



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**

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**

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** 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** 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** 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**, 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**

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** 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**

Learn more Check out **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, nonemergency 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**

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**

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**

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**

Earn rewards with Optum Engage

Access the enhanced web experience at **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**.



