



# Summary of Benefits 2023

**UnitedHealthcare® Chronic Complete Assure (PPO C-SNP)**  
H0271-043-000

Look inside to take advantage of the health services and drug coverages the plan provides.  
Call Customer Service or go online for more information about the plan.



Toll-free **1-866-367-7527**, TTY **711**  
8 a.m.-8 p.m. local time, 7 days a week



**UHC.com/Medicare**

## United Healthcare

# Summary of Benefits

## January 1st, 2023 - December 31st, 2023

This is a summary of what we cover and what you pay. Review the Evidence of Coverage (EOC) for a complete list of covered services, limitations and exclusions. You can see it online at [MyUHCMedicare.com](https://MyUHCMedicare.com) or you can call Customer Service for help. When you enroll in the plan, you will get more information on how to view your plan details online.

## About this plan

UnitedHealthcare® Chronic Complete Assure (PPO C-SNP) is a Medicare Advantage PPO plan with a Medicare contract.

To join this plan, you must be entitled to Medicare Part A, be enrolled in Medicare Part B, live within our service area listed below, and be a United States citizen or lawfully present in the United States.

UnitedHealthcare® Chronic Complete Assure (PPO C-SNP) is a Chronic or Disabling Condition Special Needs Plan designed to specifically help people who have one or more of the following conditions: Cardiovascular Disorders, Chronic Heart Failure, and Diabetes.

Our service area includes these counties in:

**Idaho:** Ada, Adams, Bannock, Bingham, Blaine, Boise, Bonner, Bonneville, Boundary, Camas, Canyon, Cassia, Elmore, Gem, Gooding, Idaho, Jefferson, Jerome, Kootenai, Latah, Lincoln, Madison, Minidoka, Nez Perce, Owyhee, Payette, Shoshone, Twin Falls, Valley, Washington.

## Use network providers and pharmacies

UnitedHealthcare® Chronic Complete Assure (PPO C-SNP) has a network of doctors, hospitals, pharmacies, and other providers. With this plan, you have the freedom to see any provider nationwide that accepts Medicare. Plus, you have the flexibility to access a network of local providers. You may pay a higher copay or coinsurance when you see an out-of-network provider. When looking at the following charts you'll see the cost differences for network vs. out-of-network care and services. If you use pharmacies that are not in our network, the plan may not pay for those drugs, or you may pay more than you pay at a network pharmacy.

You can go to [UHC.com/Medicare](https://UHC.com/Medicare) to search for a network provider or pharmacy using the online directories. You can also view the plan Drug List (Formulary) to see what drugs are covered and if there are any restrictions.

# UnitedHealthcare® Chronic Complete Assure (PPO C-SNP)

## Premiums and Benefits

	In-Network	Out-of-Network
<b>Monthly Plan Premium</b>	\$11.90	
<b>Annual Medical Deductible</b>	Your deductible is \$233 per year for covered medical services you receive from providers as described in the Plan Deductible chart later in this document. Until you have paid the deductible amount, you must pay the full cost of your covered medical services.	
<b>Maximum Out-of-Pocket Amount (does not include prescription drugs)</b>	\$8,300 annually for Medicare-covered services you receive from in-network providers.	\$12,450 annually for Medicare-covered services you receive from any provider.
	<p>If you reach the limit on out-of-pocket costs, you keep getting covered hospital and medical services and we will pay the full cost for the rest of the year.</p> <p>Please note that you will still need to pay your monthly premiums and share of the cost for your Part D prescription drugs.</p>	
<b>Medicare Cost Sharing</b>	If you have full Medicaid benefits or are a Qualified Medicare Beneficiary, you will pay \$0 for your Medicare-covered services as noted by the cost sharing in this chart.	

# UnitedHealthcare® Chronic Complete Assure (PPO C-SNP)

## Benefits

		In-Network	Out-of-Network
<b>Inpatient Hospital Care<sup>2</sup></b>		\$0 copay - \$1,556 copay per stay	30% coinsurance per stay
		Our plan covers an unlimited number of days for an inpatient hospital stay.	
<b>Outpatient Hospital</b>  Cost sharing for additional plan covered services will apply.	Ambulatory Surgical Center (ASC) <sup>2</sup>	\$0 copay for a diagnostic colonoscopy \$0 copay - 20% coinsurance otherwise	30% coinsurance
	Outpatient Hospital, including surgery <sup>2</sup>	\$0 copay for a diagnostic colonoscopy \$0 copay - 20% coinsurance otherwise	30% coinsurance
	Outpatient Hospital Observation Services <sup>2</sup>	\$0 copay - 20% coinsurance	30% coinsurance
<b>Doctor Visits</b>	Primary Care Provider	\$0 copay	30% coinsurance
	Specialists <sup>2</sup>	\$0 copay - 20% coinsurance	30% coinsurance
	Virtual Medical Visits	\$0 copay to talk with a network telehealth provider online through live audio and video	
<b>Preventive Services</b>	Medicare-covered	\$0 copay	\$0 copay - 30% coinsurance (depending on the service)
		Abdominal aortic aneurysm screening Alcohol misuse counseling Annual wellness visit Bone mass measurement Breast cancer screening (mammogram) Cardiovascular disease (behavioral therapy) Cardiovascular screening Cervical and vaginal cancer screening Colorectal cancer screenings (colonoscopy, fecal occult blood test, flexible sigmoidoscopy)	

## Benefits

		In-Network	Out-of-Network
		<p>Depression screening            Diabetes screenings and monitoring            Hepatitis C screening            HIV screening            Lung cancer with low dose computed tomography (LDCT) screening            Medical nutrition therapy services            Medicare Diabetes Prevention Program (MDPP)            Obesity screenings and counseling            Prostate cancer screenings (PSA)            Sexually transmitted infections screenings and counseling            Tobacco use cessation counseling (counseling for people with no sign of tobacco-related disease)            Vaccines, including those for the flu, Hepatitis B, pneumonia, or COVID-19            “Welcome to Medicare” preventive visit (one-time)</p> <hr/> <p>Any additional preventive services approved by Medicare during the contract year will be covered. This plan covers preventive care screenings and annual physical exams at 100% when you use in-network providers.</p>	
	Routine physical	\$0 copay, 1 per year*	30% coinsurance, 1 per year*
<b>Emergency Care</b>		<p>\$0 copay - \$90 copay (\$0 copay for emergency care outside the United States) per visit            If you are admitted to the hospital within 24 hours, you pay the inpatient hospital copay instead of the Emergency Care copay. See the “Inpatient Hospital Care” section of this booklet for other costs.</p>	
<b>Urgently Needed Services</b>		<p>\$0 copay - \$40 copay            (\$0 copay for urgently needed services outside the United States) per visit</p>	

## Benefits

		In-Network	Out-of-Network
<b>Diagnostic Tests, Lab and Radiology Services, and X-Rays</b>	Diagnostic radiology services (e.g. MRI, CT scan) <sup>2</sup>	\$0 copay for each diagnostic mammogram \$0 copay - 20% coinsurance otherwise	30% coinsurance
	Lab services <sup>2</sup>	\$0 copay	\$0 copay
	Diagnostic tests and procedures <sup>2</sup>	\$0 copay - 20% coinsurance	30% coinsurance
	Therapeutic Radiology <sup>2</sup>	\$0 copay - 20% coinsurance	30% coinsurance
	Outpatient X-rays <sup>2</sup>	\$0 copay - 20% coinsurance	30% coinsurance
<b>Hearing Services</b>	Exam to diagnose and treat hearing and balance issues <sup>2</sup>	\$0 copay	30% coinsurance
	Routine hearing exam	\$0 copay, 1 per year*	30% coinsurance, 1 per year*
	Hearing aids <sup>2</sup>	Plan pays up to \$3,600 every year for 2 hearing aids through UnitedHealthcare Hearing.*  Includes hearing aids delivered directly to you with virtual follow-up care (select models).	
<b>Routine Dental Benefits</b>	Preventive	\$0 copay for exams, cleanings, X-rays, and fluoride*	\$0 copay for exams, cleanings, X-rays, and fluoride*
	Comprehensive <sup>2</sup>	\$0 copay for comprehensive dental services*	\$0 copay for comprehensive dental services*
	Benefit limit	\$4,000 combined limit on all covered dental services* If you choose to see an out-of-network dentist you might be billed more, even for services listed as \$0 copay	

## Benefits

		In-Network	Out-of-Network
<b>Vision Services</b>	Exam to diagnose and treat diseases and conditions of the eye <sup>2</sup>	\$0 copay	30% coinsurance
	Eyewear after cataract surgery	\$0 copay	\$0 copay
	Routine eye exam	\$0 copay, 1 per year*	30% coinsurance, 1 per year*
	Routine eyewear	\$0 copay Plan pays up to \$250 every year for frames or contact lenses through UnitedHealthcare Vision. Standard single, bifocal, trifocal, or progressive lenses are covered in full.*  Home delivered eyewear available nationwide through UnitedHealthcare Vision (select products only).	
<b>Mental Health</b>	Inpatient visit <sup>2</sup>	\$0 copay - \$1,556 copay per stay	30% coinsurance per stay
		Our plan covers 90 days for an inpatient hospital stay.	
	Outpatient group therapy visit <sup>2</sup>	\$0 copay - 20% coinsurance	30% coinsurance
	Outpatient individual therapy visit <sup>2</sup>	\$0 copay - 20% coinsurance	30% coinsurance
	Virtual Mental Health Visits	\$0 copay to talk with a network telehealth provider online through live audio and video	

## Benefits

		In-Network	Out-of-Network
<b>Skilled Nursing Facility (SNF)<sup>2</sup> (Stay must meet Medicare coverage criteria)</b>		<p>You pay the Original Medicare cost sharing amount for 2023 which will be set by CMS in the fall of 2022. These are 2022 cost sharing amounts and may change for 2023. Our plan will provide updated rates as soon as they are released.</p> <p>\$0 copay per day for days 1-100, or; \$0 copay per day: days 1-20 and up to \$194.50 copay per day: days 21-100</p>	25% coinsurance per stay, up to 100 days
		Our plan covers up to 100 days in a SNF.	
<b>Outpatient Rehabilitation Services</b>	Physical therapy and speech and language therapy visit <sup>2</sup>	\$0 copay - 20% coinsurance	30% coinsurance
	Occupational Therapy Visit <sup>2</sup>	\$0 copay - 20% coinsurance	30% coinsurance
	Virtual Visit	\$0 copay	30% coinsurance
<b>Ambulance<sup>2</sup></b>  Your provider must obtain prior authorization for non-emergency transportation.		<p>\$0 copay - 20% coinsurance for ground \$0 copay - 20% coinsurance for air</p>	<p>20% coinsurance for ground 20% coinsurance for air</p>
<b>Routine Transportation</b>		\$0 copay for 60 one-way trips to or from approved medically related appointments and pharmacies*	75% coinsurance*



## Benefits

		In-Network	Out-of-Network
<b>Medicare Part B Prescription Drugs</b>  Part B drugs may be subject to Step Therapy. See your Evidence of Coverage for details.	Chemotherapy drugs <sup>2</sup>	\$0 copay - 20% coinsurance	30% coinsurance
	Other Part B drugs <sup>2</sup>	\$0 copay for allergy antigens \$0 copay - 20% coinsurance for all others	\$0 copay for allergy antigens 30% coinsurance for all others

## Prescription Drugs

If you do qualify for Low-Income Subsidy (LIS) you pay:

<b>Annual Prescription Deductible</b>	Your deductible amount is either \$0 or \$104, depending on the level of “Extra Help” you receive.
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### 30-day or 100-day supply from retail network pharmacy

<b>Generic (including brand drugs treated as generic)</b>	\$0, \$1.45, \$4.15 copay, or 15% of the total cost Some covered drugs limited to a 30-day supply
<b>All Other Drugs</b>	\$0, \$4.30, \$10.35 copay, or 15% of the total cost Some covered drugs limited to a 30-day supply

If you don't qualify for Low-Income Subsidy (LIS), you pay:

If you reside in a long-term care facility, you pay the same for a 31-day supply as a 30-day supply at a retail pharmacy.

<b>Stage 1: Annual Prescription (Part D) Deductible</b>	\$505 per year for Part D prescription drugs.		
<b>Cost-sharing for covered drugs</b>	<b>Retail</b>	<b>Mail Order</b>	
	<b>30-day supply</b>	<b>100-day supply</b>	<b>100-day supply</b>
<b>Stage 2: Initial Coverage (After you pay your deductible, if applicable)</b>	25% coinsurance	25% coinsurance Some covered drugs limited to a 30-day supply	25% coinsurance Some covered drugs limited to a 30-day supply
<b>Stage 3: Coverage Gap Stage</b>	After your total drug costs reach \$4,660, you will pay no more than 25% coinsurance for generic drugs or 25% coinsurance for brand name drugs, for any drug tier during the coverage gap.		

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**Stage 4:  
Catastrophic  
Coverage**

After your yearly out-of-pocket drug costs (including drugs purchased through your retail pharmacy and through mail order) reach \$7,400, you pay the greater of:

- 5% coinsurance, or
  - \$4.15 copay for generic (including brand drugs treated as generic) and a \$10.35 copay for all other drugs.
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## Additional Benefits

		In-Network	Out-of-Network
<b>Chiropractic Care</b>	Medicare-covered chiropractic care (manual manipulation of the spine to correct subluxation) <sup>2</sup>	\$0 copay - 20% coinsurance	30% coinsurance
<b>Diabetes Management</b>	Diabetes monitoring supplies <sup>2</sup>	<p>\$0 copay</p> <p>We only cover Accu-Chek® and OneTouch® brands.</p> <p>Covered glucose monitors include: OneTouch Verio Flex®, OneTouch Verio Reflect®, OneTouch® Verio, OneTouch® Ultra 2, Accu-Chek® Guide Me, and Accu-Chek® Guide.</p> <p>Test strips: OneTouch Verio®, OneTouch Ultra®, Accu-Chek® Guide, Accu-Chek® Aviva Plus, and Accu-Chek® SmartView.</p> <p>Other brands are not covered by your plan.</p>	30% coinsurance
	Diabetes self-management training	\$0 copay	30% coinsurance
	Therapeutic shoes or inserts <sup>2</sup>	\$0 copay - 20% coinsurance	30% coinsurance

## Additional Benefits

		In-Network	Out-of-Network
<b>Durable Medical Equipment (DME) and Related Supplies</b>	Durable Medical Equipment (e.g., wheelchairs, oxygen) <sup>2</sup>	\$0 copay - 20% coinsurance	30% coinsurance
	Prosthetics (e.g., braces, artificial limbs) <sup>2</sup>	\$0 copay - 20% coinsurance	30% coinsurance
<b>Fitness program</b>		\$0 copay for Renew Active, which includes a free gym membership at a location you select from our nationwide network, plus a personalized fitness plan, online fitness classes and brain health challenges.	
<b>Foot Care (podiatry services)</b>	Foot exams and treatment <sup>2</sup>	\$0 copay	30% coinsurance
	Routine foot care	\$0 copay, 4 visits per year*	30% coinsurance, 4 visits per year*
<b>Meal Benefit<sup>2</sup></b>		\$0 copay for 28 home-delivered meals immediately after an inpatient hospitalization or skilled nursing facility (SNF) stay.	
<b>Home Health Care<sup>2</sup></b>		\$0 copay	40% coinsurance
<b>Hospice</b>		You pay nothing for hospice care from any Medicare-approved hospice. You may have to pay part of the costs for drugs and respite care. Hospice is covered by Original Medicare, outside of our plan.	
<b>NurseLine</b>		Speak with a registered nurse (RN) 24 hours a day, 7 days a week.	
<b>Opioid Treatment Program Services<sup>2</sup></b>		\$0 copay	\$0 copay
<b>Outpatient Substance Abuse</b>	Outpatient group therapy visit <sup>2</sup>	\$0 copay - 20% coinsurance	30% coinsurance
	Outpatient individual therapy visit <sup>2</sup>	\$0 copay - 20% coinsurance	30% coinsurance

## Additional Benefits

	In-Network	Out-of-Network
<b>Food and over-the-counter (OTC) credit</b>	\$100 credit every month to buy OTC products – and covered groceries for qualifying members. Shop at network retail locations or get home delivery by ordering online or by phone. Credit is loaded the first of each month and expires the last day of each month.	
<b>Personal Emergency Response System</b>	\$0 copay for a personal emergency response system (PERS). Help is only a button press away. A PERS device can quickly connect you to the help you need, 24 hours a day in any situation.	
<b>Renal Dialysis<sup>2</sup></b>	\$0 copay - 20% coinsurance	20% coinsurance

<sup>2</sup> May require your provider to get prior authorization from the plan for in-network benefits.

\*Benefits are combined in and out-of-network

# Plan Deductible

Your plan has a deductible for certain services. The benefit information provided is a summary of what we cover and what you pay. It doesn't list every service that we cover or list every limitation or exclusion. The Evidence of Coverage (EOC) provides a complete list of services we cover.

The deductible applies to the following Medicare-covered benefit categories, unless otherwise specified.

## Annual Medical Deductible

Your deductible is \$233 per year for covered medical services you receive from providers as described below. Until you have paid the deductible amount, you must pay the full cost of your covered medical services.

### Here's how it works:

1. You pay your plan's deductible in full; then,
2. You pay your copay or coinsurance; finally,
3. Your plan pays the rest.

The deductible applies in and out-of-network to the following Medicare-covered benefit categories, unless otherwise specified:

In-Network	Out-of-Network
List of applicable services	List of applicable services
<b>Outpatient Hospital</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Ambulatory Surgical Center (ASC), excluding diagnostic colonoscopy</li> <li><input type="checkbox"/> Outpatient Hospital, including surgery, excluding diagnostic colonoscopy</li> <li><input type="checkbox"/> Outpatient Hospital Observation Services</li> </ul>	<b>Outpatient Hospital</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Ambulatory Surgical Center (ASC)</li> <li><input type="checkbox"/> Outpatient Hospital, including surgery</li> <li><input type="checkbox"/> Outpatient Hospital Observation Services</li> </ul>
<b>Doctor Visits</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Primary</li> <li><input type="checkbox"/> Specialists</li> </ul>	<b>Doctor Visits</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Primary</li> <li><input type="checkbox"/> Specialists</li> </ul>
<b>Diagnostic Tests, Lab and Radiology Services, and X-Rays</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Diagnostic radiology services (e.g. MRI), excluding diagnostic mammogram</li> <li><input type="checkbox"/> Lab services</li> <li><input type="checkbox"/> Diagnostic tests and procedures</li> <li><input type="checkbox"/> Therapeutic radiology</li> <li><input type="checkbox"/> Outpatient X-rays</li> </ul>	<b>Diagnostic Tests, Lab and Radiology Services, and X-Rays</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Diagnostic radiology services (e.g. MRI)</li> <li><input type="checkbox"/> Lab services</li> <li><input type="checkbox"/> Diagnostic tests and procedures</li> <li><input type="checkbox"/> Therapeutic radiology</li> <li><input type="checkbox"/> Outpatient X-rays</li> </ul>
<b>Hearing Services</b>	<b>Hearing Services</b>

<input type="checkbox"/> Exam to diagnose and treat hearing and balance issues	<input type="checkbox"/> Exam to diagnose and treat hearing and balance issues
<b>Vision Services</b> <input type="checkbox"/> Exam to diagnose and treat diseases and conditions of the eye <input type="checkbox"/> Eyewear after cataract surgery	<b>Vision Services</b> <input type="checkbox"/> Exam to diagnose and treat diseases and conditions of the eye <input type="checkbox"/> Eyewear after cataract surgery
<b>Mental Health</b> <input type="checkbox"/> Outpatient group therapy visit <input type="checkbox"/> Outpatient individual therapy visit	<b>Mental Health</b> <input type="checkbox"/> Outpatient group therapy visit <input type="checkbox"/> Outpatient individual therapy visit
<b>Physical Therapy and Speech and Language Therapy Visit</b>	<b>Physical Therapy and Speech and Language Therapy Visit</b>
<b>Ambulance</b>	<b>Ambulance</b>
<b>Medicare Part B Drugs</b> <input type="checkbox"/> Chemotherapy drugs <input type="checkbox"/> Other Part B drugs	<b>Medicare Part B Drugs</b> <input type="checkbox"/> Chemotherapy drugs <input type="checkbox"/> Other Part B drugs
<b>Chiropractic Care</b> <input type="checkbox"/> Manual manipulation of the spine to correct subluxation	<b>Chiropractic Care</b> <input type="checkbox"/> Manual manipulation of the spine to correct subluxation
<b>Diabetes Management</b> <input type="checkbox"/> Diabetes monitoring supplies <input type="checkbox"/> Therapeutic shoes or inserts	<b>Diabetes Management</b> <input type="checkbox"/> Diabetes monitoring supplies <input type="checkbox"/> Diabetes self-management training <input type="checkbox"/> Therapeutic shoes or inserts
<b>Durable Medical Equipment (DME) and Related Supplies</b> <input type="checkbox"/> Durable Medical Equipment (e.g. wheelchairs, oxygen) <input type="checkbox"/> Prosthetics (e.g., braces, artificial limbs)	<b>Durable Medical Equipment (DME) and Related Supplies</b> <input type="checkbox"/> Durable Medical Equipment (e.g. wheelchairs, oxygen) <input type="checkbox"/> Prosthetics (e.g., braces, artificial limbs)
<b>Foot Care</b> <input type="checkbox"/> Foot exams and treatment	<b>Foot Care</b> <input type="checkbox"/> Foot exams and treatment
<b>Occupational Therapy Visit</b>	<b>Occupational Therapy Visit</b>
<b>Opioid Treatment Program Services</b>	<b>Opioid Treatment Program Services</b>
<b>Outpatient Substance Abuse</b> <input type="checkbox"/> Outpatient group therapy visit <input type="checkbox"/> Outpatient individual therapy visit	<b>Outpatient Substance Abuse</b> <input type="checkbox"/> Outpatient group therapy visit <input type="checkbox"/> Outpatient individual therapy visit
<b>Renal Dialysis</b>	<b>Renal Dialysis</b>
	<b>Inpatient Services</b> <input type="checkbox"/> Inpatient hospital <input type="checkbox"/> Inpatient mental health
	<b>Skilled Nursing Facility (SNF)</b>
	<b>Home Health Care</b>



## Required Information

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare.

Plans may offer supplemental benefits in addition to Part C benefits and Part D benefits.

If you want to know more about the coverage and costs of Original Medicare, look in your current "Medicare & You" handbook. View it online at [www.medicare.gov](http://www.medicare.gov) or get a copy by calling 1-800-MEDICARE (1-800-633-4227), 24 hours a day, 7 days a week. TTY users should call 1-877-486-2048.

UnitedHealthcare does not discriminate on the basis of race, color, national origin, sex, age, or disability in health programs and activities.

UnitedHealthcare provides free services to help you communicate with us such as letters in other languages, Braille, large print, audio, or you can ask for an interpreter. Please contact our Customer Service number at 1-844-876-6176 for additional information (TTY users should call 711). Hours are 24 hours a day, 7 days a week.

UnitedHealthcare ofrece servicios gratuitos para ayudarle a que se comunique con nosotros. Por ejemplo, cartas en otros idiomas, braille, letra grande, audio o bien, usted puede pedir un intérprete. Comuníquese con nuestro número de Servicio al Cliente al 1-844-876-6176, para obtener información adicional (los usuarios de TTY deben comunicarse al 711). Los horarios de atención son de 24 horas del día, los 7 días de la semana.

Benefits, features and/or devices vary by plan/area. Limitations and exclusions may apply.

Out-of-network/non-contracted providers are under no obligation to treat UnitedHealthcare members, except in emergency situations. Please call our customer service number or see your Evidence of Coverage for more information, including the cost-sharing that applies to out-of-network services.

The Formulary, pharmacy network, and/or provider network may change at any time. You will receive notice when necessary.

OptumRx is an affiliate of UnitedHealthcare Insurance Company. You are not required to use OptumRx home delivery for a 100 day supply of your maintenance medication.

If you have not used OptumRx home delivery, you must approve the first prescription order sent directly from your doctor to OptumRx before it can be filled. New prescriptions from OptumRx should arrive within five business days from the date the completed order is received, and refill orders should arrive in about seven business days. Contact OptumRx anytime at 1-877-266-4832, TTY 711.

Participation in the Renew Active® program is voluntary. Consult your doctor prior to beginning an exercise program or making changes to your lifestyle or health care routine. Renew Active includes standard fitness membership and other offerings. Fitness membership, equipment, classes, personalized fitness plans, caregiver access and events may vary by location. Certain services, classes, events and online fitness offerings are provided by affiliates of UnitedHealthcare Insurance Company or other third parties not affiliated with UnitedHealthcare. Participation in these third-party services are subject to your acceptance of their respective terms and policies. AARP® Staying Sharp is the registered trademark of AARP. UnitedHealthcare is not responsible for the services or information provided by third parties. The information provided through these services is for informational purposes only and is not a substitute for the advice of a doctor. The Renew Active program varies by plan/area. Access to gym and fitness location network may vary by location and plan.

The Nurseline 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 this service is for informational purposes only. The nurses 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. Access to this service is subject to terms of use.