



Welcome to your UnitedHealthcare® benefits.

Make the most of your benefits this year.
Here's how to get started on your path to better health.



Table of contents



Whenever you have questions or want to find out all that your benefits offer, give UnitedHealthcare Single Point a call at **1-877-769-7001**. We're here to help you live your healthiest life — and make navigating care easier.



Virtual care options

24/7 Virtual Visits — See and talk to a doctor from your computer, tablet or mobile phone* without an appointment — anytime, anywhere.

Visit myuhc.com/virtualcare** or use the **UnitedHealthcare® app**.

Preventive care

Visit uhc.com/preventivecare to see recommendations.† Remember, age- and gender-appropriate preventive care with a network provider is 100% covered.††

Second opinions

Connect with expert specialists from top medical institutions for a video or phone consultation via 2nd.MD.††† They can help with questions about a new diagnosis, changes to your treatment plan, possible surgery and more — at no additional cost.

Visit 2nd.md/pfg, download the 2nd.MD app or call **1-866-269-3534**.

Financial benefits

- +** **Health savings account (HSA)** — If you're enrolled in the Consumer Directed Health Plan (CDHP), an HSA can help you save tax-free for qualified medical expenses.
To learn more, call UnitedHealthcare at **1-800-791-9361**.
- +** **Flexible spending account (FSA) and health reimbursement account (HRA)** — An FSA or HRA can help you save tax-free for qualified medical expenses.
To learn more, call UnitedHealthcare at **1-877-769-7001**.

Wellness programs

- + Real Appeal®** — Build healthy habits for lasting change.† You'll get ongoing support from a coach and resources to help you stay motivated. When you join, you'll receive a success kit with a digital library of workouts, recipes and practical tips.

Learn more or enroll at pfg.realappeal.com.

- + Wellness rewards** — Complete a biometric screening or an annual physical and, regardless of your results, you'll be rewarded with a PFG contribution to your HRA or HSA.

You have three options for completing the screening:

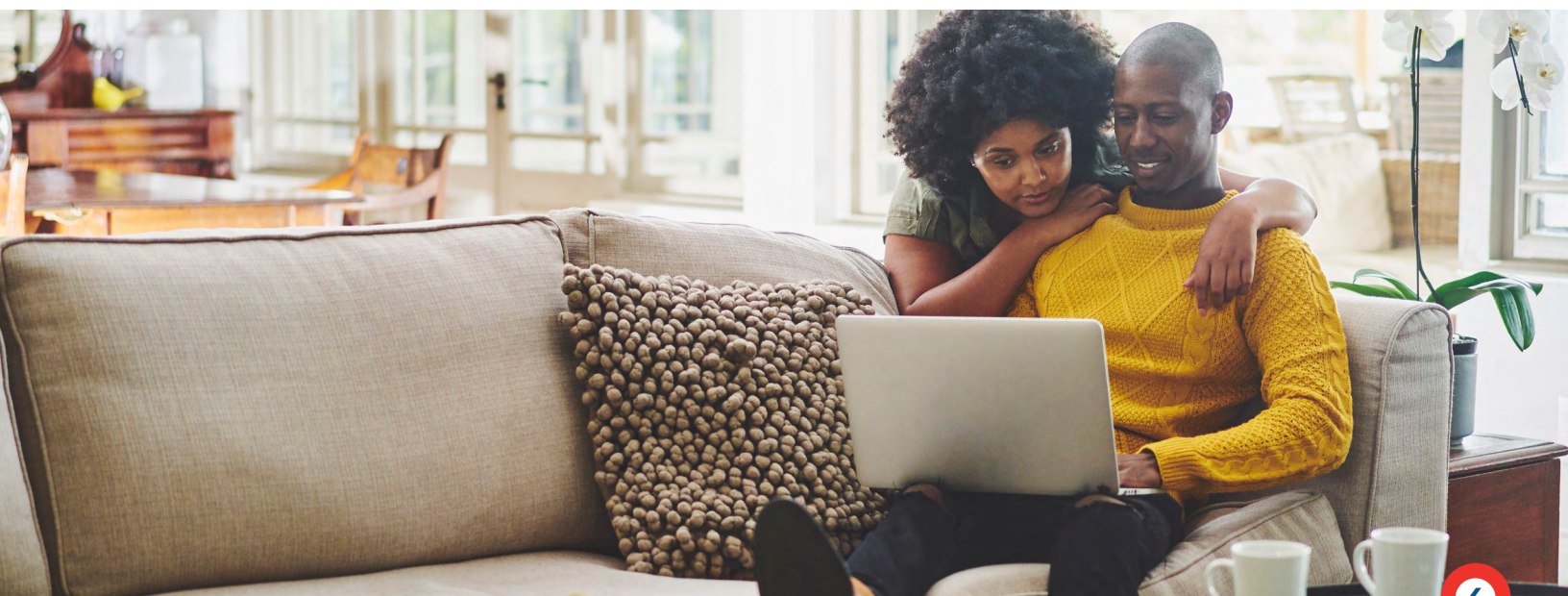
- Attend an onsite biometric screening. (If you're unable to participate in an onsite biometric screening, visit your physician's office or a Quest Diagnostics lab.)
- Visit your physician's office.
- Schedule an appointment with Quest Diagnostics at my.questforhealth.com (registration key: PFG2024) or by calling **1-855-623-9355**.

- + Quit For Life®** — Learn to live without tobacco.‡ You'll get unlimited coaching support via phone, group video sessions, chat or text, plus access to the members-only website and text message reminders and tips. You may even qualify for patches or gum at no additional cost.

Call **1-866-QUIT-4-LIFE (1-866-784-8454)** or visit quitnow.net (company identifier: Performance Food Group).

- + Rally®** — Sleep better, move more, eat healthier and feel great with Rally. It offers simple ways to help improve your health. Start with the fun and easy Rally Health Survey, and then get personalized recommendations.

Visit myuhc.com > Health and Wellness > Rewards.





Mental health support

- **Emotional Wellbeing Solutions, also known as the employee assistance program (EAP)** — Get personalized support, resources and no-cost referrals to help you and your family with a range of issues including stress, anxiety, substance use and burnout, 24/7. Your EAP benefit includes individual in-person or virtual sessions with a counselor in your community — up to 10 sessions per issue, per person, per year. Call Optum 24/7 at **1-800-622-7276** or visit **liveandworkwell.com** (access code: PFG).

- **Talkspace** — Connect with a licensed therapist via messaging* or virtually for concerns including anxiety, post-traumatic stress disorder (PTSD), LGBTQ+ issues, depression, compulsive disorders and ADD/ADHD. Register at **talkspace.com/connect**, select EAP and enter your authorization code (available at **liveandworkwell.com**, access code PFG) or call UnitedHealthcare at **1-877-769-7001**.

- **Calm** — Tackle stress, get a good night's sleep and feel more present in your life with Calm.## It offers breathing exercises, soothing sleep stories read by celebrities, mindfulness courses and more. Get started at **calm.com**.

Support for managing a health condition

- + Centers of Excellence (COE)** — If you or a covered dependent age 18+ needs hip, knee, shoulder, spine, heart, weight loss or cancer care, Carrum Health can connect you to leading health care facilities and providers who will help you decide where to get care, schedule appointments, coordinate your care with your treatment team and more.
Visit info.carrumhealth.com/pfg or call **1-888-855-7806**.
- + Hinge Health** — Get free exercise therapy and coaching for hip, knee, low back, neck or shoulder conditions to help increase mobility, decrease pain and improve overall wellbeing.
Visit hinge.health/pfg, call **1-855-902-2777** or email hello@hingehealth.com.
- + Specialist Management Solutions (SMS)** — If you need an outpatient procedure, like a colonoscopy, or face the possibility of surgery, call SMS. A care advocate will help educate you about your options and connect you to a network provider, so you can make the best choice about your care — and potentially get care at a lower cost.
Call **1-800-650-7142**.
- + Livongo® by Teladoc® Health Diabetes Management Program** — If you or your covered dependent (age 13+) has been diagnosed with diabetes, Livongo by Teladoc Health can help better manage it with an advanced blood glucose meter, unlimited testing strips and lancets shipped directly to you, 24/7 real-time support for out-of-range readings, and expert coaching to provide guidance and support.
Register at join.livongo.com/PFG or call **1-800-945-4355**.
Use registration code PFG.





Call UnitedHealthcare Single Point,
your complete resource for total
wellbeing, at **1-877-769-7001**.

Scan or click this QR code to save
UnitedHealthcare Single Point to
your contacts.

* Data rates may apply.

** 24/7 Virtual Visits is a service available with a Designated Virtual Network Provider via video, or audio-only where permitted under state law. Unless otherwise required, benefits are available only when services are delivered through a Designated Virtual Network Provider. 24/7 Virtual Visits are not intended to address emergency or life-threatening medical conditions and should not be used in those circumstances. Services may not be available at all times, or in all locations, or for all members. Check your benefits plan to determine if these services are available.

† Virtual Primary Care services are available with a provider via video, chat or email, or audio-only where permitted under state law. Virtual Primary Care services are only available if the provider is licensed in the state in which the member is located at the time of the appointment. Virtual Primary Care is not intended to address emergency or life-threatening medical conditions and should not be used in those circumstances. Services may not be available at all times, or in all locations, or for all members. Certain prescriptions may not be available, and other restrictions may apply.

†† Certain preventive care items and services, including immunizations, are provided as specified by applicable law, including the Patient Protection and Affordable Care Act (ACA), with no cost-sharing to you. These services may be based on your age and other health factors. Other routine services may be covered under your plan, and some plans may require copayments, coinsurance or deductibles for these benefits. Always review your benefits plan documents to determine your specific coverage details.

††† All information provided in connection with 2nd.MD is for informational purposes only and does not create a physician-patient treatment relationship. Information provided through 2nd.MD is not a substitute for medical diagnosis or treatment from your treating physician, and you should discuss the information provided with your treating physician before making any decisions.

‡ Real Appeal is a voluntary weight loss program that is offered to eligible members at no additional cost as part of their benefits plan. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical and/or nutritional advice. Participants should consult an appropriate health care professional to determine what may be right for them. Results, if any, may vary.

The Quit For Life program provides information regarding tobacco cessation methods and related wellbeing support. Any health information provided by you is kept confidential in accordance with the law. The Quit For Life program does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you. Participation in this program is voluntary. If you have specific health care needs or questions, consult an appropriate health care professional. **This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.**

‡‡ Calm Health — Members must be 16 years or older to use the services, unless a parent or legal guardian agrees to Calm "Terms." The parent or legal guardian of a user under the age of 16 is subject to the "Terms" and responsible for their child's activity on the services.

Brought to you by UnitedHealthcare for Performance Food Group.

Administrative services provided by United HealthCare Services, Inc. or their affiliates.
© 2024 United HealthCare Services, Inc. All rights reserved. (ES24-2874529a)