



Health services and wellness programs

Solutions for global travelers

Proactive health services and wellness programs designed to support the unique mental and physical needs of global travelers no matter where their journey may take them.



Benefits management

- On demand ability to access and manage benefits
- Search for providers
- Get treatment estimates
- Submit and track claims
- Access health resources
- Visit myuhc.com. Download the **UHC Global** app.



Virtual Visit services

- 24/7 access to physician via a desktop or mobile device
- Prescription services in select areas
- Specialist referrals
- Visit myuhc.com



Well-being program

- Real time health and mood monitoring
- Join group challenges and create individual goals
- Track progress in real time
- Receive support from virtual coaches
- Visit mywellbeingsolution.com. Download the **Optum My Wellbeing** app.



Behavioral health program

- Around the clock support to better manage life's unexpected moments
- Health news and events
- Expert articles and advice
- Self-help services and interactive tools
- Visit liveandworkwell.com Access Code: **uhcglobal**



Employee Assistance Program

- Around the clock support around the globe to better manage life's unexpected moments
- Includes counseling services for mental, physical and emotional distress
- Financial or legal specialist available
- Specialists are sensitive to gender, language and cultural requirements
- Confidential and secure
- Visit mywellbeingsolution.com. Download the **Optum My Wellbeing app**.



Contact UnitedHealthcare Global

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