

Get Started

Make the most of your plan.



Simple for you. That's our Promise.

Thank you for joining UnitedHealthcare Community Plan. We want to be sure you have all the information you need to make this the best health care experience possible.



Your benefits.

There are **no costs to you** for most benefits and services. Visit myuhc.com/CommunityPlan for full details. You can also **call a member advocate** for help or to request a printed copy of the **member handbook** at **1-800-464-9484, TTY 711**, Monday through Friday, 7:30 a.m. to 6:00 p.m. Central time.

\$0 copay



Network providers.

You're covered for services provided by network providers. Find a list of these at myuhc.com/CommunityPlan.



Behavioral health and substance use disorder services.

Talk to your Primary Care Provider (PCP) if you think you might need behavioral health services, or if you need help with a substance use problem. Your PCP can help you decide the right options for you.

If you need help finding a network provider who specializes in these services, call a member advocate at **1-800-464-9484, TTY 711**, Monday through Friday from 7:30 a.m. to 6:00 p.m.



Prescriptions.

You are covered for prescription drugs with no copays. Find network providers, pharmacies and a copy of your Preferred Drug List (PDL) at myuhc.com/CommunityPlan.



Transportation.

If you need a ride to and from a doctor's appointment, you may be eligible for non-emergency transportation with MTM. To learn more, call a member advocate.



Vision services.

You are covered for eye exams. Visit myuhc.com/CommunityPlan for more information about coverage for eye glasses or to search for network providers. You can also call a member advocate. We are here to help.



Extras from UnitedHealthcare.



Rewards for moms.

With Baby Blocks, you earn great rewards for completing checkups on time during and after your pregnancy. Join at **UHCBabyBlocks.com**.



Healthy First Steps.

Our Healthy First Steps® program makes sure that mom and baby get good medical attention. We will help with finding a doctor and advice on nutrition and fitness. You can also get supplies, including a breast pump.



No-cost cellphones and service plans.

You may be eligible to get a cellphone and service plan at no cost. Plus get extras just for being a UnitedHealthcare Community Plan member. To learn more, visit **UHCMyHealthLine.com**.

Don't forget to complete your Health Assessment.

A Health Assessment is a short and easy survey that asks you simple questions about your lifestyle and health. When you fill it out and send it to us, we can get to know you better. And it helps us match you with the many benefits and services available to you. You may fill out the Health Assessment at **myuhc.com/CommunityPlan** or call a member advocate to help you.



Where to get care.



NurseLine.

24/7 telephone access to experienced registered nurses. They can give you information and support for health-related questions or concerns. Call **1-800-464-9484, TTY 711**.



Network urgent care clinics.

These are a good option if you have an illness or injury that needs quick attention. This may include sprains or strains, minor cuts, sore throats, minor burns, rash, fever or infections.



Your Primary Care Provider (PCP).

This is the person you should see for most of your care. This includes checkups, treatments, vaccinations, minor injuries and health concerns.



Emergency care.

This is for chest pain, bleeding that won't stop, trouble breathing, severe allergic rashes or the feeling that you might hurt someone or yourself. **Call 911 or go to the nearest emergency room.**

Schedule a wellness exam soon.

A yearly wellness exam with your PCP is important for good health. These visits are fully covered. Schedule your visit within the first 30 days of joining your health plan.