



ARBenefits Newsletter

Q1 | 2023 | Retiree

PREVENTATIVE CARE

The new year is the perfect time to prioritize your health, and preventative care is one of the many ways to do this. It is estimated that only around 8% of adults schedule preventative checkups and screenings in the U.S. As we get older, it becomes even more important to be seen regularly by a doctor for certain health problems. There are so many reasons to receive preventative care, including:

- Detects health conditions sooner: If you are getting screened regularly, it is much harder to miss a diagnosis. Early detection could save your life!
- Live longer and healthier: If you get regular screenings and checkups with your doctor, you are much more likely to have a healthier and more comfortable life.
- Saves money: The sooner you know about a health condition, the sooner you can work with your doctor on a course of action. Typically, the longer you wait to diagnose a health condition, the more expensive it can become.

Find a doctor/specialist today!

The ARBenefits Group Medicare Advantage is a Preferred Provider Organization (PPO) Plan. This type of health plan contracts with medical providers, such as hospitals and doctors, to create a network of participating providers. You pay less if you use providers that belong to the plan's network.

Finding a doctor is easy through the [UnitedHealthcare website](#), and click on "Find a Provider" and choose from the providers listed.



Health Benefits Commission Meetings

Our state and public-school health benefits advisory commissions will continue to meet in 2023 to help make important decisions for the ARBenefits plan. You can learn more about these commissions [here](#).

Welcome to your new Medicare Advantage Plan!

The ARBenefits Group Medicare Advantage PPO Plan is truly a unique plan that provides benefits in addition to your existing coverage. With this plan, you will still be enrolled in Medicare; but, now you will have even more services available at a more affordable monthly cost!

Receive support through UnitedHealthcare HouseCalls

As we get older, sometimes we need more than an annual checkup with our doctor. With UnitedHealthcare, you have access to the HouseCalls Program. This means you can speak with a member of the UnitedHealthcare medical staff to conduct a medical exam, answer health-related questions, or assist in creating a personalized checklist to discuss with your doctor, all in the privacy and comfort of your home. A summary of your HouseCall visit will even be sent to your doctor to ensure everyone stays informed!

If you prefer, you can conduct a HouseCall visit through video instead of in person, where a licensed healthcare practitioner can answer your health questions.

[LEARN MORE](#)

Keep your mind and body at their best with Renew

Renew through UnitedHealthcare provides resources that include:

- Brain games
- Recipe library
- Workout videos
- Health topic library and more!

Renew also offers **FREE** gym memberships, which include access to UnitedHealthcare's nationwide network of gyms. You can even set up a personalized fitness plan to help you reach your goals.

AR BENEFITS

GRP / Plan

HPID: XXXXXXX

ID: PXGY00 XXXXXXX

Name: FIRST LAST

Issuer: (XXXXA)

DOB: MM/DD/YYYY

2023 Member ID Card

Lost or haven't received your member ID card?

You can download a temporary card through your UnitedHealthcare account. Once you log in or register for an account, click the "View and Print Member ID card" link on the home page.

You Can Utilize UnitedHealthcare Online & On The Go!

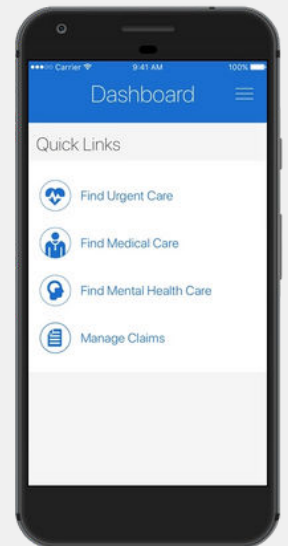
How to sign up for your online account

- 1** Visit retiree.uhc.com/ARBenefits and click the [Sign in or register](#) button. Then click [Register Now](#) on the next screen.
- 2** Enter your first and last name, date of birth, ZIP code, UnitedHealthcare member ID number and click [continue](#).
- 3** Create your username and password, enter your email address, and click [create my ID](#).
- 4** For security purposes, you will be asked to verify your account by email, call or text.

Need to check your account right away?

There's an app for that!

With the UnitedHealthcare app, you can find care and manage your plan details anywhere you go. Download the app in your app store or scan the QR code with your smartphone or tablet.



Concerns About Your Copays?

If you have any questions concerning:

- **ARBenefits Group Medicare Advantage Rates**
- **Non-Medicare Retiree Rates**
- **Medicare Retiree Rates**
- **Medical and Pharmacy Coverage**
- **And more**

Visit our [website](#) to learn more!

