

ALBEMARLE Medical Plan Resources Guide

When it comes to health, we all need something different. That's why your health benefits give you an array of tools and resources to help you be as healthy as possible. Take advantage of these programs. Most are available to you and your covered family members at no additional cost. For questions about your plan, call a UnitedHealthcare Advocate at **1-833-593-4149** or visit **myuhc.com®**.

Select a topic to learn more about the available benefits and programs

Medical and
Pharmacy

Health and
Wellness

Mental
Health



Brought to you by UnitedHealthcare for Albemarle

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Get Started

Medical Plan Coverage



Medical Plan
Coverage

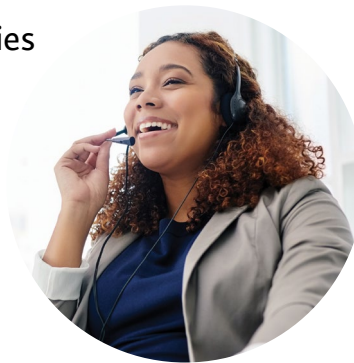
Health and
Wellness

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UnitedHealthcare offers health insurance to meet the needs of its members by providing opportunities to save on out-of-pocket costs and build healthy habits.

Register on myuhc.com or call a UnitedHealthcare Advocate at **1-833-593-4149** to:

- Find network doctors and facilities
- Estimate costs for medical services or get help deciding where to go for care
- Check your coverage, claims status and medical bills
- And more



Personal Health Support connects you to health advocates who can provide decision support and care management for a multitude of clinical conditions, including prediabetes and diabetes, asthma, joint and back pain, migraines, and more.

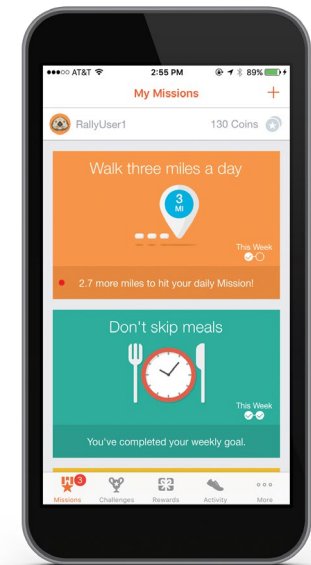
To get started, call **1-833-593-4149**.

Optum Rx® is your pharmacy benefits manager. Sign in at myuhc.com to learn more about Optum Rx, participating pharmacies, home delivery and more.



Rally® can help you choose areas of focus, set goals and track your progress as you build healthy habits. You can also earn rewards for health actions! If you are enrolled in an HRA plan, you can earn up to \$750 and an additional \$750 if you have a covered spouse. If you are enrolled in an HSA plan, you can earn up to \$1,000 and an additional \$1,000 if you have a covered spouse.

Sign in at myuhc.com and select “My rewards”. For questions, check out Rally’s Rewards Rules and FAQ, which apply to any rewards you may earn.



Benefits Overview

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\$0 24/7 Virtual Visits is a convenient first step when you need to see a doctor fast. Available through Amwell®, Doctor On Demand and Teladoc Health®, you can connect with a doctor by phone or video through myuhc.com or the UnitedHealthcare® app. Doctors can treat a wide range of conditions, and may even prescribe medication as needed.

Acupuncture

If you've been living with musculoskeletal (MSK) pain, you know how it affects your work and home life. Too often, people think this kind of pain requires surgery or prescription drugs. Fortunately, there are effective, lower-cost options. **Your Albemarle health plan covers 20 acupuncture visits per year, subject to annual deductible and coinsurance.**

*Certain preventive care services are covered without cost sharing by many plans as specified by the Patient Protection and Affordable Care Act (ACA). These services are based on your age and other health factors. UnitedHealthcare also covers other routine services that may require a copay, coinsurance or deductible. Always refer to your plan documents for specific benefit coverage and limitations or call the toll-free member phone number on the back of your medical plan ID card.

Preventive Care

Your Albemarle health plan covers annual checkups and routine screenings 100% when you see a network provider.* Annual checkups can help find small things before they become big things. It may be time for your checkup, so schedule a preventive care visit with your doctor today. To learn more about preventive screenings recommended for you, visit uhc.com/preventivecare.



Medical Plan Programs

Health and Wellness



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Livongo® by Teladoc Health provides eligible members a simple, advanced blood glucose meter, and as many strips and lancets as needed, 100% paid for by your health plan. Once registered, you can also get personalized tips, optional family alerts, health summary reports and easy strip reordering, right from your meter.

Call **1-800-835-2362** to get started.

One Pass Select™ is a gym network with a wide variety of activities to challenge you — no matter your current fitness level. From strength training and swimming, to yoga and spin classes, you can try new things and push yourself physically and mentally. Participating gyms include Anytime Fitness, Camp Gladiator, LA Fitness, Orangetheory® Fitness, Pure Barre and many more. And that's not all. Get access to digital fitness apps and home grocery delivery to make it even more convenient to become a better you.

Visit onepassselect.com to learn more.

Real Appeal® is a healthy lifestyle program available at no additional cost to you. Real Appeal's weight-loss Success Kit includes an interactive scale, recipes, fitness guides and more delivered right to your door. Get started at albemarle.realappeal.com.



Family Building & Health

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Fertility Solutions Plus with Maven® is a UnitedHealthcare program that offers 24/7 virtual access to resources if you are considering planning or building your family. You also get connected to a Maven Care Advocate who can help you understand all the pathways to parenthood including preconception and fertility treatment, adoption and surrogacy. An experienced Optum fertility nurse can also provide information on available treatment options and Fertility Centers of Excellence (COEs). All available to you as part of your health plan at no additional cost.

Access personalized resources for your family building and family health journey, including:

- Family Building through Fertility Solutions Plus
- Maven Maternity & Newborn Care
- Maven Parenting & Pediatrics
- Maven Menopause & Ongoing Support

Visit mavenclinic.com/join/uhc-fs to get started.

Fertility Medical Benefit

Your Albemarle health plan offers fertility coverage, subject to annual deductible and coinsurance and includes a \$20,000 medical lifetime maximum and \$10,000 Rx lifetime maximum. Covered fertility services include:

- In vitro fertilization (IVF)
- Intrauterine insemination (IUI)
- Artificial insemination (AI)
- Ovulation induction and controlled ovarian stimulation
- Diagnosis and treatment of underlying medical conditions that may be causing infertility
- And more



Benefits Overview

Mental Health



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The Employee Assistance Program through Modern Health gives you and your dependents access to a licensed professional counselor and work/life specialist to support challenges you and your family may face. Topics include adult/elder care, family and relationship issues, financial/legal services and retirement planning, mental health concerns and more.

Through Modern Health, you'll get access to:

- 8 1:1 sessions with certified mental health, career, and financial well-being coaches per year
- 8 1:1 sessions with licensed clinical therapists per year
- Support sessions. These are provider-led sessions, designed to be safe spaces for you to listen, share, and learn with others -- which is especially great if you're looking to connect with others on topics that are important to you
- Access to 100+ guided meditations & digital courses — if you're looking for something that's more self-serve
- Ongoing well-being check-ins to track your progress over time

We chose Modern Health because it brings all of these different types of care under the umbrella of a single tool, making it easy for you to move between resources as your needs change.

Call **1-866-535-6463** or visit my.modernhealth.com to learn more.

Behavioral Health virtual visits allows you to connect with your local provider for support with clinical depression, bipolar disorder, substance use and other behavioral health issues from the comfort of your home.

To find a provider, call **1-833-593-4149** or visit myuhc.com.

Coverage	In-Network (INN)	Out-of-Network (OON)
HSA Plan Pays	90% after INN deductible	80% after OON deductible
HRA Plan Pays	80% after INN deductible	60% after OON deductible

Disclaimers

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All UnitedHealthcare members can access a cost estimate online or on the mobile app. None of the cost estimates are intended to be a guarantee of your costs or benefits. Your actual costs may vary. When accessing a cost estimate, please refer to the Website or Mobile application terms of use under Find Care & Costs section.

24/7 Virtual Visits is a service available with a Designated Virtual Network Provider via video, or audio-only where permitted under state law. Unless otherwise required, benefits are available only when services are delivered through a Designated Virtual Network Provider. 24/7 Virtual Visits are not intended to address emergency or life-threatening medical conditions and should not be used in those circumstances. Services may not be available at all times, or in all locations, or for all members. Check your benefit plan to determine if these services are available.

Fertility Solutions program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against UnitedHealthcare or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and are subject to change. Coverage exclusions and limitations may apply.

Rally Health® provides health and well-being information and support as part of your health plan. It does not provide medical advice or other health services, and is not a substitute for your doctor's care. If you have specific health care needs, consult an appropriate health care professional. Participation in the health survey is voluntary. Your responses will be kept confidential in accordance with the law and will only be used to provide health and wellness recommendations or conduct other plan activities.

Real Appeal is a voluntary weight management program that is offered to eligible members at no additional cost as part of their benefit plan. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical and/or nutritional advice. Participants should consult an appropriate health care professional to determine what may be right for them. Results, if any, may vary. Any items/tools that are provided may be taxable and participants should consult an appropriate tax professional to determine any tax obligations they may have from receiving items/tools under the program.