



Websites, Apps, Resources available for members of Archdiocese of St. Louis

Myuhc.com – [myuhc - Member Login | UnitedHealthcare](#) Member website – access to benefits information; provider search; prescription pricing; health and wellness resources; links to related cultural websites and assistance with other languages

Find Cost and Care tool – [myuhc - Member Login UnitedHealthcare](#) – Provider search-research treatment options; estimate costs of services and procedures

UnitedHealthcare mobile App – [UnitedHealthcare app | UnitedHealthcare \(uhc.com\)](#) Access to coverage information; claims and treatment history; prescriptions pricing; provider search; customer service access; find care and cost; can maintain copy of ID card on phone; and more. Members can download the free UnitedHealthcare from Apple's iTunes App Store or Google Play for Android

Preventive Care – visit [uhcpreventive.com](#) to find out which immunizations and screenings are recommended by age and gender. Based on immunizations and preventive service “A” and “B” recommendations of the U.S. Preventive Services Task Force (USPSTF)

Elite Advocate4Me – This is the Archdiocese’ customer service model. Highly Designated Call Center with a team of people dedicated to help you. Access to advocates with direct extensions and voicemail. Expedited issue resolution capabilities. Additional OptumRx pharmacy support capability. Enhanced financial advocacy and Optum Bank support. [Call the Customer Service number on the back of ID card](#)

Virtual Visits – Your employees and their covered family members of all ages can connect with a licensed care provider through 24/7 Virtual Visits. Care is available around the clock, every day and medications, if needed, may be prescribed medications. Cost is \$54 or less. [UnitedHealthcare app](#) or [UnitedHealthcare \(uhc.com\)](#)

Real Appeal – an evidence based approach to support weight loss. Helps people make small changes necessary for larger long-term health results. Real Appeal uses a highly interactive weekly internet show, videos and live online coaching to drive small behavior changes week by week over a full year. The program is designed to support members who are obese (body mass index over 30) ; overweight (BMI of 25 to 29.9) or simply ready to lose weight and at no additional [cost to you. Available at Rally Coach - Register \(werally.com\)](#)

One Pass-One Pass Select™ provides a simple, flexible and affordable way for employers to elevate their employee wellness offering. It's a subscription-based fitness and well-being program that helps support a healthier lifestyle. Go to myuhc.com and select One Pass Select tile. [myuhc - Member Login UnitedHealthcare](#)

Maven Maternity-Maven is an app-based virtual clinic that provides you with pregnancy, postpartum and newborn support. It also gives you 4/7 access to a bundle of resources — all included in your health plan at \$0 added cost. [mavenclinic.com/join/uhc-join](#)

LiveandWorkWell.com – [Behavioral health | UnitedHealthcare \(uhc.com\)](#) – you can search for clinicians; see your claims and coverage; self-help; and lots of other helpful information. You can use the same log in as your myuhc.com login.

Behavioral Telemental visit-1-on-1 support in your home and at a time that's convenient for you. Services are delivered by a network provider licensed within the member's state and may include psychiatrists, psychologists, and other practitioners licensed in behavioral health such as nurse practitioners and master level clinicians

Calm Health app - Get access to self-care techniques, coping tools, meditations and more — anytime, anywhere. Tap into tools created by clinicians that are suggested for you based on your responses to a short, optional assessment. Self Care is here to help you feel better —and it's available at no additional cost to you

Substance Use Disorder Helpline—Members can connect with specialists who are trained in helping people with substance use or addiction by calling **1-855-780-5955**. This number is confidential and available 24/7. Specialists can help members find support, get guidance on available treatment options, find network providers and get answers to their questions

Free Community Resources for all employees and their families

SAMHSA's National Helpline, 1-800-662-HELP (4357), (also known as the Treatment Referral Routing Service) or TTY: 1-800-487-4889 is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information. Rehabilitation locations by State - <https://addictionresource.com/addiction-and-rehab-hotlines/missouri-numbers/> A resource for each State depending on where the employee lives/works.

National Suicide Prevention Lifeline - Provides help to those in suicidal crisis or emotional distress. Confidential help is available for free to all. Call 1-800-273-8255. Available 24 hours everyday