

UnitedHealthcare Community Plan

A MO HealthNet Managed Care health plan

Our members have great health care coverage and access to many special programs and services.

Services at no cost to you through MO HealthNet Managed Care

- Doctor and specialist visits
- Urgent and emergency care
- Lab and X-rays
- Pregnancy care
- Mental health and substance use treatment
- Vision services

For a full list of benefits, see the member handbook or myuhc.com/communityplan

Learn more

For programs and benefits listed in this brochure, please visit uhccp.com/MO or call Member Services at **1-866-292-0311, TTY 711.**

UnitedHealthcare does not discriminate based on race, color, national origin, sex, age or disability.

We provide communication help at no cost for people with disabilities. This includes materials with large print. It includes audio, electronic and other formats. We also have American sign language interpreters. If English is not your main language, you may ask for an interpreter. We also have materials in other languages. To ask for help, call 1-866-292-0359, TTY 711.

Hours are 8 a.m.–5 p.m., Monday–Friday.

ATTENTION: If you do not speak English, language assistance services, at no cost to you, are available. Call 1-866-292-0359, TTY 711.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-866-292-0359，TTY 711。



The benefits you need

The care you deserve

United
Healthcare
Community Plan



Making it easier to stay healthy

Enhanced transportation – Get rides to WIC services, pharmacy, grocery stores, food pantries, vocational rehab, job training and weight management classes, plus SUD services for pregnant members.¹

Doctor Chat – Skip the waiting room and connect to doctors online in seconds. To get started, download the UHC Doctor Chat app or visit [UHCDoctorChat.com](https://uhcdoctorchat.com).

One Pass – Members 18+ can access more than 300 fitness centers across Missouri, including YMCAs, Planet Fitness, Anytime Fitness and many small local gyms. Find gyms at rallyhealth.com/onepass-uhcmo.

YMCA Membership – Members up to 17 years old can join their local Y and participate in programs. Find the Y closest to you at ymca.net/find-your-y

Member Rewards – Earn reward dollars to purchase healthy food for completing wellness visits.

NurseLine – Speak with a registered nurse 24/7.²

KidsHealth[®] – Reliable information on health topics for kids and teens.*

Quit for Life[®] – Supplies and support for when you're ready to stop smoking.*



For pregnant women and their babies

Electronic breast pump – Enrolled pregnant members are eligible for an electronic breast pump (limit 1).

Healthy First Steps[®] – We'll work with you and your primary care provider (PCP) to help you have the best pregnancy experience possible and take healthy steps along the way.

Babyscripts – The Babyscripts program rewards you for going to your prenatal and postpartum visits. Download the Babyscripts myJourney app.

Mom's Meals – Pregnant members can receive 30 meals (2 meals for 15 days) post-delivery ordered to their house.

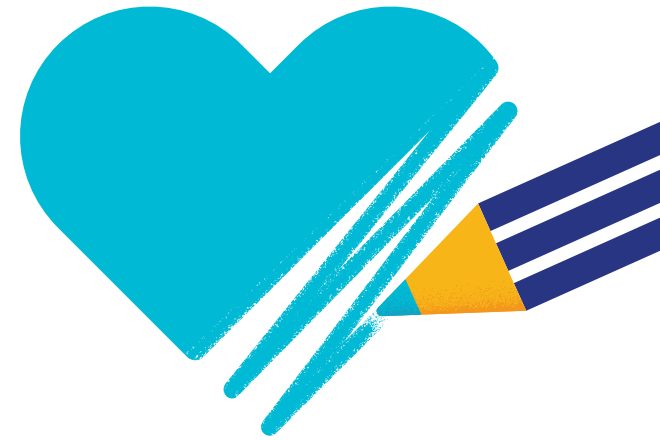


Help with complex conditions

Care Management – Extra support for those with chronic conditions and complex needs, or anyone who has trouble finding care.²

Care coordination – We can help schedule appointments and keep all your providers informed about the care you're getting.²

Asthma support (Hypoallergenic Assistance Program) – Members who are enrolled in care management may qualify for a hypoallergenic mattress cover and pillowcase.



Support for you

AbleTo – On-demand app that offers clinical solutions to help dial down the symptoms of stress, anxiety and depression.

Peer support specialists – Coaches can provide support for substance use disorder (SUD) recovery.

Community resources – We can connect you with local programs and services, including those for housing, food and job training.*

Wellhop for Mom and Baby App – A program where pregnant women meet in groups online. You'll get helpful information and tips. You'll also connect with other moms.

¹ If eligible

² MO HealthNet Managed Care benefit

* National program.