



# Helping you get the right care



## The importance of having a regular provider

At UnitedHealthcare®, we encourage you to have a strong relationship with a primary care provider (PCP) or doctor who you see regularly. Having a trusted relationship with your PCP is one of the best ways to help get the care you need, when and where you need it. Having regular visits makes it easier for you to share information about your health that may help your PCP provide you with better care.

One of the best times to share information is during an annual wellness visit or annual physical exam. Both are covered at a \$0 copay under your UnitedHealthcare® Group Medicare Advantage plan. During your annual wellness visit and/or annual physical exam, you can ask if you're up to date on preventive care, like cancer screenings and immunizations, and talk to your PCP about any health changes or concerns that you might have. You can also develop a health and wellness plan to help you stay on top of your health care.

# Where to go

When you don't feel well, it can be tough to know when and where to seek care. Should you wait to see your PCP, take advantage of a Virtual Visit (see next page) or visit an urgent care center? The best thing to do is to ask your PCP about when and where to get care, especially if you already have a medical condition. However, if your PCP isn't available, here is a helpful chart that may help you decide.

|   | Virtual Visit | Urgent care center | Emergency room   |
|---|---------------|--------------------|--|
| Animal bites                              |               | ✓                  | • Any life-threatening or disabling condition                          |
| Stitches                                  |               | ✓                  |  |
| X-rays                                    |               | ✓                  | • Sudden or unexplained loss of consciousness                          |
| Back pain                                 |               | ✓                  |  |
| Mild asthma                               |               | ✓                  | • Chest pain, numbness in face, arm or leg, difficulty speaking        |
| Minor headaches                           | ✓             | ✓                  |  |
| Sprains, strains                          |               | ✓                  | • Severe shortness of breath   |
| Nausea, vomiting, diarrhea                |               | ✓                  |  |
| Bumps, cuts, scrapes                      | ✓             | ✓                  | • High fever with stiff neck, mental confusion or difficulty breathing |
| Burning with urination                    | ✓             | ✓                  |  |
| Coughs, sore throat                       | ✓             | ✓                  | • Coughing up or vomiting blood  |
| Ear or sinus pain                         | ✓             | ✓                  |  |
| Eye swelling, irritation, redness or pain | ✓             | ✓                  | • Cut or wound that won't stop bleeding                                |
| Minor allergic reactions                  | ✓             | ✓                  |  |
| Minor fevers, colds                       | ✓             | ✓                  | • Major injuries   |
| Rashes, minor burns                       | ✓             | ✓                  |  |
|   |               |                    | • Possible broken bones  |

**ER rule of thumb:** Call 911 or go to the emergency room (ER) if you think you could put your health at serious risk by waiting to get care.

# What is a Virtual Doctor Visit?

See a doctor anytime using live video chat<sup>1</sup> from your computer, tablet or smartphone

With Virtual Doctor Visits, you can ask questions, get a diagnosis or even get medication prescribed and have it sent to your pharmacy. All you need is a strong internet connection.

**You may want to prepare ahead by setting up an account for a Virtual Doctor Visit so you're all set when it's time to make an appointment.** Doctor On Demand™, Amwell® and Teladoc® are part of the UnitedHealthcare provider network bringing you this service.<sup>2</sup>

## Answers to some common questions



### How much does it cost?

Copays vary by plan. A Virtual Doctor Visit with Doctor On Demand, Amwell or Teladoc may be as low as \$0 with certain plans. Please refer to your Summary of Benefits or Evidence of Coverage for details.



### How quickly can I talk to someone and how long does a visit last?

Once a request for a visit has been submitted, wait times vary based on availability. A typical visit lasts 10–15 minutes.



### Who will I be talking to?

You can find a list of participating Virtual Doctor Visit providers by visiting [uhcvirtualvisits.com](http://uhcvirtualvisits.com).



### Can I use it for any medical situation?

Virtual Doctor Visits may be best for situations like a cold, flu, skin rash or eye issue, or when it may be safer to visit a doctor from home. You will be advised by the provider if an in-person visit is appropriate. Virtual Doctor Visits are not appropriate for serious or emergency medical situations.<sup>3</sup>

## There are 2 ways to access Virtual Doctor Visits



### On your computer:

Visit [uhcvirtualvisits.com](http://uhcvirtualvisits.com) and set up your account with either Amwell, Doctor on Demand or Teladoc.



### On your tablet or smartphone:



Download the Doctor On Demand app



Or download the American Well app



Or download the Teladoc app

<sup>1</sup> The device you use must be webcam-enabled.

<sup>2</sup> Providers listed may not be available in every area. Other providers are available in our network.  
Contact the Customer Service number on the back of your member ID card for more information.

<sup>3</sup> This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.

Benefits vary by plan/area. Limitations and exclusions apply.

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.

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