

# What can I do at **myuhc.com**?

## Find a doctor.

Track my blood pressure.

Find a great hospital.

Track my weight.

## Look up my claims.

## Improve my health.

Order my prescriptions online – and save.

Chat with a nurse.

Simplify my life.

Learn about diabetes.

Save money on services.

Stay healthy.

Replace my ID card.

## Record my health history.

Keep track of my family's medical history.

## Estimate costs ahead of time.

Embrace wellness.

See my benefits.

Keep track of my shots.

**And much, much more.**

It all adds up to  
**peace of mind.**

## Organize my claims

- See the status of my current claims
- Check my past claims history
- View my monthly statements
- See my whole family in one view
- Print copies for my records if I like

## Find a doctor

- Search for a doctor or hospital in your area
- See which doctors meet stringent quality standards
- Evaluate hospitals on cost, quality and patient safety
- Find a mental health professional
- Get driving directions and print a map

Get more from your health benefits with

**myuhc.com<sup>®</sup>**

## Get the facts

- Learn more about my coverage
- Check my current eligibility
- Look up my deductible or out-of-pocket limit

## Improve my health

- Take a free online Health Assessment, with recommendations for change
- Read the most up-to-date, trustworthy healthy lifestyle advice
- Use tools, quizzes, and calculators on everything from aging well to world travel

## Get help with decisions

- Learn more about health conditions or procedures
- Connect with a nurse through live, one-to-one online Nurse Chats
- Check the facts on medications and estimate my costs
- Read up on common symptoms and what they might mean
- Explore various treatment options

## It's easy to register!

1. Visit [www.myuhc.com](http://www.myuhc.com)
2. Select **REGISTER NOW**
3. Type in the requested information
4. Get started!

