



# Have questions about managing your health? We're here to help.

## We can help make it simpler to manage your health.

It's not always easy to know how to manage your health care. That's why there's a team of people dedicated to helping you. From understanding your claims to learning more about a new diagnosis, we're here to help when you want to know:

- What treatment options may be available to me?
- Are there simple ways I can start healthy new habits?
- How can I save more on my medications?
- Are my symptoms normal?
- Can you help me find a new doctor in my area?

# \$0

This service is provided at **no additional cost** as part of your health plan.

### Get help with a personal touch.

[myuhc.phs.com](http://myuhc.phs.com)  
Call Personal Health Support  
at 877-236-9622 (877-BEN-YMCA)

This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through the program is for informational purposes only and provided as part of your health plan. Nurses and other representatives cannot diagnose problems or recommend treatment and are not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. The program is not an insurance program and may be discontinued at any time. Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates. Health Plan coverage provided by or through a UnitedHealthcare company.

