

The first 48 hours are critical when you're ill.

Have a prescription flu treatment and a COVID-19 test ready in your home.

Hello,

Flu season is coming, and this year we are facing both the influenza and COVID-19 viruses. To better prepare you, you are invited to join a new pilot program called Well At Home offered by UnitedHealth Research and Development. You are eligible because you may be at higher risk for complications if you get sick, and you could benefit from the program.

Why join?

You will get a doctor-prescribed treatment of oseltamivir (Tamiflu®) to have at home in case you get the flu. Tamiflu is proven to reduce the severity and length of the flu—and the sooner it is taken, the more effectively it treats the flu.¹ Having this medicine already in your home lets you take it sooner if you need it, rather than making trips to a doctor's office and pharmacy.

Since the flu and COVID-19 have similar symptoms, you will also receive a COVID-19 test kit to have at home so you can complete a test from home if needed.

Joining Well At Home is voluntary and costs you nothing. Learn more and sign up at [WellAtHome.com](https://www.wellathome.com).

Here is what you get after joining:



Prescription flu medicine



An easy-to-use thermometer



Immediate doctor access by phone to provide diagnosis and treatment guidance



A COVID-19 test



How does it work?

Sign up at **WellAtHome.com**, and you will receive a kit in the mail. Then just call Well At Home if you feel sick. A doctor can help determine whether you should take your Tamiflu or your COVID-19 test at home.

Please take this opportunity to join Well At Home and be ready for the flu and COVID-19 this year. And as always, remember to get your flu shot, the first defense against the flu.

Best regards,

UnitedHealthcare and the Well At Home team



Sign up today at WellAtHome.com
Enrollment is limited, so don't delay.

Questions? Call **833-321-0383**, TTY **711**, available 24/7.



¹ Aoki, F. Y. (2003). *Early administration of oral oseltamivir increases the benefits of influenza treatment.* *Journal of Antimicrobial Chemotherapy* 51(1): 123–129.

Well At Home is a pilot program conducted by UnitedHealth Group Research and Development.

Make sure to get your flu shot every flu season. This program is not a substitute for the flu shot.

In an emergency, call 911.