



Optum[®] HouseCalls



Take advantage of your plan benefits and schedule a HouseCalls visit. HouseCalls is a yearly in-home health and wellness visit that is available to you at no cost.



What does a HouseCalls visit include?

- Up to an hour of 1-on-1 time with a licensed health care practitioner
- A comprehensive exam
- Tailored health care screenings
- A medication review
- An opportunity to get advice and ask questions to help manage your health
- Education, prevention tips and referrals to health services, if needed



Why choose a HouseCalls visit?

- ✓ You can talk to a health care practitioner in the comfort of your own home
- ✓ It's another chance for you to ask questions and get answers about the things that matter most to you
- ✓ The health care practitioner will send a visit summary to you and your primary care provider (PCP) to keep you both informed. This information may help inform decisions for your care.



Schedule a visit today

Call us at **1-866-447-7868**, TTY **711**, Monday–Friday, 8 a.m.–8:30 p.m. ET.
Schedule online at **UHCHouseCalls.com**.

HouseCalls

Common questions

What will happen in the visit?

The visit takes up to an hour. You'll get a health evaluation, including a physical exam and tailored health care screenings. The rest of the time is spent talking about health topics that are important to you.

Where should the visit take place?

It can be done sitting at your kitchen table, in the living room or wherever is comfortable for you.

How do I prepare for my visit?

Before your visit, we'll send you a reminder with tips on how to prepare. These include:

- Wear shoes that can be easily removed to have your feet checked
- Make a list of upcoming appointments with your PCP and specialists
- Gather your medications, including both prescription and over-the-counter, vitamins and supplements
- If you record blood pressure readings, please have your results available for review
- If you have diabetes, please have your blood glucose meter handy
- Make a list of questions and concerns you'd like to discuss

Also, the day before your visit, our health care practitioner may call you to introduce themselves and answer any questions about the visit.

I already see my provider regularly. Is this for me?

Think of a HouseCalls visit as an extra layer of care. It gives you valuable 1-on-1 time with a health care practitioner. Plus, we share details about your visit with your PCP.



**Have questions
about your health
plan benefits?**

Visit
UHCHouseCalls.com

Or call the customer service
number on your member ID
card

HouseCalls may not be available with all plans or in all areas.

This communication is going to eligible members and is not intended to imply a disease, condition or interest. The visit doesn't take the place of the member's regular visits to their care provider. Participation in this visit does not affect the member's health care coverage.

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

UnitedHealthcare Insurance Company complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCION: si habla espanol, tiene a su disposicion servicios gratuitos de asistencia lingüística. Llame al número de teléfono gratuito para miembros que aparece en la tarjeta de ID.

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