



Great new Value Added Benefits for you to enjoy!

AbleTo

On-demand app that offers clinical solutions to help dial down the symptoms of stress, anxiety and depression. You can download the AbleTo app, create an account and choose “upgrade through insurance,” and search for and select UnitedHealthcare, then enter the information available on your UnitedHealthcare medical insurance card. For questions email help@AbleTo.com.

Diabetes tailored meals

Member in the plan who are enrolled in diabetes disease management (DM) are eligible for Diabetes tailored meals for members with diabetes. This is a twelve (12)-week program with four (4) weeks of nutritional education followed by eight (8) weeks of diabetic tailored meals. Members will be enrolled in case management (CM) for ongoing disease focused care.

Maternal comfort supplies

Expectant/pregnant members are eligible for maternal comfort supplies. Eligible members can select from support items such as belly band and compressions socks.

Pack n’ Play/Car seat

Expectant/pregnant members can request one baby item up to sixty (60) days before their estimated due date through up to six (6) weeks after delivery.

UHC Baby Showers and Breastfeeding Events

Expectant mom’s and families can attend UHC Baby Showers and Breastfeeding Events: The benefit includes activities and education for expectant or new moms. Supplies and educational information will be offered to new moms and their babies; to include: prenatal care, nutrition education, baby care instructions, breastfeeding instructions and information about local resources.

2024 qualified health activities

- Follow-up visit after hospitalization – Complete a follow-up visit with a provider within 30 days after behavioral health hospital discharge, members ages 6 and up
- Health Risk Assessment – Complete Health Risk Assessment (HRA) Survey within the first 30 days of enrollment, new plan members (one per eligibility term)
- Breast cancer screening – Complete one breast cancer screening, women between 40–74 years old