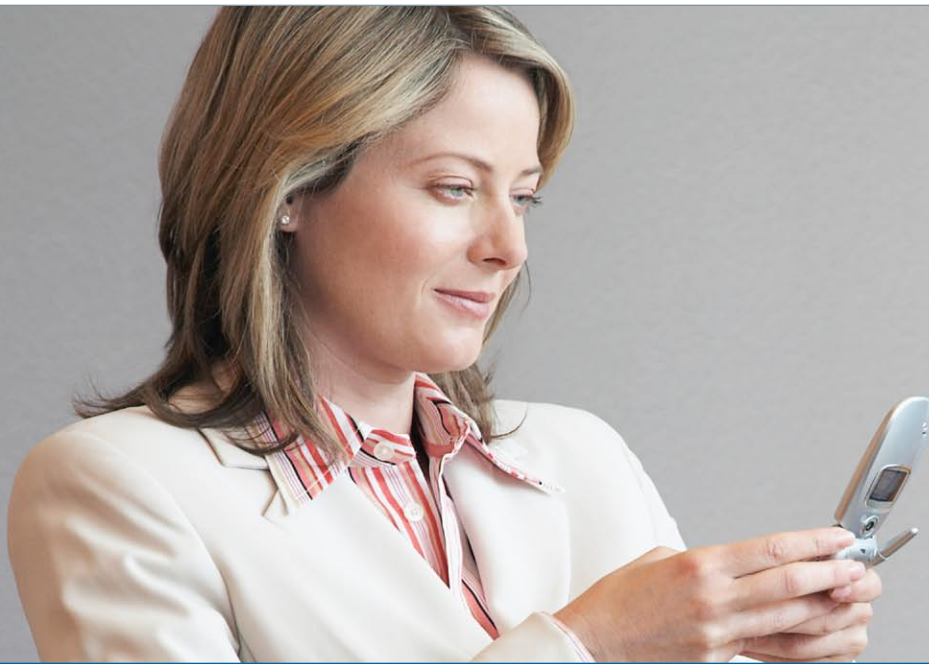




Care24[®] services





Life is full of ups and downs. Now, you've got a great source for health information and support with Care24® services. You may have health concerns, personal or family issues, or work-related challenges. This service gives you access to a wide range of health and well-being information through one toll-free telephone number.

What are Care24 services? This trusted source of information and support lets you speak directly with an experienced registered nurse or master's-level specialist any time.

How does it work? Simply call the Care24 toll-free number whenever you have health-related questions. Registered nurses can help you with questions about health conditions or symptoms and provide information that can help you choose appropriate care, for your needs.

What kind of support do master's-level specialists provide?

They can help you address a wide range of personal concerns such as emotional distress, relationship worries, anxiety, grief and much more. When you call, you also can connect with legal and financial professionals.

When can I call? Nurses and master's-level specialists are available 24 hours a day, every day of the year. With the Care24 services, you don't need to make an appointment, rearrange your schedule or wait for Monday morning to get answers to your questions. You don't even need to go anywhere – you just need a telephone.

Do I have access to an audio library? Yes, when you call the Care24 number, press * to speak with a nurse who will provide you with information on the health topics, along with the three digit access pin number. This allows you to listen to recorded health and well-being messages.

Is there a Web site? Yes, myuhc.com® offers customer service, information on hospitals and doctors, pharmacy service, health news, resources and more.



Can I reach a nurse online? Live Nurse Chat connects you with a registered nurse for a personal online conversation — 24 hours a day. Visit myuhc.com.

Find a doctor in your area that has a history of providing the right medical tests, medications, procedures and follow-up care for your situation.

Health coaching from registered nurses can help you improve your health and save money.

- ▶ Learn to recognize when self-care, a doctor visit or the emergency room is appropriate.
- ▶ Understand medication interactions and how to reduce your prescription costs.

Emotional support is also available from master's-level specialists when you need help dealing with life's challenges. Get help with stress, anxiety, depression, grief, marriage difficulties and much more.

The Health Information Library consists of more than 1,100 messages to provide you with useful health and wellness information, and is updated regularly. To listen to your message of choice, press * to speak with a nurse who will provide you with information on the health topics along with the three digit access pin number.

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Available 24 hours a day, 7 days a week.
Call 1-888-887-4114.

myuhc.com[®]

TTY/TDD callers, please call the National Relay Center at 1-800- 828-1120 and ask for the number above.



Call Care24 services about:

- ▶ Routine illness
- ▶ Minor injuries
- ▶ Stress and anxiety
- ▶ Relationship worries
- ▶ Coping with grief and loss
- ▶ Questions to ask your doctor
- ▶ Personal legal concerns*
- ▶ Men's, women's and children's health
- ▶ Prevention
- ▶ Self-care information
- ▶ Help Finding a doctor
- ▶ Information on medications
- ▶ General Health Information

To keep the Care24 number handy by removing the decal and posting it in a convenient place.

Disclaimer: Nurses can't diagnose problems nor recommend specific treatment. They are not a substitute for your doctor's care.

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100-3985 12/10 Consumer © 2010 United HealthCare Services, Inc.