



Your plan comes packed with extras



As a UnitedHealthcare® Group Medicare Advantage plan member, you get all the benefits we have to offer, including some great extras



SilverSneakers

SilverSneakers¹ includes memberships to thousands of locations nationwide, group exercise classes designed for all abilities, on-demand video library, live virtual classes and workshops, and fun activities held outside the gym. Classes, equipment, facilities and services may vary by location.



Virtual Visits²

See a doctor or talk to a behavioral health specialist anytime using live video chat from your computer, tablet or smartphone.

With **Virtual Doctor Visits**, you can ask questions, get a diagnosis, or even get medication prescribed and have it sent to your pharmacy.

With **Virtual Behavioral Health Visits**, you can speak to a behavioral health specialist for addiction, depression, anxiety, stress, loss and behavioral health medication management.



UnitedHealthcare® Healthy at Home

UnitedHealthcare Healthy at Home provides you the support you need to recover from hospital and skilled nursing facility stays. You may be eligible to receive home-delivered meals, transportation to medical appointments, and in-home personal care to assist with daily activities; all at not cost to you³.



Health & Wellness⁴

UnitedHealthcare helps inspire you to take charge of your health and wellness every day by providing a wide variety of useful resources and activities, including healthy recipes, fitness activities, wellness education and more – all at no additional cost. Visit your plan website today.

**United
Healthcare®**
Group Medicare Advantage





24/7 Provider Support⁵

24/7 Provider Support was designed specifically to help make your health decisions simple and convenient by providing immediate answers to your health questions anytime, anywhere – 24 hours a day, 7 days a week – at no additional cost.



Optum® HouseCalls⁶

Get a yearly check-in with a member of our licensed medical staff who will:

- Perform a head-to-toe exam and health screenings, and answer your health questions
- Review your medical history and medications
- Send a summary of your visit to you and your primary care provider

A HouseCalls visit is designed to support, but not take the place of your provider's care.



UnitedHealthcare® Hearing⁷

With UnitedHealthcare Hearing, you can receive a hearing exam and have access to a wide selection of name-brand and private-labeled custom-programmed hearing aids at significant savings. Plus, you'll receive personalized care and follow-up support from experienced hearing providers.



Register online

Once you are a member, you can sign up for an online account to learn more about your plan.

Visit retiree.uhc.com/NMRHCA and click on the **Sign in or register** button.

¹Availability of the SilverSneakers program varies by plan/market. Refer to your Evidence of Coverage for more details. Consult a health care professional before beginning any exercise program. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities are limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location. SilverSneakers is a registered trademark of Tivity Health, Inc. © 2025 Tivity Health, Inc. All rights reserved.

²Virtual visits may require video-enabled smartphone or other device. Not for use in emergencies.

³When referred by a UnitedHealthcare Engagement Specialist. A new referral is required after every discharge to access your meal and transportation benefit. Call the number on your ID card to get a referral.

⁴Not available in all plans. Resources may vary.

⁵24/7 Provider Support 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 this service is for informational purposes only. The nurses cannot diagnose problems or recommend treatment and are not a substitute for your provider's care. Your health information is kept confidential in accordance with the law. Access to this service is subject to terms of use.

⁶HouseCalls may not be available in all areas.

⁷Other hearing exam providers are available in the UnitedHealthcare network. The plan only covers hearing aids from a UnitedHealthcare Hearing network provider. Hearing aid savings based on comparison to retail.

Benefits, features and/or devices vary by plan/area. Limitations and exclusions apply.

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in these plans depends on the plan's contract renewal with Medicare.

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