



(Video Length – 3:22)

Video Transcript

### **Program Highlights Video**

Let's talk healthier living — it's a great goal to have.

*ON-SCREEN TEXT: [Rally®*

*Real Appeal®*

*Quit For Life®]*

So, it's good to know that UnitedHealthcare health plans include all kinds of wellness programs and health services designed to support you.

*ON-SCREEN TEXT: [Maternity Support*

*Behavioral Health Support*

*24/7 Virtual Visits]*

And, since these benefits are part of your plan, they come at no additional cost. Ready to see what's available?

*ON-SCREEN TEXT: [Rally]*

First, let's Rally®.

This personalized digital experience is built to help you make small changes that may improve your health. When you join Rally, you'll take a quick health survey to see where you are today in key areas like nutrition, fitness and stress level. After that, you'll set health goals — and Rally will work to help you reach them through personalized recommendations. As you complete these healthy actions, you'll earn Rally Coins, which can be redeemed for a variety of rewards. So, get ready to Rally — and get ready for a healthier you.

*ON-SCREEN TEXT: [Real Appeal]*

Next, there's Real Appeal®, an online weight loss program that, yes, really is included in your plan. You'll get up to a full year of support through online group coaching sessions and you'll be able to connect with a community of members ready to help motivate you and cheer you on. You'll also have access to an online dashboard where you can set goals and track your progress. When you join Real Appeal, you'll get a big box called a Success Kit delivered straight to your door — it's filled with kitchen tools, fitness equipment and more. Now, that sounds real nice.

*ON-SCREEN TEXT: [Quit For Life]*

If you want to quit tobacco for good, Quit For Life may be right for you. With a coach on your side, you'll have help creating a personalized plan — plus you'll have access to 24/7 online resource support. You may even be eligible for Nicotine Replacement Therapy such as gum or patches — also at no additional cost. With Quit for Life, you can look forward to leaving tobacco behind.

*ON-SCREEN TEXT: [Maternity Support]*

If you or a loved one are expecting a bundle of joy, maternity support is here for you with resources and content on topics from preparing for a healthy pregnancy to trimester benchmarks to nutrition and exercise — and more. Plus, maternity support continues for up to 6 weeks postpartum. You can keep using maternity support to screen for postpartum depression, get breastfeeding education, learn health tips and more.

*ON-SCREEN TEXT: [Behavioral Health Support]*



UnitedHealthcare plans also give you access to a wide range of behavioral health resources and support. Whatever you're going through — from depression or anxiety to legal or financial concerns, from alcohol or substance use to compulsive habits and eating disorders — you don't have to go through it alone. Behavioral health support not only gives you easier access to self-help tools, it connects you to providers you can meet with virtually or in-person.

*ON-SCREEN TEXT: [24/7 Virtual Visits]*

And what about nonemergency medical care? For that, there's 24/7 Virtual Visits,

*ON-SCREEN TEXT: [Nonemergency conditions]*

which helps you connect with a doctor by phone or video. With a 24/7 Virtual Visit, doctors can diagnose and treat many common conditions — from the flu to pinkeye and more — and even provide prescriptions, if needed. No appointments are necessary and, like it says in the name, doctors are available 24/7 — so you can get care when you need it.

*ON-SCREEN TEXT: [Rally*

*Real Appeal*

*Quit For Life]*

Healthier living: it really is a great goal to have. And now that you know more about the programs and services included in UnitedHealthcare health plans, you can be

*ON-SCREEN TEXT: [well on your way to a healthier you]*

well on your way to a healthier you.

*ON-SCREEN TEXT: [Already a member?*

*Sign in at myuhc.com]*

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*Rally® Health 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.*

*Real Appeal is a voluntary weight loss program that is offered to eligible participants as part of their benefit plan. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical and/or nutritional advice. Participants should consult an appropriate health care professional to determine what may be right for them. Any items/tools that are provided may be taxable and participants should consult an appropriate tax professional to determine any tax obligations they may have from receiving items/tools under the program.*

*The Quit For Life® program provides information regarding tobacco cessation methods and related well-being support. Any health information provided by you is kept confidential in accordance with the law. The Quit For Life program does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care. Participation in this program is voluntary. If you have specific health care needs or questions, consult an appropriate health care professional. This service 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 under Maternity Support is for general informational purposes only and is not intended to be nor should be construed as medical and/or nutritional advice. Participants should consult an appropriate health care professional to determine what may be right for them. Employers are responsible for ensuring that any wellness programs they offer to their employees comply with applicable state and/or federal law, including, but not limited to, GINA, ADA and HIPAA wellness regulations, which in many circumstances contain maximum incentive threshold limits for all wellness programs combined that are generally limited to 30 percent of the cost of self-only coverage of the lowest-cost plan, as well as obligations for employers to provide certain notices to their employees. Employers should discuss these issues with their own legal counsel.*

*24/7 Virtual Visits phone and video chat with a doctor are not an insurance product, health care provider or a health plan. Unless otherwise required, benefits are available only when services are delivered through a Designated Virtual Network Provider. 24/7 Virtual Visits are not intended to address emergency or life-threatening medical conditions and should not be used in those circumstances. Services may not be available at all times, or in all locations, or for all members. Check your benefit plan to determine if these services are available. Certain prescriptions may not be available, and other restrictions may apply.*

*Programs featured in this video may not be part of your coverage. Please refer to your official benefit coverage documents which may include a Summary of Benefits and Coverage and Certificate of Coverage/Summary Plan Description to see which programs may be part of your health plan.]*