **Long-term care services**: Homemaker and personal care services; assisted-living facilities

Members can access the health discount program directly at [www.medsavings.optumhealthallies.com](http://www.medsavings.optumhealthallies.com) or by calling 1-888-212-9095 (TTY 711) M – F, 7 a.m. – 8 p.m. CST.