



# 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. PST  
Nurses and pharmacists 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 visit [rallyhealth.com/roche](https://rallyhealth.com/roche).**

### See a doctor on your time

Use **Doctor On Demand** 24/7 for convenient, online care, including treatment for non-emergency issues like colds and the flu, as well as behavioral health concerns.

**Download the app or visit [doctorondemand.com](https://doctorondemand.com).**

### 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 & 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 and crisis support

**Lyra** offers 25 sessions per person, per year, virtual coaching and 24/7 crisis care at no additional cost to you.

**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.**

## NEED MORE SPECIALIZED CARE?

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

**UnitedHealthcare maternity support** offers information and resources from pre-pregnancy planning to postpartum support.

**Learn more at [myuhc.com/maternity](https://myuhc.com/maternity).**

**Cleo** provides you with access to parenting specialists and resources, plus gives you personal support from a Cleo guide to answer all your questions throughout your journey.

**To download the Cleo app, visit [hicleo.com/activate](https://hicleo.com/activate) and use your work email to activate.**

### 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. PST (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).**

## 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).**

### Rally and rewards

Use **Rally®** for easy-to-find information on benefit coverage, costs and plan details — plus, get personalized recommendations for healthy daily activities and opportunities to earn rewards.

Employees can earn up to **\$500\*** in Rally rewards and enrolled spouses/domestic partners can earn up to **\$300.\***

**Check out a full list of rewards and the Rally notice at [go.roche.com/rallyrewards](https://go.roche.com/rallyrewards).**

**Register at [rallyhealth.com/roche](https://rallyhealth.com/roche) to start earning or download the Rally app and use the code: ROCHE.**

### Explore our eLearning courses

Earn **\$25\*** in Rally rewards for each course quiz you complete. To access a course, visit **[rallyhealth.com/roche](https://rallyhealth.com/roche)** or click the links below to get started.

**Start the HealthTeam eLearning course here.**

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



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



\*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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