



# Get a head start on getting more out of your health plan.

Even before your health plan ID card arrives and your coverage starts, this checklist can help you get an early jump on taking charge of your health care.

## 1 Check the mail.

Watch for your ID card to arrive.

## 2 Go mobile.

Get the **UnitedHealthcare Health4Me**® app so you can get mobile access to health information, a digital ID card, help with finding care and more. Download the app for free today—through the Apple® App Store® or Google Play™ store for Android® devices.

## 3 Explore your network.

Check who's in the network by using the Find a Doctor directory on [ymca.welcometouhc.com](http://ymca.welcometouhc.com) or the **Health4Me** app. You'll also see what clinics and hospitals are in your network.

## 4 Choose a doctor.

Choose a primary care provider (PCP) so you'll have one main doctor who has an in-depth knowledge of your health. Use the Find a Doctor directory on [ymca.welcometouhc.com](http://ymca.welcometouhc.com), use the **Health4Me** app or call us for help finding a PCP.

## 5 Set an appointment.

Plan ahead by scheduling an appointment with your PCP before your coverage starts. Just remember that the appointment date must be after your coverage effective date. Many preventive screenings and immunizations are covered at no cost to you, so it's a good idea to get them on the calendar.

## 6 Bookmark myuhc.com®.

Once you have your ID card, you can activate your online account. Here you can find network doctors, manage costs and see what's covered—all in one spot.



### Want to learn more?

Find more resources at [uhc.com/welcome](http://uhc.com/welcome), including short videos about starting your plan, using your benefits and managing costs.

All trademarks are the property of their respective owners.

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.

[Facebook.com/UnitedHealthcare](https://www.facebook.com/UnitedHealthcare) [Twitter.com/UHC](https://twitter.com/UHC) [Instagram.com/UnitedHealthcare](https://www.instagram.com/UnitedHealthcare) [YouTube.com/UnitedHealthcare](https://www.youtube.com/UnitedHealthcare)

MT-1158327.0 11/17 ©2017 United HealthCare Services, Inc. 17-6105