



UnitedHealth Wellness

Go to myuhc.com anytime to take advantage of these easy, personalized, time-saving online tools:

- **Personalized Health Assessment**
 - The Health Assessment is a comprehensive, confidential online health questionnaire designed to analyze lifestyle behavior and identify individual health risks.
- **Personal Health Record**
 - The Personal Health Record is an electronic tool that is pre-populated by the member with their personal medical history which enables them to have a more comprehensive office visit with their physician.
- **Online programs**
 - The Online Health Coach creates personalized health improvement plans as a result of data taken from the online Health Assessment that encourage individuals to embrace behaviors which lead to a healthier lifestyle.
- **NurseLine**
 - (Care 24 877-365-7950)
 - NurseLine is available to CoSA employees 24 hours a day.

Online tools, calculator, and trackers include:

- Symptom Checker
- Risk assessment quizzes
- Waist to Hip calculator
- Children's Growth calculator
- Calcium calculator
- Cost of Drinking and Smoking calculator
- Children's and Adult Food Pyramid

Register on myuhc.com – it's as easy as 1, 2, 3...

1. Go to myuhc.com and click on the 'Register Now' button.
2. Follow the instructions, entering the information requested.
3. Select a user name and password and begin accessing myuhc.com.

**** Remember to write down your password in a safe location. ****

If you have any questions about UnitedHealthcare's health and wellness programs, Please contact Christina Orsborn, Wellness Project Coordinator at 207-6119.

Please refer to the back of this page for a list of your Preventive services that are paid for at 100%.

City of San Antonio – Active Non-Uniformed and Retirees 2008

Preventive Care Services

Your medical benefits include coverage for preventive care services from network physicians and other health care professionals, to help you stay healthy and detect problems early.

Disease prevention and early detection are important to living a healthy life.

The better your health, the less your health care costs. Preventive services include wellness examinations and diagnostic tests such as cancer screening. Please discuss with your physician the importance of preventive care and the types of services you should consider.

What services are considered Preventive Services?

UnitedHealthcare believes that the recommendations in the *Guide to Clinical Preventive Services*, by the U.S. Preventive Services Task Force (USPSTF) <http://www.ahrq.gov/clinic/uspstfix.htm> is an excellent guide in determining what services are considered to be preventive care. However, coverage for preventive care is not limited to the services found on the USPSTF list. Ultimately, we look to the physician to determine the appropriate combination of test and screenings during a Preventive care visit.

Common services that fall under your Preventive Care Benefit include, but are not limited to:

- Routine physical examinations – Well Adult Care
- Comprehensive lab panels/testing
- Well baby and well child care
- Immunizations
- Vision and Hearing screenings
- Chest X-Rays
- Blood Pressure Testing
- Screening mammography
- Screening colonoscopy or sigmoidoscopy
- Cervical cancer screening (PAP Smears)
- Prostate cancer screening
- Bone mineral density tests
- Osteoporosis screening
- Chlamydia screening
- Cholesterol screening
- Colorectal Cancer Screening – blood and fecal-occult testing (also see screening colonoscopy above)
- Diabetes screening
- Lead screening
- Newborn screening (for metabolic disorders)
- TSH screening (thyroid stimulating hormone screening)

How can I make sure that my Preventive services are paid for at 100%?

UnitedHealthcare can only identify Preventive care services based on the coding your physician notes on his/her claim. To ensure proper coding, please discuss the following with your physician.

- When making your appointment, tell the physician office you want to schedule your annual, routine Preventive care visit.
- At the end of your office visit, confirm with your physician/office assistant that the claim submission to UHC will have a Preventive diagnosis code.

Refer to your Benefit Summaries at www.myuhc.com or call UnitedHealthcare **Customer Services @ 1-800-996-2078** for more information about Preventive Care Benefits and how these services are covered.