



Start the year off right with FREE preventive care!

Both of our UHC medical plans cover preventive care at 100%. When you use in-network providers, these visits are no cost to you. Covered services include annual physicals, immunizations and health screenings based on your age, gender, and family health history. Ask your doctor which preventive care services are right for you. You'll find guidelines from UHC at www.uhc.com/health-and-wellness/preventive-care.

There's 100% preventive care coverage for dental and vision benefits too! Find out more at www.deltadentalmi.com and www.eyemed.com.

For the care you need, know where to go for the best price!

Sometimes it's easy to know when you should go to an emergency room, and if you're experiencing a serious illness or injury, it's the right choice. At other times, it's less clear. Where do you go when you have an ear infection, or are generally not feeling well? The emergency room is an option, but it can be an expensive one. With your TG benefits, you have choices for receiving in-network care that will work with your schedule and also give you access to the care you need.

\$		Virtual Visits – Get care 24/7 from the wherever you are! You can video chat with licensed doctors by web, phone or mobile app.	 Compared to urgent care, the cost of treating a non-life-threatening condition can cost up to 5 times more at the ER! Source: www.debt.org
\$-\$		Doctor's Office – Generally the best place to go for non-emergency care. You'll save money when getting care from UHC in-network providers	
\$\$\$		Urgent Care – Best for non-emergency care on evenings and weekends. Most have online or phone check-in.	
\$\$\$\$		Emergency Room (ER) - Open 24/7. Highest out-of-pocket cost to you, and longest wait times. May be multiple bills for services.	

For Virtual Visits, You've Got Options!

You can access virtual health services through:

- Dr. on Demand: 800-997-6196 / doctorondemand.com
- Teladoc: 855-615-8335 / teladoc.com



- Amwell: 855-635-1393 / [amwell.com](https://www.amwell.com)

You also have access to behavioral health visits through the Employee Assistance Program (EAP). Behavioral health visits help can help with mental health, substance abuse and more. For information about how to find a therapist or provider, or to review available coverage, call **800-622-7276** or visit liveandworkwell.com (password: TGNA) to get started.

Need Guidance about Next Steps for Care? Call the UHC NurseLine!

This **free** service connects you with registered nurses 24/7 for help with, getting medication questions answered, finding an in-network doctor or hospital, understanding treatment options and more! Call **877-440-0547** anytime for assistance.

Want More Details About Your TG Benefits?

Be sure to visit our benefits website, tggroupprofits.com (password: TGNA; location: United States).

There, you'll find helpful information about all your benefits.