Additional Benefits



2nd.MD - Virtual Second Opinion

Virtual second opinions from doctors for new diagnoses, chronic conditions, surgery considerations, or medication changes. Personalized information and education via video or phone. This service can help with all adult and pediatric sub-specialties.

Visit **uhc.care/programs** or call **866.269.3534**.



AbleTo - Virtual Behavioral Coaching

Program to address being stressed, overwhelmed, or exhausted. Take advantage of an 8-week tailored coaching program with 1-on-1 mental health coaching, digital activities, weekly meetings, in-app messaging, and 24/7 access to resources like breathing exercises and meditations.

Visit **ableto.com/exploremore**.



Bend Health - Child and Family Behavioral Health Coaching

Support for families with children aged 1-17, including up to four 45-minute coaching sessions per month, unlimited in-app messaging, educational resources, and referrals to therapists or psychiatrists if needed.

Visit **bendhealth.com/coaching.**



Kaia Health - Digital Back and Joint Pain Management

Digital back and joint pain management through personalized exercise programs, real-time feedback, mindfulness, relaxation, and educational content.

Visit **uhc.care/getkaia.**



Specialist Management Solutions (SMS)

- Musculoskeletal/Spine (MSK) and Orthopedic Bone, Joint, Ligament, Tendon, or Muscle Conditions
- General Surgery, Hernia Repair, Gallbladder Removal
- Gastrointestinal (GI) Colonoscopy, Endoscopy for GERD, Acid Reflux, Heartburn
- Ear/Nose/Throat (ENT) Sinusitis, Acute Sinusitis, Hearing Loss, Throat Disorders
- Ophthalmology Diabetic Retinopathy, Cataract, Glaucoma, Macular Degeneration
- Women's Health Cervical Cancer Screening, Mammogram

Call **800.379.6898**.



Maven - Virtual Health Companion

Maven is your 24/7 virtual health companion for reproductive, family, and midlife health. Available at no cost to you, Maven bridges the gaps in traditional healthcare by connecting you with top-rated specialists via unlimited video appointments and messaging

- Maternity & Newborn Care: Receive personalized support from preconception through pregnancy, postpartum, and your return to work. Connect with OB-GYNs, doulas, lactation consultants, and mental health specialists.
- Menopause & Midlife Health: Navigate perimenopause, menopause, and midlife health changes with confidence. Access specialized providers, holistic care (nutrition, mental health), and guidance on symptom management or prescriptions like HRT.

Call **800.379.6898**.

Additional Benefits

WILL AND TRUST PREPARATION

Creating a will and trust may help give you more control over future events and helps your family follow your wishes. Your life insurance plan includes online will and trust services to help you:

- Create and prepare a will — registration required
- Locate nearby attorneys, search legal forms, find helpful articles by legal experts and more
- Access financial planning help and cost calculators

PREPARE YOUR WILL TODAY

1. Go to **Liveandworkwell.com**
2. **Select Browse as guest with a company access code**
3. **Enter access code: LIFEBENSVS**
4. **From the Financial & Legal tab, select Estate Planning**
5. **Scroll to the Legal consultation box and select Learn More**
6. **Select Explore Tools and Legal Information**
7. **Select Legal Forms**
8. **Select Personal Documents**
9. **Select State**
10. **Select Document**

BENEFICIARY SERVICES

It's nice to know your beneficiary will have a team of professionals — included in your plan — ready to help provide emotional, financial and legal guidance. All services are confidential and specialists are available 24/7.

- Grief Support
- Financial and Legal Support
- Wealth Management Account

BENEFICIARY COMPANION

The Beneficiary Companion program provides 24/7 guidance for your beneficiary on closing your estate and protecting your identity.

- Guidance Services
- Social Media Shutdown
- Fraud Resolution

REQUEST THE GUIDEBOOK

Get assistance or request your complimentary guidebook by calling **1-866-643-4241**



TRAVEL ASSISTANCE

If you or your beneficiaries need to travel 100 miles or more away from home or outside the country, call 1-800-527-0218to access travel assistance services 24 hours a day, anywhere in the world. Here are just a few of the travel services UnitedHealthcare Global provides:

TRAVEL ASSISTANCE SERVICES

- Emergency travel arrangements
- Assistance in replacing lost or stolen travel documents
- Emergency translation services

MEDICAL ASSISTANCE SERVICES

- Worldwide medical and dental referrals
- Relay of insurance and medical information
- Assistance in replacing corrective lenses, medical devices and much more

GET TRAVEL HELP ANYTIME

Log in to uhcglobal.com to print your Global Assistance ID card, get up-to-date travel alerts and tips, and much more.

1. **Create Your Account**
2. **Select Sign In > Member Login**
3. **Go to Visit Global IIntelligence Center**

RETURN-TO-WORK AND ABSENCE SUPPORT

With your plan, you have access to specialists who are trained to help you return to work more quickly and safely. They can also assist with:

- Resume preparation
- Skills training
- Job placement/search support
- Interview preparation
- Relocation services and more

VOCATIONAL REHABILITATION

Specialists will work with your care team to create a plan to evaluate any need for equipment, retraining or job placement.

WORKPLACE MODIFICATION

A benefit payment of up to $5,000 may be paid to your employer for any approved workplace modifications needed for you to return to work.

LUMP-SUM SURVIVOR BENEFIT

If you pass away and meet the eligibility requirements, we will pay a lump-sum benefit that is equal to 3 months of your monthly disability payment to your spouse or children.

SOCIAL SECURITY ASSISTANCE

If you qualify for Social Security assistance, we can connect you with our Social Security advocates who can assist you with the application process. They can also help you:

- Find appropriate legal representation or other assistance
- Obtain any medical and vocational evidence, if required
- Get reimbursed for any pre-approved case management expenses

MEMBER ASSISTANCE PROGRAM (MAP)

Our MAP from Optum® offers you and your family personal and confidential support available 24 hours a day, 7 days a week.*The program includes:

- Counseling services
- Legal and financial consultation
- Referrals to community resources

Call **1-877-660-3806, TTY 711**, for personal and confidential assistance. Translators are available for non-English speakers.

ACCESS THE MAP ONLINE

1. **Visit liveandworkwell.com**
2. **Access code: FP3EAP**
3. **Select the Benefits tab at the top**
4. **Select EAP or Legal & Financial**