



Get more from your health plan



The care you need, when you need it

Wide choice of doctors and specialists –

See if your current doctor is in our network or choose a new one.

Prescription drugs – Prescriptions and over-the-counter (OTC) medicines are covered.

Immunizations and vaccines – Routine shots to help protect against illness.

Vision – Routine eye exams and eyeglasses.

Dental care – 1 cleaning every 6 months, plus covered fluoride treatments, as well as exams and X-rays.

Hearing Services – Hearing aids are covered with prior authorization (PA).

Transportation – 24 free one-way rides each year to places like the grocery store, job interviews, doctor visits and other community services.

UHC Doctor Chat – Talk with a doctor online 24/7 for non-emergency care.

NurseLine – 1-800-985-3856, TTY 711. Talk with a registered nurse 24 hours a day, seven days a week.

Behavioral Health Crisis Line – 1-855-789-1977, 24 hours a day, 7 days a week.

Respiratory kit – includes hypoallergenic pillowcases, peak flow meter, and air purifier for members with asthma or COPD.



Moms and kids get even more

Healthy First Steps® – Rewards program and extra support to help you and your baby stay healthy.

Boy Scouts and Girl Scouts – Get a yearly membership (including a sash or journal) to Boy Scouts or Girl Scouts at no cost for members aged 5-18.

No-cost baby essentials – Moms who attend their postpartum appointment qualify for a case of diapers and wipes delivered to their home, as well as their choice between a car seat, stroller or pack and play.

Text4baby – Receive text messages on pregnancy and care during phases of development.

Prenatal visits – Care for you before and after your baby is born, at no cost to you.

Boys & Girls Club – Youth members are eligible for a no-cost annual Boys & Girls Club membership in participating areas.

Music and equine therapy – Members with Autism Spectrum Disorder (ASD), in the Adoption Assistance program or former foster youth ages 18-26 may be eligible for 24 yearly visits to music and equine therapy.

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Extra support with health and wellness programs

Well visits – Annual checkups to help keep you healthy.

Physicals – No-cost sports physical with a primary care provider.

Personal care managers – Eligible members can get help managing asthma, diabetes and other long-term health conditions.

Community resource assistance

Get help finding food, rides, housing, utilities and more. Call Member Services at the number on the back of your member ID card.

Plus, up to \$100 a year for Healthy Foods and Health and Hygiene items for members who complete healthy goals through Care Management.

Gym membership – Members 18+ with diabetes and/or hypertension are eligible for a no-cost gym or YMCA membership.

Diabetes resources – Members with diabetes or hypertension can get at home support and weight management resources.

Smoking cessation support – Get help quitting smoking at no cost to you. Call toll-free, 1-800-QUIT-NOW (1-800-784-8669), TTY 711. Or visit quitnowkentucky.org.



More for our members

Member Rewards – Get rewards, including gift cards, for health screenings and appointments.

Quality and member access committee meetings – Members receive a \$50 gift card for participating.

Mom's Meals – 14 no-cost home-delivered meals for members who meet eligibility requirements.

Cell phone service – Eligible members can get phone service through Assurance Wireless. The plan includes talk, text and data. Learn more at assurancewireless.com/Partner/bUHC/.

Calm Health – Get help with stress and emotional well-being with meditation and coping tools. To get started, download the UnitedHealthcare® app and go to Coverage & Benefits to find the Calm Health app.

GED Works – Coaching, prep and testing for members age 18 and up who want to get their diploma.

Assistance with criminal record expungement – In partnership with Goodwill, we support members who are interested in record expungement and meet eligibility criteria.

Internet access – Free mobile hotspot and internet access for K-12 students.



Connect with us

UnitedHealthcare app – When you want to access your health information on the go.

Scan the code or visit myuhc.com – Our secure website allows members to see covered benefits and search for providers. Plus, view your Member Handbook, complete a health assessment, search the preferred drug list and much more.



We're here to help

Have questions? Chat with Member Services through the **UnitedHealthcare app** or **myuhc.com/communityplan**. Or call **1-866-293-1796**, TTY **711**, Monday–Friday, 7 a.m.–7 p.m. ET.