Say hello to personalized health and wellness resources from UnitedHealthcare

With so many helpful resources, it's a call you won't want to miss.

It may seem unusual, but the next time your phone’s caller ID reads “UnitedHealthcare,” there’s a good chance it’s an offer to connect you with information to help you manage or improve your health.

These are not sales calls; no one will try to sell you anything. Rather, the calls are used to extend invitations to members who have been identified as those who could benefit from a conversation with a nurse. Reasons for these calls can include:

Wellness Coaching
After taking your Health Survey you might receive a call from one of UnitedHealthcare’s wellness coaches to discuss available coaching programs to help you work toward your health and wellness goals.

Welcome Home
A Care Coordination nurse may call after you return home from a hospital stay to help confirm you have after-care instructions, medication, medical equipment or other needs.

Disease Management
Our nursing staff receives referrals for patients who have certain medical conditions such as diabetes or coronary artery disease. Based on this information you may get a call to help connect you to tools and resources that help you manage your health.

Healthy Pregnancy
When you find out you are pregnant, a nurse from our Healthy Pregnancy program will reach out to you to offer educational services and health resources.
Choose smart.
Look for blue hearts.

Get the support you need.
Choosing a doctor is one of the most important health decisions you'll make. The UnitedHealth Premium® Program can help you find doctors who are right for you and your family.

Find quality, cost-efficient care.
Studies show that people who actively engage in their health care decisions have fewer hospitalizations, fewer emergency visits, higher utilization of preventive care and overall lower medical costs.

Take an active part in your health by seeking out and choosing providers, with the help of the UnitedHealth Premium Program.

The Premium designation makes it easy for you to find doctors who meet national standards for quality and local market benchmarks for cost efficiency.

Learn more at UnitedHealthPremium.com.

Choose with confidence.
The United-Health Premium Program evaluates physicians in various specialties using evidence-based medicine and national standardized measures to help you locate quality and cost-efficient providers. It's easy to find a UnitedHealth Premium Care Physician. Just go to myuhc.com* and click on Find a Doctor. Choose smart. Look for blue hearts.

CONTINUED
UnitedHealth Premium specialties.

Allergy
- Allergy
- Allergy & Immunology

Cardiology
- Cardiology
- Cardiovascular Disease
- Cardiac Diagnostic
- Interventional Cardiology
- Clinical Cardiac Electrophysiology

ENT
- Otolaryngology
- Otology
- Pediatric Otolaryngology
- Head and Neck Surgery
- Laryngology
- Rhinology

Endocrinology
- Endocrinology, Diabetes and Metabolism

Family Medicine
- Preventative Medicine
- Family Practice
- General Practice

Gastroenterology
- Digestive Diseases
- Endoscopy
- Hepatology—Liver Disease
- Gastroenterology

General Surgery
- Abdominal Surgery
- Proctology
- Colon & Rectal Surgery
- Surgery

Internal Medicine
- Internal Medicine

Nephrology
- Nephrology

Neurology
- Neuromuscular Disease
- Neurology
- Neurology & Psychiatry

Neurosurgery, Orthopedics & Spine
- Orthopedic Surgery
- Neurology Surgery
- Shoulder Surgery
- Knee Surgery
- Back & Spine Surgery
- Sports Medicine
- Hand Surgery

Obstetrics & Gynecology
- Gynecology
- Obstetrics
- Obstetrics & Gynecology

Pediatrics
- Pediatrics
- Pediatric Adolescent
- Adolescent Medicine

Pulmonology
- Pulmonary Medicine

Rheumatology
- Rheumatology

Urology
- Urology