



# 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.

## 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**

### 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](http://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](http://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](http://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 the HealthTeam 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](http://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](http://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 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:



## 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](http://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](http://wondrhealth.com/roche)

**Vida Health** is a virtual program providing personalized, clinically-backed support to help you manage your weight and improve your overall health.

Register at [vida.com/rightway](http://vida.com/rightway)

### 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](http://onepassselect.com)

### Earn rewards with Optum Engage

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

Click here to see a full list of rewards and the Optum Engage notice.

### Explore our eLearning courses

Earn **\$15\*** in Optum Engage 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](#).



\*Restrictions and requirements apply. Must be an employee or spouse/domestic partner enrolled in a Company medical plan to qualify.

**These services and programs are for informational purposes only and 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 through these services is for informational purposes only and provided as part of your health plan. Program nurses and other representatives cannot diagnose problems or recommend treatment and are not a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you. Your health information is kept confidential in accordance with the law. This is not an insurance program and may be discontinued at any time.

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