

United HealthCare Important Reminders

Nassau County School District

A health plan that's always with you

Online resources to maximize your benefits

- Find care and compare costs for providers and services in your network
- Check your plan balances, view your claims and access your health plan ID card
- Access wellness programs and view clinical recommendations
- Compare prescription costs and order refills

How to register

- Go to www.MyUHC.com or download the UnitedHealthcare app and click Register Now
- Complete the required fields and create your username/password
- Enter your contact information and security questions
- Agree to the terms and conditions and select your email preferences
- Go paperless — from your account settings, choose paperless in your communication preferences



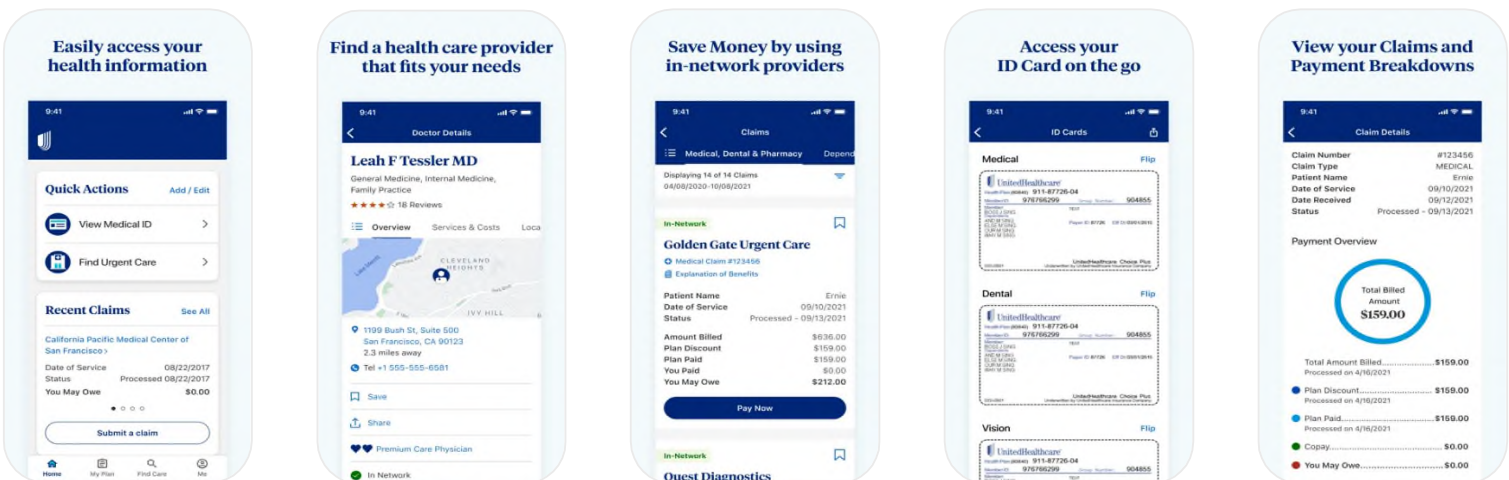
MyUHC.com – Already Registered? Need an ID card?

Online access to view and print your member ID cards

- On the Home page – select “View & Print Member ID Cards”
- Select “Print ID Card” or
- Request Mail ID Card

Mobile App – Your healthcare information at your fingertips!

www.UHC.com/member-resources/health-care-tools/unitedhealthcare-app



Cold and Flu Season, got you down? Visit with a doctor 24/7 –

A convenient and faster way to get care

- With 24/7 Virtual Visits, you can connect to a doctor by phone or video at www.MyUHC.com/VirtualVisits or the United HealthCare mobile app.
- Doctors can treat a wide range of health conditions — including many of the same conditions as an emergency room (ER) or urgent care — and may even prescribe medications, if needed.
- Consider Virtual Visits for these common conditions: Allergies, Bronchitis, Common Cold, Eye Infections, Flu, Headaches/Migraines, Rashes, Sore Throats, Stomachaches, and More.

