



Resources to support you.



2nd.MD

Connect with board-certified expert doctors who specialize in your condition for a 20- to 30-minute consultation via phone or video. 2nd.MD can support you with a new or existing diagnosis and help you navigate treatment plans, surgery and medications.



Quick and easy care with Virtual Visits

Virtual Visits allow you to see and talk to a doctor from your computer, tablet or mobile phone—24/7. Most visits take about 10 to 15 minutes and in some cases, doctors can write a prescription,* if needed, that you can pick up at your local pharmacy.

Virtual Visits are a great choice for conditions such as fever, sore throat, rash or flu. And, the average visit costs less than \$50. Visit [uhc.com/virtualvisits](https://www.uhc.com/virtualvisits) to register so it's available when you need it!



On-the-go access with the UnitedHealthcare® app

Download the free UnitedHealthcare app to view your claims and account balances, access your digital ID card, find nearby care and more.



Get support when you need it

Your health plan provides clinical resources and support to help you manage your health and wellness. Visit [myuhc.com](https://www.myuhc.com) or call UnitedHealthcare Health Advocates to learn more about:

- Maternity support
- Cancer support
- Diabetes management support
- Heart failure disease management support
- Asthma disease management support
- Bariatric surgery support

And more.



UnitedHealthcare Health Advocates

UnitedHealthcare Health Advocates can help you understand your benefits and make the most of your health care coverage. Call for:

- Answers to questions about claims.
- Help understanding a bill.
- Help finding a network provider near you.
- Help finding ways to save money on health care.
- Connections to important health and wellness resources.

Call **1-800-241-4675**, Monday - Friday, 8 a.m. - 8 p.m., local time.



Todd and Jennifer Bollinger



Live your best life.

Make today the day. Focus on well-being.

Visit [myuhc.com](https://www.myuhc.com) and click on Rally.

CBIZ



*Prescriptions not available in all states.

Virtual Visits are not an insurance product, health care provider or a health plan. Unless otherwise required, benefits are available only when services are delivered through a Designated Virtual Network Provider. Virtual Visits are not intended to address emergency or life-threatening medical conditions and should not be used in those circumstances. Services may not be available at all times or in all locations. Payment for Virtual Visit services does not cover pharmacy charges; members must pay for prescriptions (if any) separately. The Designated Virtual Visit Provider's reduced rate for a virtual visit is subject to change at any time.

Rally provides health and well-being information and support as part of your health plan. It does not provide medical advice or other health services, and is not a substitute for your doctor's care. If you have specific health care needs, consult an appropriate health care professional. Participation in the health survey is voluntary. Your responses will be kept confidential in accordance with the law and will only be used to provide health and wellness recommendations or conduct other plan activities. Rally Rewards Rules apply to any rewards you earn. Visit [rallyhealth.com/corporate/sweepstakes/en-us](https://www.rallyhealth.com/corporate/sweepstakes/en-us) to learn more.

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CBIZ





Meet Todd



Manage stress with healthy living

“I still worry about things, but I try to de-stress with my activities and it seems to work well for me.”

I wasn't always a fitness enthusiast. During college, I joined a rowing team and was surprised by how demanding the sport was on my body. I absolutely had to keep my lungs and legs in shape, so I got into a regular workout routine and I've continued it ever since.

Now, I'm 52 years old. I work out three to four days per week doing strength training and I'm a referee for youth soccer. There's such a shortage of referees for youth soccer that most weekends I'm on the fields for four or five games per day. That involves running between 7 and 10 miles per day. And, from May through October I also manage and play on a men's baseball team!

Over the years, I've found that exercise helps me leave work behind and manage stress. I try to de-stress with my activities and it seems to work well for me.

My wife, Jennifer, and I both prioritize healthy living. We try to make as many meals as possible at home and we recently started a garden. We now have fresh veggies with every meal. In the past, we'd often scramble to put

together meals but instead end up going out to eat. Then we started pre-planning our meals. We plan just a few days out, but it's made a big difference. We limit the amount of red meat we eat and focus instead on chicken and fish. We also pay attention to calorie counts. I love sweets and I don't avoid them 100 percent; it's about portion control. And it's paid off. My biometric numbers during my annual physicals each year are at or below the recommended numbers in all categories.

It's important to remember that exercise doesn't have to involve high-impact activities like running. I believe in simply getting your body moving. While you're on a conference call, you can walk around the room. Or try setting a timer to remind yourself to get up from your desk and stretch or walk for a few minutes. Everyone can find some time to simply move.

Todd Bollinger

Todd Bollinger
Ohio Market Leader

Good health has its rewards with Rally®

Your good health is important to CBIZ. That's why we offer Rally, a digital health experience that encourages you to get and stay healthy. **And, when you complete the Rally Health Actions, you will receive a discount on your 2022 medical premiums!**

Follow the chart below to achieve 100% of your goal. Health Actions must be completed between September 1, 2020, and August 31, 2021. Note: Employees not currently enrolled in the CBIZ medical plan, but who elect coverage for 2021 are required to complete only the Rally Health Survey to earn the premium discount for 2021 and 2022. However, it is important that you familiarize yourself with all of the Health Actions for future plan years.

Health Actions	Percentage earned when complete
Complete the Rally Health Survey	50%
Complete an annual physical exam* or prenatal visit	50%
Complete one Wellness Coaching program	50%
Complete one of these five Rally Missions: <ul style="list-style-type: none">• Call a Friend• 30-minute Exercise• Save \$3 a Day• Volunteer Weekly• Write in a Journal	20%
View the 2nd.MD video and take the 2nd.MD quiz	20%
View the Stretching Health care Dollars video	10%
View the Explanation of Benefits (EOB) video	10%
Register at Rx Savings Solutions	10%

Earn Rally Coins

In addition to receiving a discount on your 2022 medical premiums, you can also earn Rally Coins that can be used to enter sweepstakes for prizes, or applied to charity donations.



Getting Started is Easy!

Visit myuhc.com® and click on any Rally link.

Schedule your annual physical exam*

As part of the Rally program, you may choose to complete your annual physical exam. Be sure to make your appointment with a UnitedHealth Premium® program physician. These doctors meet the program's quality and cost-efficient care criteria. Go to myuhc.com, click on Find a Doctor and look for the blue hearts. ♥♥

*To get credit for your annual physical, it must be coded as a preventive care visit.

The following services are NOT considered preventive care:

- Medical services for specific health concerns or conditions.
- Ongoing care, lab tests or other health screenings to manage or treat an already-identified medical issue or health condition.

The UnitedHealth Premium program is a resource for informational purposes only. Designations are displayed in UnitedHealthcare online physician directories at myuhc.com®. You should always consult myuhc.com for the most current information. Premium designations are a guide to choosing a physician and may be used as one of many factors you consider when choosing a physician.