

## Additional benefits included with the Group Medicare Advantage PPO (MPO) and HMO (PMA) plans, not covered by Medicare

### Fitness program

Renew Active® is the gold standard in Medicare fitness programs for body and mind. And it's available with your Medicare Advantage PPO (MPO) and Medicare Advantage HMO (PMA) plan at no additional cost.

#### Stay fit

Work out where you want, whether that's at a gym or fitness location or from your home.

- A free gym membership
- Access to our extensive, nationwide network of gyms and fitness locations. It's the largest of all Medicare fitness programs<sup>1</sup>
- A personalized fitness plan
- Allows you to bring your caregiver to the gym with you at no additional cost
- Access to thousands of workout videos with Fitbit Premium™ – no Fitbit® device is needed

#### Stay focused

An online brain health program from AARP® Staying Sharp® with exclusive content for Renew Active members.

- Online brain health assessment
- Brain health content and tools
- The Brain Health Staycation and Find Your Calm guides

#### Stay connected

Connect with other health-minded members.

- Social activities at local health and wellness classes and events
- Step challenges with other members through the Fitbit Community for Renew Active – no Fitbit device is needed.

#### Participating locations

Stay active with a free gym membership at a gym or fitness location you select from our extensive, nationwide network. It's the largest of all Medicare fitness programs and includes many premium gyms and fitness locations.<sup>1</sup>

To find your closest location, visit [UHCRenewActive.com](https://UHCRenewActive.com) or call Customer Service at the number on your health plan ID card.

Members can request to have a new gym added to our extensive network of partnering gyms and fitness locations by nominating facilities on the Renew Active website or by calling the Customer Service number found on their health plan ID card.

### Your code is key



Every Renew Active member has a unique confirmation code to access your gym membership, create an account on AARP Staying Sharp, join the Fitbit Community for Renew Active and gain access to Fitbit Premium. How to find your unique Renew Active confirmation code:

1. Sign in to your plan website at [UHCRetiree.com](https://UHCRetiree.com).
2. Click "Health & Wellness" in the upper-right-hand corner.
3. Look for Renew Active on the right side of the page.
4. Your Renew Active Confirmation Code will start with a letter, followed by nine digits. You will see it at the bottom of the screen.
5. If you are unable to log in to your plan website or if you have any questions, please call Customer Service at the number on your health plan ID card.

<sup>1</sup>Renew Active gym and fitness location network size, based on internal market research conducted June 2020. The largest gym network of all Medicare fitness programs is based upon comparison of competitors' website data as of September 2020.

## UnitedHealthcare Healthy at Home

We are excited to introduce UnitedHealthcare Healthy at Home, a new program that is now included in your benefits at no additional cost, designed to help retirees safely transition back home after being discharged from a hospital or skilled nursing facility.

Designed to help members transition back home after an inpatient admission or a convalescent stay, this new, unique post-discharge support program delivers needed support, care and measurable results to the members we serve. Our market-leading program UnitedHealthcare Healthy at Home provides a combination of meal delivery, transportation and in-home personal care benefits to members in an easy-to-use, comprehensive program:

- Our Post-Discharge Meal Delivery benefit administered through Mom's Meals® includes two meals per day for two weeks for members following all inpatient or skilled nursing facility discharges when referred by a UnitedHealthcare advocate.
- Our Post-Discharge Transportation benefit includes 12 rides to and from medically related appointments and pharmacies for our members up to 30 days following inpatient or skilled nursing facility discharges.
- Our In-home Personal Care benefit administered through our national partner CareLinx and offered exclusively to UnitedHealthcare Group Medicare Advantage members includes up to six hours of personal care post-discharge, provided by a CareLinx professional caregiver. This may include grocery shopping, meal preparation, light housekeeping, personal care, medication reminders and more. CareLinx is our national vendor providing a network of over 300,000 background-checked professional caregivers.

## Hearing aids

As part of your health plan, you have a \$500 allowance every three years to use toward the maintenance and purchase of hearing aids through UnitedHealthcare Hearing. With a large selection of private-labeled and name-brand hearing aids and convenient home delivery or in-person care options, you can choose what works best for your hearing loss needs. Call **1-855-523-9355**, TTY 711, or visit **UHChearing.com** to learn more.

## Voluntary programs for people with chronic or complex health needs

Your medical plan includes no-additional-cost programs to help members who are living with chronic conditions like diabetes or heart disease. If you qualify, you get personal attention, and your doctors get up-to-date information to help make care decisions.

## Health & Wellness Experience

Renew by UnitedHealthcare® can be your guide to living a healthier, happier life. Renew, our members-only Health & Wellness Experience, includes inspiring lifestyle tips, coloring pages, a recipe library, streaming music, interactive quizzes and tools, learning courses, health news, articles and videos, a health topic library and rewards.

As a UnitedHealthcare member, you can explore all that Renew has to offer by logging in to **UHCRetiree.com**.

## UnitedHealthcare® HouseCalls

Enjoy a preventive care visit in the privacy of your own home.

With the HouseCalls program, you can get an annual in-home preventive care visit from one of our health

care practitioners at no extra cost. A HouseCalls visit is designed to support but not take the place of your regular doctor's care. What to expect from a HouseCalls visit:

- A knowledgeable health care practitioner will review your health history and current medications, perform health screenings, help identify health risks and provide health education.
- You can talk about health concerns and ask questions you haven't had time to ask before.
- HouseCalls will send a summary of the visit to you and your primary care provider so you have this additional information regarding your health.
- You may even be eligible for a reward when you complete a HouseCalls visit.

