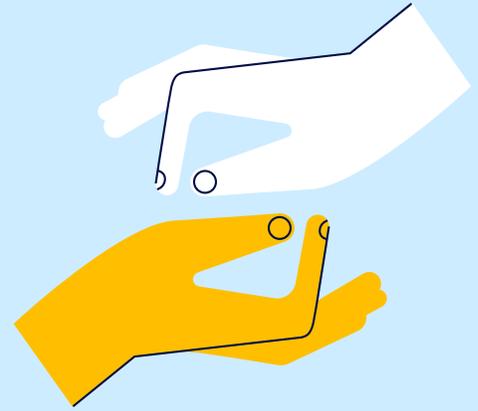


Personal Health Nurse

Your partner in health,
every step of the way



When health questions or a new diagnosis arise, you shouldn't have to face them alone. Through the Personal Health Nurse program, **your personal, concierge healthcare benefit included as part of your Transamerica-sponsored United Healthcare plan**, you have confidential, direct access to a clinical team dedicated to your best possible outcomes.

What you can expect:

-  A single, specially trained, dedicated nurse who will get to know you and act as a personal care quarterback for you and your family.
-  Seamless access to an expert team including nurses, social workers, behavioral health specialists, maternity specialists, oncology specialists, pharmacists, and a medical director.
-  Help understanding diagnoses and treatment options, coordinating appointments, reviewing medications for interactions, and connecting you with resources and community support.
-  Continuity of care: you'll work with the same nurse and clinical team while you need support. **No reintroductions, no repeating your story.**

This service is completely confidential and free for you and your covered family members. The Personal Health Nurse team will proactively reach out to offer support, or you can call anytime using the number on the back of your insurance card.

Why engage?

- ▶ Prevent small issues from becoming emergencies with timely clinical guidance.
- ▶ Get clarity and confidence about care decisions from trusted medical professionals.
- ▶ Improve your quality of life through proactive, coordinated care that's tailored to you.

Take the first step today.

Call the Personal Health Nurse team at:
877-561-2833

or visit:
myuhc.com