

## **UnitedHealthcare's Definity<sup>SM</sup> HSA: Decision-making Tools and Resources**

Once you're enrolled in the Definity HSA, the plan empowers you to make health care choices that best fit your needs. We provide the combination of health care coverage, financial tools and information you need to let you stay healthy and use health care services more efficiently. We're there for you by phone or on the Web.

### ***Call Us***

#### **Health Coaches**

When you need assistance or advice, our 24-hour Health Coaches are just a phone call away. When you contact a Health Coach, you receive help from a healthcare professional such as a registered nurse, respiratory therapist, or dietitian.

Health Coaches can address a wide range of your personal health care needs, including helping you to understand your diagnosis, symptoms and options. In fact, it is not unusual for a Health Coach to call you first with important health news or reminders based on your personal situation.

### ***On the Web***

Our member Web site, [myuhc.com](http://myuhc.com)<sup>®</sup> gives you convenient access to information about your health needs and your Definity HSA account. It's simple to use and highly secure – no one else can access your personal information. Here are just some of the ways Definity HSA enables you to take control of your health care:

#### **Doctors & Hospitals**

You can review hospital quality and cost data, or use our "Find a Doctor" and "Find a Hospital or other Facility" tools as well. These tools enable you to make informed decisions about where to go for the care that best meets your needs.

In addition, you can go online right now to see if your physician participates in the UnitedHealthcare network. At [www.unitedhealthcare.com](http://www.unitedhealthcare.com) you can use our public search tool – before you enroll. You may search by distance to a facility, or select a physician based on their specialty.

#### **Pharmacy**

For plans that cover prescription drugs, we offer a complete pharmacy section with information on the cost of prescription drugs, how to save money, potential interactions between drugs, and other important information.

#### **Health Care Costs**

Our Health Care Prices section provides estimates for diseases, conditions, prescription drugs, procedures and physician visits. And because health care prices vary by region of the country, we provide estimates based on your zip code. That way you can plan your health care purchasing strategy with solid facts.

## **Health Resources**

We provide a wide range of useful features like the Healthwise Knowledgebase, which is an extensive medical library that has information on more than 5,000 health topics – written in language you can understand.

In addition, there are tools such as interactive health calculators to help you determine your ideal body weight, cholesterol levels and heart rate during exercise.

You've made an important decision to take control of your health and your health care finances. Our job is to help you make better, smarter health care decisions with personalized attention and convenient clinical information and decision support.