

ON-THE-GO RESOURCES



UnitedHealthcare App

When you're out and about, the UnitedHealthcare app puts your health at your fingertips. Download it today to get instant access to your health plan details.

Find care

- Find network care options for doctors, clinics, and hospitals in your area.
- Talk to a doctor by video 24/7.
- See reviews and ratings for doctors.

Manage your health plan details

- Generate and share digital health plan ID cards.
- View claims and account balances.
- Manage prescription drugs and refills.

Stay on top of costs

- Estimate the costs of common procedures.
- View your copay, annual deductible, and out-of-pocket expenses.
- View your Flexible Spending Account balance and reimbursements.

Download the UnitedHealthcare app for free on the App Store® and Google Play Store®



Calm Health App

The Calm Health app has a library of support designed to help you and your covered dependents* mental health.

- Learn techniques to improve well-being: Find tools, music, and sounds to help you meditate, improve focus, move mindfully, and feel calm.
- Work toward goals: Join self-guided self-care programs, and track your progress along the way.
- Support your mind and body: Access mental health information and support to help you strengthen the mind-body connection.

To get started, sign in to your account on myuhc.com or the UnitedHealthcare app. Go to Coverage & Benefits, select Mental Health, select View All Mental Health Coverage, and select Calm Health under the Self-Care Courses and Tools section.

*Employees and dependents 16 and older are eligible to use Calm Health



Talkspace App

Feeling better starts with a single message! Complete a brief personal assessment, pick your therapist, and start therapy!

Four kinds of support

- Individual Therapy
- Couples Therapy
- Teens [For ages 13-17]
- Psychiatry [Medication Management]

Visit [talkspace.com](https://www.talkspace.com) to get started. Talkspace is covered under your plan's behavioral health benefits.**

**Copayment may apply and will be charged weekly via credit card. You may use Talkspace as often as desired per week once copayment for that week has been paid.

