

UnitedHealthcare[®] HouseCalls



Take advantage of your yearly health and wellness visit from UnitedHealthcare HouseCalls*

Why choose a HouseCalls visit?

It's a yearly preventive care check-in that helps you stay on-track with your health between your regular provider visits. It's done in the comfort of your home and allows plenty of time for you to ask questions about your health.

We send a summary of your HouseCalls visit to both you and your doctor so your doctor stays informed. The visit, which includes recommended screening tests, is available at no cost to you.

What does a HouseCalls visit include?

- ✓ Up to an hour long at-home visit from a health care practitioner
- ✓ A head-to-toe exam, health screenings and plenty of time to talk about your health questions
- ✓ A custom care plan made just for you
- ✓ Help connecting you with additional care you may need

Safety protocols are in place

As always, you have our commitment to prioritize your safety, as well as the safety of our medical staff, during a HouseCalls visit. Our licensed medical staff is provided with guidance for following all CDC guidelines.



Common questions

How long will the visit last? What will happen?

The visit takes up to an hour. You'll get a health evaluation, including a physical exam, important screenings and a review of any medications you may be taking. The rest of the time is spent talking about health topics that are important to you.

Where should the visit take place?

It can be done while sitting at your kitchen table or in the living room. Wherever is comfortable and convenient for you.

Do I need to prepare for my visit?

Before your visit, we'll send you a reminder with tips on how to get ready for your visit. These include:

- ✓ Think about or make a list of questions or concerns you'd like to discuss with the practitioner
- ✓ Wear shoes that can easily be removed to have your feet checked
- ✓ Have your medications in their original packaging ready to review
- ✓ If you have any of the following, have them ready to share:
 - Appointment cards for upcoming visits with your provider
 - Blood pressure readings
- ✓ If you have diabetes, please have your blood glucose meter handy and drink plenty of water to be prepared to give a urine sample

Also, the day before your visit, our health care practitioner may call you to introduce themselves and answer any questions about the visit.

I already see my doctor regularly. Is this for me?

Yes. Think of a HouseCalls visit as an extra layer of care. It gives you valuable one-on-one time you don't always get in the doctor's office. We share information from your visit with your regular doctor to help keep them informed of any changes to your health.



Get started today

To schedule a visit call toll-free **1-866-447-7868**, TTY **711**.

*HouseCalls may not be available in all areas.

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