



Freedom is reaching new heights



UnitedHealthcare has acquired Tufts Health Freedom Plan and we're expanding your health plan with a broader national provider network, wellness benefits and more. They're the kind of things that can give your health plan a lift.

About UnitedHealthcare



Local commitment

With more than 7,500 local providers¹ serving 175,000+ residents,² UnitedHealthcare is committed to providing care in the Granite State.



National network

UnitedHealthcare's 1.2 million providers and more than 6,100 hospitals³ give your employees access to care across the U.S.



Leading innovation

From virtual doctor visits to results-oriented wellness programs,⁴ UnitedHealthcare continues to evolve in an effort to meet consumer and market expectations.

Connecting members to care and support

1-on-1 support

With just a phone call, our Advocate4Me® service model connects members with an advocate who can provide them with health, wellness and benefits support.

Centers of Excellence

Our access to—and deep understanding of—data allows us to identify and create centers of excellence that can save an average of 20% to 40% on standard charges at medical centers that meet our criteria.⁵

On-the-go access

The UnitedHealthcare® app and myuhc.com® personal health plan hub are designed to help employees manage their care, health and benefits anytime, anywhere.

- Find network care and estimate costs
- Review plan information
- Access Optum Bank accounts
- Access health and wellness programs and resources
- Check on claim status
- Manage prescriptions
- Contact UnitedHealthcare, including 24/7 nurse support (live or chat)
- Conduct a virtual doctor visit with one of our contracted providers

Wellness programs and tools*

UnitedHealthcare provides resources to help make it easier for employees to reach their health goals.

- **Real Appeal®** – A weight loss program that uses science and entertainment to drive weight loss
- **Quit For Life®** – A clinically based tobacco cessation program that can help members overcome addiction
- **Rally Health®** – Helps members set goals, track progress and earn rewards in their pursuit of adopting healthy lifestyle behaviors
- **Fitness Reimbursement program** – Provides reimbursement for fitness club memberships and other fitness activity programs up to \$150 per family
- **UnitedHealthcare Motion®** – Members walk, bike, run or swim to earn up to \$1,095 per year to fund their health savings accounts

Learn more

Contact your broker or UnitedHealthcare representative today

United
Healthcare

Products underwritten by Tufts Health Freedom Insurance Company.

This policy has exclusions, limitations and terms under which the policy may be continued in force or discontinued. For costs and complete details of the coverage, contact your broker or UnitedHealthcare sales representative.

* These wellness tools will be available pending regulatory approval.

¹ Network Report, January 2021. This data represents all Tufts Health Freedom Plan participating (network) providers except urgent care centers. Behavioral health practitioners, complementary and alternative medicine providers are included. Providers who are board certified in more than one specialty, and/or practice at more than one location, are counted only once and at only one location.

² UnitedHealth Group New Hampshire Snapshot report, February 2021: data as of January 2021.

³ UnitedHealthcare internal analysis, March 31, 2021.

⁴ Refers to Real Appeal®, an online weight loss program provided through UnitedHealthcare, with an average 10 pound weight loss per person. Data based on UnitedHealthcare book of business, 2018 results through December 2018: Cohort represents participants at risk, in program 26+ weeks, attending 9+ ILLs (N > 50,000). **Real Appeal** is a voluntary weight loss program that is offered to eligible members at no additional cost as part of their benefit plan. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical and/or nutritional advice. Participants should consult an appropriate health care professional to determine what may be right for them. Results, if any, may vary. Any items/tools that are provided may be taxable and participants should consult an appropriate tax professional to determine any tax obligations they may have from receiving items/tools under the program.

⁵ Derosa, A., average discounts for Optum clients when they access Optum COE programs. Data assessed May 12, 2016.

Advocate4Me services should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through Advocate services is for informational purposes only and provided as part of your health plan. Wellness nurses, coaches and other representatives cannot diagnose problems or recommend treatment and are not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. Advocate services are not an insurance program and may be discontinued at any time. **Virtual Visits** phone and video chat with a doctor are not an insurance product, health care provider or a health plan. Unless otherwise required, benefits are available only when services are delivered through a Designated Virtual Network Provider. Virtual Visits are not intended to address emergency or life-threatening medical conditions and should not be used in those circumstances. Services may not be available at all times, or in all locations, or for all members. Check your benefit plan to determine if these services are available. **The Quit For Life** program provides information regarding tobacco cessation methods and related well-being support. Any health information provided by you is kept confidential in accordance with the law. The Quit For Life Program does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you. Participation in this program is voluntary. If you have specific health care needs or questions, consult an appropriate health care professional. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. **Rally Health** provides health and well-being information and support as part of your health plan. It does not provide medical advice or other health services, and is not a substitute for your doctor's care. If you have specific health care needs, consult an appropriate health care professional. Participation in the health survey is voluntary. Your responses will be kept confidential in accordance with the law and will only be used to provide health and wellness recommendations or conduct other plan activities. **Fitness Reimbursement** is limited to one per family only. Must be a member of fitness facility for 4 months within a 12 month time period. Subscribers should also consult with an appropriate tax professional to determine if there are any tax obligations from receiving reimbursement under this program. **UnitedHealthcare Motion** is a voluntary program. The information provided is for general informational purposes only and is not intended to be nor should be construed as medical advice. You should consult an appropriate health care professional before beginning any exercise program and/or to determine what may be right for you. Receiving an activity tracker and/or certain credits and/or purchasing an activity tracker with earnings may have tax implications. You should consult an appropriate tax professional to determine if you have any tax obligations under this program, as applicable. If any fraudulent activity is detected (e.g., misrepresented physical activity), you may be suspended and/or terminated from the program. If you are unable to meet a standard related to health factor to receive a reward under this program, you might qualify for an opportunity to receive the reward by different means. You may call us toll-free at 1-855-256-8669 or at the number on your health plan ID card, and we will work with you (and, if necessary, your doctor) to find another way for you to earn the same reward. Rewards may be limited due to incentive limits under applicable law. Subject to HSA eligibility, as applicable. The UnitedHealthcare plan with **Optum Bank accounts**: Health savings accounts (HSAs) are individual accounts offered by Optum Bank, and are subject to eligibility and restrictions, including but not limited to restrictions on distributions for qualified medical expenses set forth in section 213(d) of the Internal Revenue Code. State taxes may apply. Fees may reduce earnings on account. This communication is not intended as legal or tax advice. Please contact a competent legal or tax professional for personal advice on eligibility, tax treatment and restrictions. Federal and state laws and regulations are subject to change. **The Centers of Excellence (COE)** program providers and medical centers are independent contractors who render care and treatment to health plan members. The COE program does not provide direct health care services or practice medicine, and the COE providers and medical centers are solely responsible for medical judgments and related treatments. The COE program is not liable for any act or omission, including negligence, committed by any independent contracted health care professional or medical center. **The UnitedHealthcare® app** is available for download for iPhone® or Android®. iPhone is a registered trademark of Apple, Inc. Android is a registered trademark of Google LLC. All UnitedHealthcare members can access a cost estimate online or on the mobile app. None of the cost estimates are intended to be a guarantee of your costs or benefits. Your actual costs may vary. When accessing a cost estimate, please refer to the Website or Mobile application terms of use under Find Care & Costs section.