

# UnitedHealthcare<sup>®</sup> HouseCalls



## Take advantage of your yearly in-home health and wellness visit from UnitedHealthcare HouseCalls\*

### Why choose a HouseCalls visit?

It's a yearly preventive care check-in that helps you stay on-track with your health between regular health care provider visits. This no-cost visit is done in the comfort of your home and allows plenty of time for you to ask questions about your health.

At the end of your visit, we'll give you a checklist of things to talk about with your primary care provider (PCP). We also send a summary of your HouseCalls visit to both you and your PCP so they stay informed.

### What does a HouseCalls visit include?

- ✓ Up to an hour long in-home visit from a licensed health care practitioner
- ✓ A head-to-toe exam, select health screenings and plenty of time to talk about your health questions
- ✓ A medication review
- ✓ Help connecting you with additional care you may need

## Common questions

### How long will the visit last? What will happen?

The visit takes up to an hour. You'll get a physical exam, select screenings and a review of any medications you may be taking. The rest of the time is spent talking about health topics that are important to you.

### Where does the visit take place?

It can be done while sitting at your kitchen table or in the living room. Wherever is comfortable and convenient for you.

### Do I need to prepare for my visit?

Before your visit, we'll send you a reminder with tips on how to get ready for your visit. Including to:

- ✓ Make a list of questions or concerns you'd like to discuss with the practitioner
- ✓ Wear shoes that can easily be removed to have your feet checked
- ✓ Have your medications in their original packaging ready to review
- ✓ If you have diabetes, have your blood glucose meter handy and drink plenty of water to be prepared to give a urine sample

Also, the day before your visit, our health care practitioner may call you to introduce themselves.

### I already see my PCP regularly. Is this for me?

Yes. Think of a HouseCalls visit as an extra layer of care. It gives you valuable 1-on-1 time you don't always get in the doctor's office. We share a summary of your visit with your PCP to help keep them informed of any changes to your health.



### Get started today

To schedule a visit call toll-free **1-866-447-7868**, TTY **711**.

\*HouseCalls may not be available in all areas.

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