

# 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®



## Health

## 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](http://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](http://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.

