

Nurse's Notes

from your UnitedHealthcare Health Engagement Nurse

"Your Health" On the Go!

June 2022



More than ever, we are often busy and, on the move, making it important to be able to access personalized health information when you need it. When you're out and about, the UnitedHealthcare® app puts your health at your fingertips. Here are some of the ways the app can help you.

Find care

- Find network care options for doctors, clinics, and hospitals in your area. [Click here](#) for important information on choosing the correct level of care.
- Talk to a doctor by video 24/7.
- See reviews and ratings for doctors.

Manage your health plan details

- Generate and share digital health plan ID cards.
- View claims and account balances.

Stay on top of costs

- Estimate the costs of common procedures.
- View your copay, annual deductible, and out-of-pocket expenses.

Download the UnitedHealthcare® app for free on the [App Store®](#) and [Google Play®](#).

Contact Nurse Therese, your UnitedHealthcare Health Engagement Nurse with any questions about the UnitedHealthcare® app or Choosing Care that is best for you.

Your UnitedHealthcare Health Engagement Nurse is available to help you and your family with many healthcare situations such as finding a primary care physician, support and education for disease prevention and management, and helping you achieve your personal health goals. See below for more information about Nurse Therese and how you can contact her!

Nurse Therese

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