

Advocate4MeSM

Your Simple Connection to Answers About Your Health Plan

Trying to understand your health plan benefits can be confusing and time-consuming, but not if you have an Advocate on your side. UnitedHealthcare's **Advocate4Me** is your one-stop service designed to help you understand and manage your health plan benefits.

Not just customer service, Advocate4Me is *your* service and it's included with your UnitedHealthcare medical plan. We're here to help you find information, resources and answers – plain and simple.

Looking for a doctor?

We'll provide you with information so you can find one.

Need help resolving billing or claims issues?

We'll help you get to the bottom of it.

Not sure where to go for care?

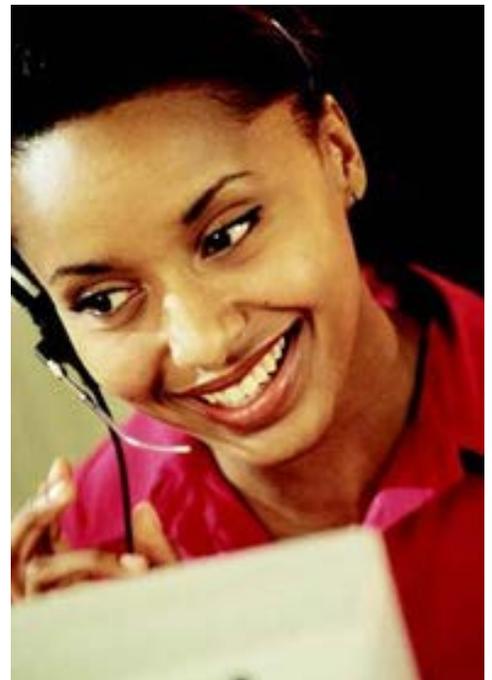
Registered nurses are available 24/7 who can review your symptoms and provide information to help you make an informed decision about your care.

Want to learn how to get the most value out of your medical plan?

An Advocate will walk through your options and coverage.

Concerned about what a diagnosis or treatment plan means for you?

You'll get time, attention and information to help you make informed decisions for yourself or a family member.



Hello.
How can I help you?

To Contact an Advocate:

- Call the member phone number on your health plan ID card, or
- Email us at Advocate4Me@uhc.com

Advocates are available 8 a.m. - 8 p.m. local time (Monday-Friday) or you can call 24/7 to speak with a nurse.

To help ensure your privacy, please do not include confidential information in your first email.

An Advocate will respond to your question using a secure email system.

This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through the program is for informational purposes only and provided as part of your health plan. Wellness nurses, coaches and other representatives cannot diagnose problems or recommend treatment and are not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. The program is not an insurance program and may be discontinued at any time.

You are receiving this email in connection with a product or service offered by UnitedHealthcare.

If you have questions about your account claims or benefits or would like additional information, please visit myuhc.com (or your member website) or call the toll-free number on your health plan ID card.

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