



Empowering employees to take healthy action.

Wellness services, resources and tools
for fully insured Oxford customers

Making good health decisions easier.

We offer several health and wellness programs, services, tools and resources through our Oxford product line that may help members stay healthy or get healthy. These programs and resources can assist employers in building a healthier workforce.

| Programs and Services | Description |
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| Employer Tools and Resources | |
| Oxfordhealth.com Employer Portal | The Employer portal on oxfordhealth.com is designed to make it easy for you to keep track of your company's health care coverage, download forms, conduct real-time transactions, and access information and tools available to help your employees stay healthy and get the care they need. |
| United for Reform Resource Center | Your online source for health reform overviews, implementation guides, timelines, provision details, FAQs and other support documents. Visit uhc.com/united-for-reform . |
| Identifying Health Needs: Reporting Capabilities | We believe in having programs in place to help contain costs and improve outcomes. To achieve this, our Health Analytic Consultants apply: <ul style="list-style-type: none"> • An understanding of your goals and benefits strategy. • A large data set and innovative analytic tools. • Clinical and financial expertise to help analyze your data. • Solutions that may fit your unique situation – and achieve the results you need.¹ |
| Health and Wellness Consultation | Our Health Strategies Consultants interpret employer utilization and health care data to identify potential areas for cost improvement through onsite programs and clinical programs. The consultant will work with a representative of a qualified large group client to help the client develop a comprehensive strategic plan to bring long-term solutions that may help manage and improve the health of employee and member populations. ² If you are a large group employer, talk with your Oxford representative for details about qualifying for this service. |
| Wellness Summary Reporting | Provides a range of wellness reporting to large group clients, including aggregate summaries of biometric screenings and health assessments,* health coaching completion reports, and online utilization reports. <i>*50 or more completions required.</i> |
| Customized Employee Surveys | Customized employee wellness program interest survey tool to assist in data collection and evaluation of the large group client's wellness program. |
| Nutrition and Weight Management | Lose and Win is an eight- to 14-week "train the trainer" facilitator-led worksite program that covers healthy eating, active living, stress management and more. Facilitator training is available for wellness champions. |
| Weight Loss Team Challenge | This customizable, employer-sponsored challenge encourages healthy eating and team spirit. The challenge provides a customizable brochure, poster, consent form and weekly weight-loss tip sheets. |
| Physical Activity Team Challenge | This customizable, employer-sponsored challenge encourages physical fitness and team spirit. The challenge provides a customizable flier, poster, consent form and an activity tracking tool. |
| Preventive Care Resources | Preventive care tool kit provides up-to-date guidelines on preventive screenings specific to age and gender. Includes multiple handouts available for printing. Visit oxford.uhcpreventivecare.com . |
| Employer Wellness Recognition Program | The UnitedHealthcare annual "Well Deserved" award recognizes large group employers for their commitment to workplace wellness and support for their employees' efforts to take an active role in their health and well-being. We produce annual case studies on Well Deserved award winners that demonstrate effective program outcomes. |
| SimplyEngaged® | A worksite wellness program designed to help employers take a more active role in controlling health care costs while offering employees incentives for healthy behavior. Available in conjunction with any of our Oxford plans upon renewal for employers with 100 or more employees. |

| Programs and Services | Description |
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| Member Tools and Resources | |
| CAM Network | We created the New York, New Jersey and Connecticut tri-state area's first fully credentialed network dedicated to complementary and alternative medicine (CAM), including nutrition, chiropractic medicine, naturopathic medicine (Connecticut only), massage therapy, yoga and acupuncture. |
| Online Member Health and Wellness Website | The Member portal on oxfordhealth.com is designed to connect members with evidence-based health content, online health programs, tools and trackers with the goal of empowering them to take healthy action. Visit oxfordhealth.com and click on "Members." |
| Disease Management | Our disease management programs are designed to help our members better understand their health conditions and work closely with their doctors to help manage their health. Programs include: <i>Care Coordination, Heart Failure, Coronary Artery Disease and Diabetes, Managed Infertility, Chronic Kidney Disease, and HealtheNote Reminders.</i> |
| Rally® | <p>Rally is a fun, interactive health and wellness enhancement to our oxfordhealth.com Member website. By harnessing the power of data, social connections and rewards, consumers receive personal lifestyle plans that focus on goals, competition, progress tracking and healthy living. Rally offers a personalized interactive experience:</p> <ul style="list-style-type: none"> • Challenges and Communities • Lifestyle action plans (Missions) and rewards • Intuitive Health Survey <p>The Rally tools learn about members as they share details about themselves and their health status. An intuitive Health Survey gathers health and lifestyle information used to personalize action plans, suggested news content, clinical or wellness programs³ and a tool that calculates an individual's "health age."</p> |
| Oxford On-Call® | Available 24 hours a day, seven days a week, nurses can provide information to help your employees make more informed health care decisions, such as choosing an appropriate treatment option, managing a chronic condition, understanding medical terms and more. |
| Online Nurse Chat | Members can chat in real time with a nurse about a variety of general health topics. Visit oxfordhealth.com and click on "Members" to access through the "Tools & Resources" tab; click "24-Hour Nurse Call Line," then "chat online." |
| Gym Reimbursement | To help our members stay motivated and achieve their fitness goals, we provide reimbursement toward fitness center membership fees. ⁴ |
| Mobile Apps | Mobile apps help members manage health plan benefits, look up claims, locate participating doctors, clinics and hospitals, and engage members in healthy behaviors through social media applications. Use the oxfordhealth.com mobile site, and the OptimizeMe® and UnitedHealthcare Health4Me® apps at no additional charge. |
| Behavioral Health Website | Our Live and Work Well online resource provides mental health support and resources. Visit liveandworkwell.com for more information. |
| Oxford Healthy Mother, Healthy Baby® | Oxford <i>Healthy Mother, Healthy Baby</i> complements the care expectant members receive from their doctors with educational information on prenatal and postnatal care, as well as childhood immunizations. Visit oxfordhealth.com and click on "Members" to access through the "Tools & Resources" tab. |
| Healthy Bonus® Discount Program | The <i>Healthy Bonus</i> ⁵ program offers access to discounts and special offers on a wide variety of health-related products that may help members make the best kind of investment: a healthy lifestyle. Visit oxfordhealth.com and click on "Members" to access through the "Tools & Resources" tab. |
| Healthy Mind Healthy Body® Newsletter | This award-winning monthly e-newsletter delivers fresh views on how to get and stay healthy. Members can customize the e-newsletter with the topics most relevant to them. Members can register online at oxfordhealth.com/hmhbb . |



Call your Oxford representative for more information.

¹ To qualify for Health Analytic Consultant services, your organization must have at least 1,000 total employees enrolled in the Oxford medical benefit plan.

² To qualify for services from a UnitedHealthcare Health Strategies Consultant, your organization must demonstrate a strong commitment to health and wellness as part of your overall business strategy and have a designated Wellness Champion, or team of Wellness Champions, to help facilitate and drive activities. Consultative support from a UnitedHealthcare Health Strategies Consultant is available at no additional cost to your organization.

³ If a member has access to an applicable clinical or wellness program.

⁴ Not available to all Oxford plan members, including members of any Connecticut plan, and some New York and New Jersey plans. Check your Certificate of Coverage, Summary Plan Description or other governing member documents to determine eligibility for this reimbursement.

⁵ These discounts are offered in addition to, and separate from, your Oxford benefit coverage. These arrangements have been made for the benefit of members, and do not represent an endorsement or guarantee on our part. Discounts may change from time to time and without notice and are applicable to the items referenced only. We cannot assume any responsibility for the products or services provided by vendors or the failure of vendors referenced to make available discounts negotiated with us; however, any failure to receive discounts should be reported to Customer Care by calling the phone number on your health plan ID card.

The information provided through these programs is for educational purposes only as a part of your health plan and is not a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you. Your personal health information is kept private in accordance with your plan's privacy policy.

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