



New York City District Council of Carpenters
BENEFIT FUNDS

Time to put yourself first



more extras for you to explore

Get more with a
UnitedHealthcare® Group
Medicare Advantage (PPO) plan





Call or go online to learn more today



1-888-736-7441, TTY 711
8 a.m.-8 p.m. local time, Monday-Friday



retiree.uhc.com

**For more details, review
the Evidence of Coverage
(EOC).**

The Welcome Letter will
include the plan website
where you can access the
EOC.

Discover the programs, resources and support you've earned

Annual in-home visit

With UnitedHealthcare® HouseCalls¹, get a yearly in-home health and wellness visit from one of our licensed health care practitioners at no additional cost to you. The visit includes:

- Up to an hour of 1:1 time with the health care practitioner
- Health screenings tailored to you
- A medication review
- A chance to get advice and ask questions to help you manage your health
- A visit summary that is sent to you and your primary care provider

Healthy at Home²

UnitedHealthcare® Healthy at Home provides you with the support you may need to recover from inpatient hospital and skilled nursing facility stays. You are eligible to receive:

- 28 home-delivered meals when referred by a UnitedHealthcare Engagement Specialist³
- 12 one-way rides to medically related appointments and to the pharmacy when referred by a UnitedHealthcare Engagement Specialist³
- 6 hours of non-medical personal care provided through a professional caregiver to perform tasks such as preparing meals, bathing, medication reminders and more. A referral is not required.

Virtual visits⁴

See a medical provider or talk to a behavioral health specialist anytime using live video chat from your computer, tablet or smartphone.

- **Virtual Provider Visits:** Ask questions, get a diagnosis or even get medication prescribed and have it sent to your pharmacy⁵
- **Virtual Behavioral Health Visits:** Talk to a behavioral health specialist for addiction, depression, anxiety, stress, loss, and behavioral health medication management

No-cost Annual Wellness Visit and preventive care⁶

- Check in with your primary care provider (PCP)
- Create a preventive care plan
- Review medications
- Talk about any health concerns

Let's Move by UnitedHealthcare[®]

Let's Move, our health and wellness program, helps keep your mind, body and social life active. With simple resources, tools, events and personalized support, Let's Move helps you explore ways to eat well, stay connected and be financially, physically and mentally fit – all at no additional cost to you.

Gym and fitness membership

SilverSneakers^{®7} is a fitness benefit that includes:

- A free membership and access to group exercise classes at participating fitness locations.⁸
- Classes to get active outside of traditional gyms.
- Virtual resources and a support network through SilverSneakers LIVE™, SilverSneakers On-Demand™ and the SilverSneakers GO™ fitness app.
- SilverSneakers Steps for members 15 miles or more from a participating fitness center. Choose the kit that works best for you: general fitness, strength, walking or yoga.

Mental and behavioral health resources

- Ongoing mental health support with Optum® Behavioral Health
- Resources through our Health and Wellness experience

Personal Emergency Response System (PERS)⁹

Help is a button-push away with the PERS, provided by Lifeline.

- In-home medical alert monitoring system
- Quick access to help in any situation, whether an emergency or you just need a helping hand
- Helps give you confidence and independence

UnitedHealthcare® Hearing

- Receive friendly, expert advice through our national network of 6,500+ hearing providers¹⁰ – or try virtual appointments¹¹
- Get personalized support to help you adjust to your new hearing aids
- Choose from the latest technology from popular brands, including Phonak, Starkey®, Signia, ReSound, Widex® and Unitron™¹²

24/7 provider support

Get answers to your health questions with 24/7 provider support.

- Providers can diagnose and treat a wide range of conditions, and prescribe medication¹³
- Connect by phone, web or app from anywhere
- Results of the visit can be shared with your Primary Care Provider¹⁴

¹A HouseCalls visit is designed to support, but not take the place of, your regular doctor's care. HouseCalls may not be available in all areas.

²A new referral is required after every discharge to access your meal and transportation benefit. Services are provided by third parties not affiliated with UnitedHealthcare and participation may be subject to your acceptance of the third parties' respective terms and policies. UnitedHealthcare is not responsible for the services provided by third parties.

³A new referral is required after every discharge to access your meal and transportation benefit.

⁴Not all network providers offer virtual care. Virtual visits may require video-enabled smartphone or other device. Not for use in emergencies.

⁵Providers cannot prescribe medications in all states.

⁶A copay or coinsurance may apply if you receive services that are not part of the annual physical/wellness visit.

⁷Availability of the SilverSneakers program varies by plan/market. Refer to your Evidence of Coverage for more details. Consult a health care professional before beginning any exercise program. SilverSneakers is a registered trademark of Tivity Health, Inc. © 2024 Tivity Health, Inc. All rights reserved.

⁸Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities are limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

⁹You must have a working landline and/or cellular phone coverage to use PERS.

¹⁰Please refer to your Summary of Benefits for details on your benefit coverage. Virtual visits may require video-enabled smartphone or other device. Not for use in emergencies. Not all network providers offer virtual care.

¹¹Other hearing exam providers are available in the UnitedHealthcare network. The plan only covers hearing aids from a UnitedHealthcare Hearing network provider. Network size varies by local market.

¹²Availability subject to change and may be discontinued at any time.

¹³When medically necessary.

¹⁴With member consent.

Benefits, features and/or devices vary by plan/area. Limitations, exclusions and/or network restrictions may apply.

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a Medicare-approved Part D sponsor. Enrollment in the plan depends on the plan's contract renewal with Medicare.

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