



# MOVE YOUR HEALTH FORWARD

Your health is important. That's why we're making it easier for you and your family to use these health and wellness tools and resources — all available as part of your UnitedHealthcare plan.

## NEED GUIDANCE AND SUPPORT?

As your personal health care concierge, the HealthTeam is here to help you and your family find a doctor or specialist, resolve a claim, decide where to go for care, talk with a nurse and more.

## 1-888-264-0749

**Monday–Friday, 5 a.m.–5 p.m. PT**  
**Nurses and pharmacists are on duty 24/7.**

Scan this code to save the number in your phone:



### LOOKING FOR CARE?

#### Get a doctor in your corner

A **primary care physician (PCP)** can guide you through your care and build an in-depth knowledge of your health over time. **Need help choosing a PCP?** Call the HealthTeam at **1-888-264-0749** or log in to **myuhc.com**® to search for a PCP in your network.

#### See a doctor on your time

Get the care you need now for nonemergency issues like colds and the flu, as well as behavioral health concerns.

**Download the UnitedHealthcare® app or visit [myuhc.com/virtualcare](https://myuhc.com/virtualcare)**

#### Have joint or muscle pain?

Whether you have chronic pain, an achy back or annoying wrist pain, you can get relief! Meet one-on-one virtually as early as tomorrow with a physical therapist from **Omada® for Joint and Muscle Health** who can assess, diagnose and treat most joint or muscle concerns, and determine if virtual physical therapy is right for you.

**Learn more at [go.omadahealth.com/roche](https://go.omadahealth.com/roche)**

#### LGBTQ+ and Black communities

Roche partners with **Included Health** to provide comprehensive care navigation for our LGBTQ+ and Black communities by specializing in connecting members and their loved ones with quality, affirming care.

**Call 1-855-732-5683 or visit [includedhealth.com/roche](https://includedhealth.com/roche) to become a member and submit a request.**

### NOT FEELING QUITE “YOU”?

#### You're not alone

The **UnitedHealthcare HealthTeam** includes clinically trained behavioral health specialists to help you and your family find the mental health support and care you need.

**Call 1-888-264-0749.**

#### Therapy for everyday mental health support

**Lyra** offers 25 therapy or coaching sessions per person, per year and is your go-to for mental health care.

**Reach out today via [roche.lyrahealth.com](https://roche.lyrahealth.com) or 1-844-281-1753.**

#### Need in-the-moment support?

The **emotional health specialists** are available 24/7 to help provide personalized, confidential support for concerns with stress, anxiety and depression and other life challenges.

**Call 1-800-385-3613 anytime for in-the-moment emotional support.**

#### Prefer self-care?

The **meQuilibrium** program is designed to guide you in building your resilience and shifting your response to stress. Enroll at no additional cost to you, your spouse/domestic partner or your adult dependent children ages 18–26.

**Visit [getmeQ.com/roche](https://getmeQ.com/roche) to enroll, then download the meQuilibrium app.**

The **Calm Health** app provides programs and tools to help support your mental health and well-being — all at your own pace. As a UnitedHealthcare member, Calm Health is included in your health plan and available at no additional cost.

**Visit [uhc.app/calm](https://uhc.app/calm), then download the Calm Health app (access code: UHC.)**

#### In times of crisis, help is here

Call or text **988** for the Suicide and Crisis Lifeline. Or call the **HealthTeam** at **1-888-264-0749** for 24/7 confidential help finding crisis resources through your benefits.

### NEED MORE SPECIALIZED CARE?

#### Thinking about having a baby (or already expecting)?

**Maven maternity and newborn support** provides inclusive and on-demand holistic pregnancy and postpartum support (up to 21 months) at no additional cost to you and/or your covered spouse, domestic partner and/or children.

**Download the Maven Clinic app or visit [mavenclinic.com/join/roche](https://mavenclinic.com/join/roche)**

#### Need support for a cancer diagnosis?

Whether it's getting answers about potential risk factors; obtaining an independent, expert second opinion through **AccessHope**, or deciding on treatment, your HealthTeam's **oncology nurses** can help support you and your family. View this **Guide to Cancer Care** for more resources.

**Call the HealthTeam to learn more at 1-888-264-0749.**

**For information about AccessHope, visit [roche.myaccesshope.org](https://roche.myaccesshope.org) or call 1-844-957-4673 Monday–Friday, 6 a.m.–6 p.m. PT (except holidays).**

#### Need support for menopause?

**Maven** is a digital reproductive and family health platform that provides 24/7 specialized virtual support, including early symptom identification, personalized guidance and trustworthy resources through every stage of your menopause journey.

**Enroll today at [mavenclinic.com/join/roche](https://mavenclinic.com/join/roche)**

**Learn more** Check out [yourlifeyourrewards.com](https://yourlifeyourrewards.com) to view all available programs, resources and benefit details.

**Considering Surgery or Specialty Care?** Access **Lantern's surgery care advocacy support** at no additional cost to help you get the best care when you need planned, non-emergency surgery. This benefit can help you get matched with best-in-class hospitals and surgeons based on your specific care needs. **Call 1-855-200-6665.**

### TAKE CHARGE OF YOUR HEALTH

#### Weight-loss support

**Real Appeal®** is an online weight-loss program that features group sessions with a coach, a mobile app and resources to help you achieve your goals.

**Enroll at [roche.realappeal.com](https://roche.realappeal.com).**

**Wondr** is a digital weight-loss program that teaches science-based skills that help you lose weight, sleep better and stress less.

**Apply today at [wondrhealth.com/roche](https://wondrhealth.com/roche)**

#### Flexible fitness options

Get access to nationwide fitness centers and online classes with a membership to One Pass Select®.

**See membership options and get started at [OnePassSelect.com](https://OnePassSelect.com)**

#### Earn rewards with Rally® Engage

Access the enhanced web experience at **[roche.rallyengage.com](https://roche.rallyengage.com)** and start earning points to redeem rewards by completing healthy actions. Employees can earn up to **\$500\*** in Rally® rewards, and enrolled spouses/domestic partners can earn up to **\$300\*.**

**Click here to see a full list of rewards and the Rally notice.**

#### Explore our eLearning courses

Earn **\$15\*** in Rally rewards for each course quiz you complete. To access a course, click the links below to get started.

**Start the HealthTeam eLearning course here.**

**Start the Health Plan 101 eLearning course here.**



