

June 2021

IMPORTANT INFORMATION ABOUT YOUR HEALTH INSURANCE

Dear Plan Participant:

By this time you have already received your new UnitedHealthcare/UMR medical and prescription ID card. You should present your new ID card for all your medical and prescription services as of June 1, 2021.

As a reminder, your benefits have not changed, only the medical and prescription benefit networks. Any amounts you've paid in 2021 towards satisfying your annual deductibles and out-of-pocket maximums will carry-over with the UnitedHealthcare/UMR and Express Scripts networks.

If you would like additional ID cards for your family members you have the following options:

- Go to www.umar.com to log in and create your account. From here you can print, view or order additional ID cards.
- Call the Fund Office and we can order additional ID cards for you: (844) 468-5917

Register and create an account on the UMR website www.umar.com

You will then have access to view and print EOBs (explanation of benefits), print and order additional ID cards, and many more valuable resources including the following:

Find a provider – To find a provider in the UnitedHealthcare network go to www.umar.com and select Find a Provider, then select the network which is **UnitedHealthcare Choice Plus Network**. From here you are able to search for in-network providers by doctor, place, service etc.

Maternity Care Service – If you are thinking about having a baby or are already expecting, you are invited to sign up for the maternity care program. Go to www.umar.com, or call (888) 438-8105 to sign up.

Tobacco Cessation Program – If you would like help to quit or reduce your use of nicotine products go to www.umar.com and select “contact us” to email Wellness Program – Coaching. Or call (800) 207-7680.

Hearing Discount Program – You have access to a discount program through UMR. Go to www.uhhearing.com, or call (855) 523-9355, TTY 711

Doctor on Demand - You will still enjoy the same great Doctor on Demand features of care anytime and anywhere paid by the Health Fund at 100%, now with seamless billing and no upfront cost.

- Activate your free account by visiting www.doctorondemand.com/UFCW663. Create an account then add UFCW663 as your employer or UMR as your insurance.

Prescription Benefits - Remember to show your new ID card when you go to have a prescription filled! Express Scripts is standing by to answer any prescription benefit questions you have. They are available by calling (855) 778-1423, or you can visit their website at www.express-scripts.com.

If you have any questions, please do not hesitate to contact the Fund Office at (844) 468-5917 or visit the Fund's website at www.663benefits.com.

Sincerely,
Board of Trustees