



**Need help?
We're on it.**

Managing your health plan benefits and your health isn't always easy. That's why we have a team of people to help make things simpler for you.

We can help you:

- Understand your benefits and claims
- Find a new doctor
- Make sense of your bill
- Estimate treatment costs

Contact us for help with a personal touch.



Phone:

Call the member number listed on your health plan ID card



Chat:

Log on to **myuhc.com**[®] and click the “Call or Chat” button.

We're available Monday through Friday during business hours. You can also call anytime to speak with a Nurse.