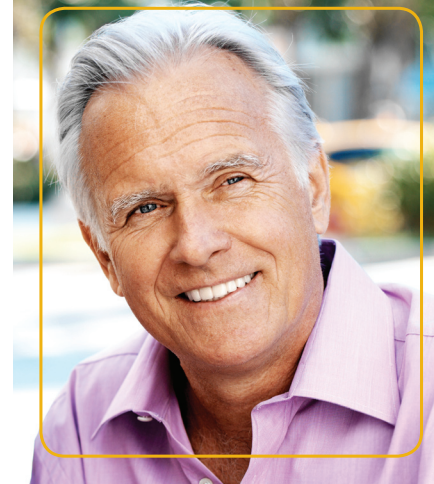
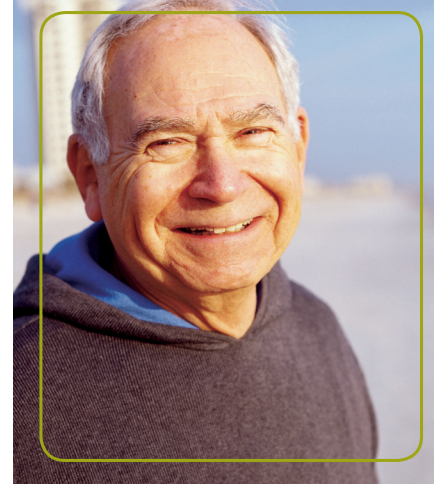


Extra benefits and services for healthy living.

Health information and services provided to you by OptumHealthSM

- OptumHealth NurseLineSM Services
- OptumHealth Wellness Advising Program
- OptumHealth Allies Health Discount Program



AARP | MedicareComplete[®]
from SecureHorizons

If you need additional information or have questions after you become a member, please call the number on the back of your member ID card.



A UnitedHealthcare[®] Medicare Solution

OptumHealthSM is a health and well-being company that provides information and support as part of your health plan. NurseLineSM nurses cannot diagnose problems or recommend specific treatment and are not a substitute for your doctor's care. NurseLine services are not an insurance program and may be discontinued at any time.

The AARP[®] MedicareComplete[®] plans are SecureHorizons[®] Medicare Advantage plans insured or covered by an affiliate of UnitedHealthcare, an MA Organization with a Medicare contract. AARP is not an insurer. UnitedHealthcare pays a fee to AARP and its affiliate for use of the AARP trademark and other services. Amounts paid are used for the general purposes of AARP and its members. The AARP[®] MedicareComplete[®] plans are available to all eligible Medicare beneficiaries, including both members and non-members of AARP. AARP and the AARP Logo are trademarks or registered trademarks of AARP. The SecureHorizons and MedicareComplete marks are trademarks or registered trademarks of United Healthcare Alliance, LLC and its affiliates.

AARP does not make health plan recommendations for individuals. You are strongly encouraged to evaluate your needs before choosing a health plan.

Limitations, copayments and coinsurance may apply. Benefits may vary by employer group.

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Internal & External Team	Project Details	Specs	Notes
Date: 7/8/09 Creative/Prod. Mgr: Lisa Carlson Creative: Dan VonDerEmbse, Mike Mehnert Job Number: 9-376500-002	DMS Number: 3149654 Name: 3149654_Design D—Optum Health Flyer Stage: IR File Name: 3149654_AARP Optum Health Flyer	Ink Colors: 4C Dimensions: 8.5x11 Software: InDesign	

Programs and services that can make a difference

OptumHealth programs and services provided through UnitedHealthcare are included in your plan. These services offer information and support to help you make smart health care decisions and lead a healthy life.

Are you looking for information about a chronic condition? Do you need to find a qualified doctor? Do you have questions about meal planning?

You can find answers to these questions and more through OptumHealth programs and services. These services are available to you as a member of AARP® MedicareComplete® retiree plans from SecureHorizons.


Answers to your health questions – just a phone call away

Have you ever needed a quick answer to a health care question? OptumHealth NurseLine Services puts the expertise of an experienced registered nurse in your hands. It can help you feel confident about your health care choices.

- NurseLine services will connect you with a registered nurse who can answer your questions about a wide range of health care concerns. You can get trusted information such as self-care tips. And, you have access to an audio information library. Choose from more than 1,100 health topics. Available 24 hours a day every day.
- Support from specialized nurses is available Monday through Friday, 7 a.m. – 10 p.m. CT, to help you understand treatment options for conditions such as, but not limited to:
 - Lower back pain
 - Knee or hip replacement
 - Chronic stable angina
 - Breast cancer
 - Benign uterine conditions
 - Benign prostatic hypertrophy
 - Prostate cancer
 - Clinically severe obesity
- Specialists can help you coordinate your medical records, find a doctor or hospital, or make an appointment.

Questions?

Call the SecureHorizons® toll-free pre-enrollment number

 **1-888-422-6000, 8 a.m. – 8 p.m. local time, 7 days a week.**
TTY users, call 711.



Stay on track with your health goals

Would you like to lose weight or keep from losing weight, or are you experiencing falls?

You may be a candidate to enroll in the OptumHealth Wellness Advising Program. The wellness advisors will help you create a plan for healthy change and provide valuable tools and support to help you succeed.

The products and services described below are neither offered nor guaranteed under our contract with the Medicare program. In addition, they are not subject to the Medicare appeals process. Any disputes regarding these products and services may be subject to the UnitedHealthcare grievance process.

Additional ways to save money on your health care

You and your family can save on many health and wellness purchases not included in your standard health benefit plan. OptumHealth Allies is not health insurance. It is a money-saving program offering discounts on:

- Vision care: Get 15% off on laser vision correction or 5% off your provider's promotional rates (for LASIK, CustomLASIK or PRK), or a 10–12% discount on mail-order eyeglasses and contact lenses. These rates are offered through Laser Vision Network of America (LVNA).
- Cosmetic dental work: Members typically save 10–35% on dental care, including general dentistry, dental specialties and even cosmetic services, from more than 64,000 participating dental professionals nationwide.
- Alternative care: Save 20% on chiropractic care, acupuncture, naturopathy and massage therapy.
- Wellness products: Save 10–50% on products and services, including weight management programs, vitamins and supplements, smoking cessation products, fitness memberships and equipment, and mail-order natural and health foods.
- Long-term care services: Savings of 5–30% off homemaker and personal care services, 5% discount on assisted living facilities and 20% off memory loss products.

Once you are enrolled in this plan you will receive a discount card to receive these discounts.

The OptumHealthSM Allies Discount Program is administered by HealthAllies[®], Inc., a discount medical plan organization located at P.O. Box 10340, Glendale, CA 91209, 1-888-212-9095. **OptumHealth Allies is NOT insurance.** OptumHealth Allies provides discounts at certain health care providers for medical services. OptumHealth Allies does not make payments directly to the providers of medical services. The program member is obligated to pay for all health care services but will receive a discount from those health care providers who have contracted with the discount plan organization.