

# A spectrum of support for your well-being

## UHC Plans



### 24/7 Virtual Visits

Treatment for common health conditions by phone or video\*



### Quit For Life®

Resources and support designed to help you quit tobacco for good



### Behavioral Health Solutions

Self-help digital tools, virtual or in-person care and support for immediate needs



### UHC Rewards / One Pass Select

**UHC Rewards** –\$300 Incentive Activity based Wellness Program  
**One Pass Select** - A subscription-based fitness and well-being program that helps support a healthier lifestyle.



### Cancer Support Program

Education, resources and emotional support for you and your family



### Real Appeal®

Digital weight management program designed for lasting change

\*Data rates may apply.



# A snapshot of **Surest** support programs

A sample of what's available as part of the Surest plan.



## Doctor on Demand

**24/7 video access** to medical and behavioral health providers.



## Talkspace

Connect with **licensed mental health professionals** via text or video chat.



## Canary Health

Better Choices, Better Health<sup>®</sup> six-week online workshop to help **manage chronic conditions**.



## Real Appeal

An interactive step-by-step program for **weight loss**, with personal coaching support along the way.



## MyCancerJourney

**One-on-one patient advocates** help guide members through the cancer experience.



## Pivot

Multi-pronged approach to **smoking cessation** including nicotine replacement.



## One Pass Select

A subscription-based **fitness and well-being** program that helps support a healthier lifestyle.

