



Get an early jump to help you get more out of your health plan

Even before your health plan ID card arrives and your coverage starts, there are a few things you may do to help you take charge of your health care. Here are 6 ways to get started.

1 Check the mail

Watch for your health plan ID card to arrive.

2 Download the UnitedHealthcare® app

Once your plan is effective, you'll be able to take your plan and ID card on the go with our app. You can even find nearby care options and view progress toward your deductible.

3 Choose a network PCP

Although your plan may not require you to choose a primary care provider (PCP),* it may be a good idea to have one main doctor to guide you through your care. To find a network PCP, you can use the **Find a Doctor** directory on [uhc.com](https://www.uhc.com) or the UnitedHealthcare app—or, you can call us for help. After you receive your health plan ID card, sign in to [myuhc.com](https://www.myuhc.com)® to view a provider directory that's specific to your plan.

4 Explore your network

Check who's in the network by using the **Find a Doctor** directory on [uhc.com](https://www.uhc.com) or the UnitedHealthcare app. You'll also see which clinics and hospitals are in your network.

5 Make an appointment

Plan ahead by scheduling an appointment with your PCP. Just remember that the appointment date must be after your coverage effective date. Preventive care—such as routine wellness exams and certain recommended screenings and immunizations—is covered by most of our plans at no additional cost when you see network providers, so it's a good idea to get them on the calendar. Learn more at [uhc.com/health-and-wellness/preventive-care](https://www.uhc.com/health-and-wellness/preventive-care).

6 Bookmark [myuhc.com](https://www.myuhc.com)

Once you have your ID card, you can activate your online account. Here, you can search for network doctors, find and estimate the cost for care and see what's covered—all in one spot.

**United
Healthcare**

*Depending on your health plan, selection of a PCP may be required.

UnitedHealthcare members can access a cost estimate online or on the mobile app. None of the cost estimates are intended to be a guarantee of your costs or benefits. Your actual costs may vary. When accessing a cost estimate, please refer to the Website or Mobile application terms of use under Find Care & Costs section.

The UnitedHealthcare® app is available for download for iPhone® or Android®. iPhone is a registered trademark of Apple, Inc. Android is a registered trademark of Google LLC.

Certain preventive care items and services, including immunizations, are provided as specified by applicable law, including the Patient Protection and Affordable Care Act (ACA), with no cost-sharing to you. These services may be based on your age and other health factors. Other routine services may be covered under your plan, and some plans may require copayments, coinsurance or deductibles for these benefits. Always review your benefit plan documents to determine your specific coverage details.

UnitedHealthcare Level Funded Members: Administrative services provided by United HealthCare Services, Inc. or their affiliates, and UnitedHealthcare Service LLC in NY. Stop-loss insurance is underwritten by All Savers Insurance Company (except CA, MA, MN, NJ and NY), UnitedHealthcare Insurance Company in MA and MN, UnitedHealthcare Life Insurance Company in NJ, UnitedHealthcare Insurance Company of New York in NY, and All Savers Life Insurance Company of California in CA.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates. Health Plan coverage provided by or through a UnitedHealthcare company.