

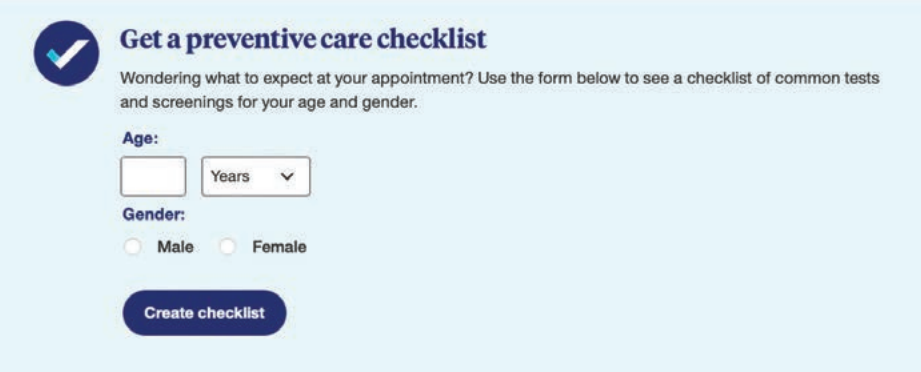
The importance of preventive health care

A yearly wellness exam is a good way to make sure everything checks out. Checking in on your health and getting recommended preventive care may help paint a more accurate picture of your overall health. That's one of the many reasons that preventive care is important.

Keep up on preventive care

Preventive care — such as routine wellness exams and certain recommended screenings and immunizations — is covered by most of our plans at no additional cost when you see network providers. A preventive care visit may be a good time to help establish your relationship and create a connection for future medical services.

Find your age/gender recommended preventive care checklist, access current preventive care guidelines and more at **uhc.com/health-and-wellness/preventive-care.**



Visit **uhc.com/health-and-wellness/preventive-care** or sign in to **myuhc.com®** to learn more.

United Healthcare

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 benefit plan documents to determine your specific coverage details.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by UnitedHealthcare Insurance Company, United HealthCare Services, Inc. or their affiliates. Health Plan coverage provided by or through a UnitedHealthcare company.

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