

HEALTH IMPROVEMENT AT AGE 65 AND BEYOND

FEBRUARY 28, 2018

IT'S A HEALTH PLAN !

- UnitedHealthcare Choice and Choice Plus plans offer coverage for services designed to prevent illness:
 - No out-of-pocket costs
 - Health screenings
 - Immunizations
 - Telephone based programs to help you stay on track with health goals and doctors' treatment plans

- SilverScript coverage for smoking cessation:
 - Generic copays

HEALTH SCREENINGS | NO OUT-OF-POCKET COSTS FOR YOU

Identify health conditions early when treatment has the best chance of success:

- No out-of-pocket cost if strictly preventive
- Copayment or deductible and coinsurance if service is billed as diagnostic
- Preventive health visits with a personal physician
 - Include blood tests to screen for diabetes and high cholesterol
- Colon cancer screening
- Mammograms
- Prostate Cancer screening
- Vision screening



IMMUNIZATIONS | FOR CHOICE AND CHOICE PLUS MEMBERS

- Immunizations covered at no charge, include:
 - Annual flu shot protects against influenza
 - Pneumococcal prevents bacterial pneumonia infections
 - Shingrix protects against Shingles (covered after April 1, 2018) in your doctor's office or within the CVS, Walgreens or Walmart clinics (but not at the pharmacy)
- No out-of-pocket costs if given in your doctor's office or clinics at CVS, Walgreens, or Walmart stores
 - Not covered if given at the pharmacy
- Make sure to show your UnitedHealthcare ID card



SMOKING CESSATION |

- Prescription drugs are available to help with nicotine cravings (generic and brand)
- Nicotine patches (generic)
- Nicotine gum, lozenges, inhalers and nasal sprays (generic)
- Requires a doctor's prescription
 - For supplies from pharmacy and over-the-counter
- You pay the generic or brand copay at the pharmacy



PERSONAL HEALTH IMPROVEMENT |

UnitedHealthcare offers support to health plan participants by phone and online for free. Services include:

- Health coaches to help you meet your personal health goals
 - Exercise, weight management, smoking cessation
- Registered nurses available 24 hours a day, seven days a week to answer questions about your personal health issues
- Individual support from a dedicated nurse also available for people with:
 - Diabetes
 - Coronary Artery Disease
 - Asthma
 - Heart Failure
 - Cancer



Get Started

By Telephone – Toll free number *on back of your ID card*

Online chat – Through myuhc.com

INFORMATIONAL RESOURCES

- Your primary care doctor
- CCPF Health Digest
- UnitedHealthcare website www.myuhc.com
- SilverScript website
www.cookcountypensionfund.com.silverscript.com