



# UNITEDHEALTHCARE

## MEMBER SUPPORT HEALTH PROGRAMS



*When you are enrolled in a health plan with UnitedHealthcare, you'll have free access to a variety of programs to help support your health and wellbeing.*

### SUPPORT AND GUIDANCE FOR YOUR HEALTH CARE NEEDS

- [Personal Health Support](#). An Optum nurse can assist you with support for complex or chronic health conditions.
- [Cancer Support Program](#). Connect with an oncology nurse for assistance when diagnosed with cancer.
- [Maternity Support Program](#). Talk with a maternity nurse throughout your pregnancy.
- [KAIA](#). Physical therapy from the comfort of your home.
- [2nd.MD](#). Talk with an expert physician via phone or video to discuss new or existing health conditions related to diseases, cancer, or chronic conditions; surgeries or procedures; or medications and treatment plans.
- [Teladoc Health](#). For members with diabetes, pre-diabetes and high blood pressure, receive online tools, supplies, and one-on-one access to dedicated expert coaches.
- [Specialist Management Solutions](#). Find a Center of Excellence when you need surgical care and other support for certain specialty medicine health conditions.

### MENTAL HEALTH AND EMOTIONAL SUPPORT

- [AbleTo](#). Enroll in an 8-week virtual program to meet one-on-one with a licensed therapist for support.
- [Talkspace](#). Connect with a therapist via text message or via video meeting.
- [Calm Health](#). Get Content written by psychologists, access mental health screening tools, and try mindfulness exercises.

### WELLNESS PROGRAMS

- [Rally](#). Set wellness goals and earn rewards for reaching them.
- [Real Appeal](#). Enroll in a 52-week program and connect with a personal coach for help in losing weight.

A local **UnitedHealthcare Health Coach, James Williamson**, is available to assist SwRI employees or covered family members with your wellness goals. **Contact James at 210-262-0573.**

### DEDICATED HEALTH PLAN SUPPORT

A dedicated UnitedHealthcare Service Account Manager can support you and your covered family members with any questions related to your health plan. Contact **Guillermo Dominquez** at **210-474-5558** or [uhc.service@swri.org](mailto:uhc.service@swri.org).

### ONLINE HEALTH PLAN SUPPORT

Visit [myuhc.com](https://myuhc.com) or through the [UnitedHealthcare app](#) to find an in-network provider or for access to digital tools.