

Product and Program Presentations

New Member Video

Get the most out of your benefits- An overview of the how to use your UnitedHealthcare benefits.

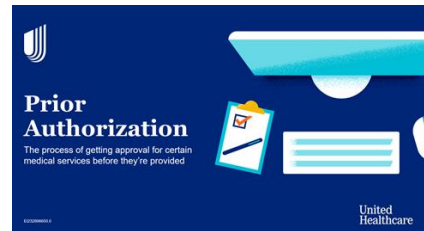


[Post Open Enrollment- Next steps](#)



Prior Authorizations

Learn the process of getting approval for certain medical services before they are provided.

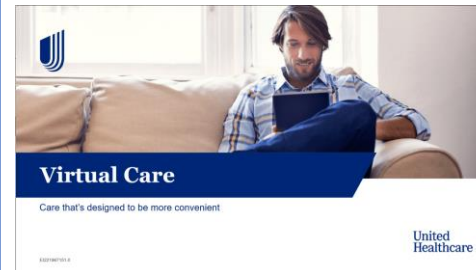


[Prior Authorization \(brainshark.com\)](#)



Virtual Visits

This video explains how to access virtual care for Primary Care visits and 24/7 urgent care needs



[Virtual Care: Care that's designed to be more convenient](#)



Behavioral Health Benefits

Your medical plan provides access to a variety of mental and behavioral health resources. This video explains the programs and how to access them.



[Behavioral Health Solutions \(brainshark.com\)](#)



Click on the presentation title or use the QR code to view the presentation

Product and Program Presentations

Real Appeal

Real Appeal is a free lifestyle program designed to help you build healthy habits and lose weight.



[Real Appeal](#)



Quit For Life

Quit For Life® is a clinically proven smoking cessation Program that is included in your medical plan at no additional cost.



[Quit For Life \(brainshark.com\)](https://brainshark.com)



UHC Rewards

UHC Rewards is a **digital experience** where you can earn rewards for reaching goals and completing one-time activities. It's included in your health plan, at no additional cost.



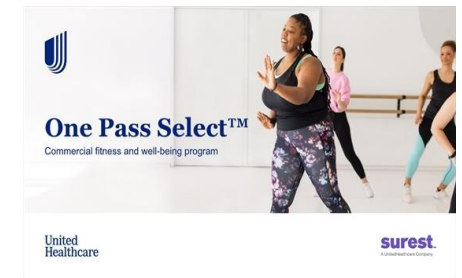
[UnitedHealthcare Rewards \(brainshark.com\)](https://brainshark.com)



Learn how to get a free Apple Watch:
[UHC Rewards- Earn-it-off Video](#)

One Pass Select

One Pass Select™, a subscription-based fitness and well-being program helps support a healthier lifestyle, offering access to thousands of gym locations and online classes



[One Pass Select- Fitness and Well Being Program](#)



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