



UnitedHealthcare
Resources



Chris, UnitedHealthcare Advocate

More than a health plan— a personalized experience.

Whatever your health plan questions and care needs are, you can count on any of our experts — including someone like Chris—to help with answers and guidance.

Feel the support of a team that's dedicated to helping you:

- Understand your benefits and claims.
- Talk through your bill or payment.
- Avoid overpaying, find the right care and cost options.
- Get answers to your pharmacy questions.
- Maximize your health savings.
- Take advantage of all your plan's health and well-being benefits.



Let's connect.

We're available 7 a.m.–10 p.m. CT,
Monday–Friday.

3 easy ways to get personalized answers and information.



Call the member number
on your health plan ID card
7 a.m.–10 p.m. CT, Monday–Friday.



Sign in to myuhc.com®
and click on **Call or Chat**.



Tap into the UnitedHealthcare® app
for assistance when you're on the go.



This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through the program is for informational purposes only and provided as part of your health plan. Wellness nurses, coaches and other representatives cannot diagnose problems or recommend treatment and are not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. The program is not an insurance program and may be discontinued at any time. Additionally, if there is any difference between this information and your coverage documents (Summary Plan Description, Schedule of Benefits, and any attached Riders and/or Amendments), your coverage documents govern.

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

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