

# UnitedHealthcare® Group Medicare Advantage (PPO) Plan (MA)

UAW Region 8 Retiree Conference 2026



# Region 8 States



Tennessee

Kentucky

Virginia

West Virginia

North Carolina

South Carolina

Mississippi

Alabama

Georgia

Florida

District of Columbia

Maryland

Delaware

Arkansas

Texas

Louisiana

New Mexico

Oklahoma

Pennsylvania (Franklin,

Cumberland, Adams, York)



# UAW Medical Benefits Trust Group Medicare Advantage PPO plan



## Plan benefits

Benefit coverage	In-network and out-of-network
Primary care provider (PCP) office visit	\$0 copay
Specialist office visit	\$10 copay
Urgent care	\$15 copay
Emergency room	\$50 copay
Inpatient hospitalization	\$0 copay
Outpatient surgery	\$0 copay
Medical virtual visits*	In-network \$0 copay (Amwell, Doctor on Demand, Teladoc) \$0 copay (Telemedicine)



# Get care anywhere with Virtual Visits

**With Virtual Visits, you can live video chat\* with a medical provider or behavioral health specialist from your computer, tablet or smartphone anytime, day or night.\*\***

Ask questions, get a diagnosis, or even get medication prescribed\*\*\* and sent to your pharmacy. All you need is a strong internet connection.

\*The device you use must be webcam-enabled. Data rates may apply. 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 and availability may vary by plan and location.

\*\*\*Providers cannot prescribe medications in all states. This service is available through Doctor on Demand, Amwell, or Teledoc



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**Virtual Provider Visits may be best for:**

- Allergies, bronchitis, cold/cough
- Fever, seasonal flu, sore throat
- Migraines/headaches, sinus problems, stomachaches

**Virtual Behavioral Health Visits may be best for:**

- Initial evaluation
- Behavioral health medication management
- Addiction
- Depression
- Trauma and loss
- Stress or anxiety

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# Freedom to see any provider who accepts Medicare

Even though you are not required to see a network provider, they may already be part of our network.



## Support you can count on

With this plan, you pay the same share of cost in and out-of-network as long as the provider is eligible to participate in the Medicare Program and agrees to treat you.

**If your provider is in our network, they must accept this plan if you are an existing patient. If your provider is out-of-network, they may choose not to treat you unless it is an emergency.**



# Get to health-related appointments easier

**This transportation program can help you get to your health care appointments — at no extra cost to you.**

Transportation provided to and from approved locations and must be medically related, such as provider appointments and pharmacy for prescriptions. Transportation cannot be used for emergency-related situations.



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# Optum<sup>®</sup> HouseCalls brings yearly check-in care to you\*

**Get a yearly in-home visit from a licensed health care practitioner at no cost to you. The visit includes:**

- + Up to an hour of 1-on-1 time with the health care practitioner
- + A comprehensive exam
- + Tailored health screenings
- + A medication review
- + An opportunity to get advice and ask questions to help you manage your health
- + Education, prevention tips and referrals to health services, if needed



\*HouseCalls may not be available in all areas.



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# Gym and fitness membership

**SilverSneakers® is a fitness benefit that includes:**

- + A standard monthly membership and access to group exercise classes\* at a participating fitness location\*\*
- + Classes to get active outside of traditional gyms
- + Virtual resources and a support network through SilverSneakers LIVE™, SilverSneakers On-Demand™ and the SilverSneakers GO™ fitness app
- + SilverSneakers Steps for members 15 miles or more from a participating fitness center; choose the kit that works best for you: general fitness, strength, walking or yoga.



\*Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

\*\*Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities are limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL. Availability of the SilverSneakers program varies by plan/market. Refer to your Evidence of Coverage for more details. Consult a health care professional before beginning any exercise program. SilverSneakers is a registered trademark of Tivity Health, Inc. SilverSneakers LIVE, SilverSneakers On-Demand and SilverSneakers GO are trademarks of Tivity Health, Inc. ©2025 Tivity Health, Inc. All rights reserved.



# Get answers to your health questions with 24/7 provider support

## With 24/7 provider support:

- + Providers can diagnose, treat a wide range of conditions and prescribe medication\*
- + Connect by phone, web or app from anywhere
- + Results of the visit can be shared with your primary care provider\*\*



**Get help making health decisions — at no cost to you**

\*When medically necessary.

\*\*With member consent.



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# Extra help recovering with UnitedHealthcare Healthy at Home

You are eligible for the following benefits up to 30 days after all inpatient hospital and skilled nursing facility discharges\*:



**28 home-delivered meals** when referred by a UnitedHealthcare Engagement Specialist



**12 one-way rides** to medically related appointments and to the pharmacy when referred by a UnitedHealthcare Engagement Specialist



**6 hours of non-medical personal care** provided by a professional caregiver to perform tasks such as preparing meals, bathing, medication reminders and more; a referral is not required

\*A new referral is required after every discharge to access your meal and transportation benefit.



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# Support your mental and physical well-being with Calm Health

As a UnitedHealthcare Group Medicare Advantage plan member, Calm Health is included in your health plan and available at no additional cost.

## The Calm Health app provides programs and tools to help you:

- **Learn techniques to improve well-being:** Find tools, music and sounds to help you meditate, improve focus, move mindfully and feel calm
- **Work toward goals:** Join self-guided self-care programs, and track your progress along the way
- **Support your mind and body:** Access mental health information and support to help you strengthen the mind-body connection

Calm Health is not intended to diagnose or treat depression, anxiety, or any other disease or condition. The use of Calm Health is not a substitute for care by a physician or other health care provider. Any questions that you may have regarding the diagnosis, care, or treatment of a medical condition should be directed to your physician or health care provider. Calm Health is a mental wellness product and is not intended to make any mental health recommendations or give clinical advice. 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.



# Let's Move by UnitedHealthcare® is your plan's exclusive wellness program for Wellness



At no additional cost to you, Let's Move by UnitedHealthcare is here to help keep your mind, body, and social life active. With simple resources, tools, fun events and personalized support, we'll help you explore ways to eat well, stay connected and be physically and mentally fit.



## Let's eat well

Treat yourself to tasty recipes, fun cooking events and support.



## Let's get fit <sup>7</sup>

Get free access to at-home workouts, participating gyms and local fitness events.



## Let's be mentally fit

Support your mental health with services, online tools and resources.



## Let's make friends

Find ways to connect through local and online events, classes, volunteering and more.



## Caregiver Resources

Find caregiver resources to help you support loved ones and yourself.



# UnitedHealthcare mobile app

With the UnitedHealthcare mobile app, you can stay on top of your benefits 24/7 anywhere you go.

## + Find care

Find network care options for providers, clinics and hospitals in your area  
Talk to a provider 24/7

## + Manage your health plan details

Generate and share digital health plan ID cards  
View claims and rewards

## + Stay on top of costs

View your copays and out-of-pocket expenses

## + Stay fit

Find a gym location



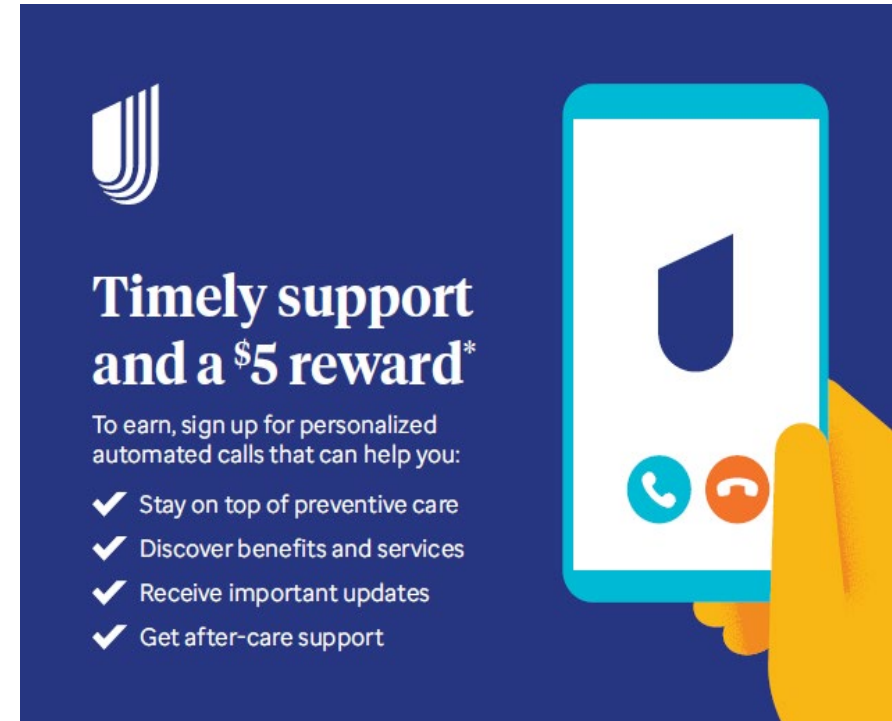
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# Sign up today to start receiving helpful calls

Update your **Communication Preferences** through **Account Settings** on your member site or the UnitedHealthcare app

- ✓ Help stay on top of your preventative care and screenings
- ✓ Learn about benefits, programs and plan information
- ✓ Get important updates and personalized support - You must opt-in to get automated calls
- ✓ **Earn a \$5 Reward\***



**Timely support and a \$5 reward\***

To earn, sign up for personalized automated calls that can help you:

- ✓ Stay on top of preventative care
- ✓ Discover benefits and services
- ✓ Receive important updates
- ✓ Get after-care support

\*This reward is not available to members who have already received a reward for Automated Call Consent.

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# Important Contacts

## UnitedHealthcare Customer Care:

**1-844-320-5021, TTY: 711**

8 a.m.–8 p.m. local time, Monday–Friday

## UnitedHealthcare Website:

[retiree.uhc.com/UAWTrust](https://retiree.uhc.com/UAWTrust)

## Retiree Healthcare Connect (RHCC):

**1-866-637-7555, TTY: 711**

8:30 a.m.–4:30 p.m. ET, Monday–Friday





**Thank you**



# Understanding Original Medicare rules

**You must be entitled to Medicare Part A and/or enrolled in Medicare Part B** and continue to pay your Medicare Part B premium.

**You can be in only 1 Medicare Advantage plan at a time.** Enrolling in another plan will automatically disenroll you from any other Medicare Advantage or prescription drug plan.

**If you do not enroll** in a Medicare Part D prescription drug plan or a Medicare Advantage plan that includes prescription drug coverage, or you do not have other creditable prescription drug coverage, you may have to pay Medicare's Late Enrollment Penalty.

**Medicare allows you to have different** plans for medical (Medicare Advantage) and prescription drug coverage (Part D), but they both must be group-sponsored retiree health coverage. If you are enrolled in a group Medicare Advantage plan without prescription drug coverage and need Part D coverage, you cannot enroll in an individual Part D plan. You must enroll in a group-sponsored Part D prescription drug plan.

**You must inform us** of any current prescription drug coverage or future enrollment that includes prescription drug coverage.

When you are a member, **you are encouraged to read the plan's Evidence of Coverage (EOC)**, including appeals and grievance rights, which can be found by logging into your secure account at [retiree.uhc.com/UAWTrust](https://retiree.uhc.com/UAWTrust).

**The EOC also covers specific plan benefits**, copays, exclusions, limitations and other terms.

**Please review the full text** of the Statement of Understanding in your 2026 enrollment plan guide.



Benefits, features and/or devices vary by plan/area. Limitations, exclusions and/or network restrictions may apply.

You must continue to pay your Medicare Part B premium if not otherwise paid for under Medicaid or by another third party.

This document is available in alternative formats.

If you receive full or partial subsidy for your premium from a plan sponsor (former employer, union group or trust), the amount you owe may be different than what is listed in this document. For information about the actual premium you will pay, please contact your plan sponsor's benefit administrator directly.

Out-of-network/non-contracted providers are under no obligation to treat UAW Retiree Medical Benefits Trust Medicare Advantage PPO plan members, except in emergency situations. Please call our customer service number or see your Evidence of Coverage for more information.

The company does not discriminate on the basis of race, color, national origin, sex, age or disability in health programs and activities. We provide free services to help you communicate with us such as letters in other languages, Braille, large print, audio, or you can ask for an interpreter. Please contact Customer Service at 1-844-320-5021, TTY: 711, 8 a.m.–8 p.m. local time, Monday - Friday, for additional information.

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.

