

# United Healthcare/Oxford Programs and Resources

If you are enrolled in the United Healthcare/Oxford insurance plan at Oak Hill, there are programs and resources available to help members stay healthy.

## **Wellness offerings. Empowering members to take an active role in their health.**

Our top priority is helping members understand their health status so they can learn how to make better choices and lead healthier lifestyles. Every Oxford membership includes access to wellness programs, materials and online resources designed to educate members about the importance of living a healthy lifestyle. Here are just a few:

### **Health Assessment**

Available on [www.oxfordhealth.com](http://www.oxfordhealth.com), this is a comprehensive, confidential online health questionnaire designed to analyze lifestyle behavior and identify individual health risks. Individuals receive a personalized health report, along with preventive steps and recommendations.

### **Online Health Coach Programs**

Based on data extracted from the online Health Assessment, the Online Health Coach creates a personalized health improvement plan that encourages behaviors that can lead to a healthier lifestyle. Complete with tracking tools and quizzes, the program offers modules on smoking cessation, exercise, nutrition, weight management, heart health, and more.

### **Prevention. Our philosophy exactly.**

We offer a variety of materials and educational programs to support Oxford members in making appropriate health and lifestyle choices:

#### ***Active Partner*® mailings**

Preventive exams and screenings can provide you with either a clean bill of health and peace of mind, or early detection of a condition that may become more serious if left unchecked. To help our members stay healthy, we remind them to make appointments for preventive care:

- Childhood immunizations
- Adolescent well care
- Pap smear
- Flu vaccination
- Mammogram
- Colorectal screening

#### ***Healthy Mind Healthy Body*® magazine**

Members receive the latest information on prevention, nutrition and exercise, as well as on important benefits and coverage information. It can be delivered by e-mail monthly, or in print twice a year.

#### **Oxford Healthy Mother, Healthy Baby®**

This program complements the care expectant members receive from their doctors with educational information on prenatal and postnatal care, as well as childhood immunizations.

#### ***Self-Help Library***

Educational guides are available for members with asthma, diabetes and depression to help them learn more about self-care, treatment guidelines and how to prevent complications. Members may receive guides after they are diagnosed or upon request.

## Discounts to the gym. Discounts to the spa. With Oxford, staying in tip-top shape just became a little easier.

We know a good thing when we see it, and it seems you do, too. That's why we're always looking for new offers to add to our already popular *Healthy Bonus*® program.\* Apparently, helping to keep you on your toes is what keeps us on ours.

### The *Healthy Bonus*® program includes:

**Brookstone** \$15 off any \$100 purchase

### Natural and organic products

15% off all products at [www.mothenature.com](http://www.mothenature.com)

30% off first month's order of FIJI Water home delivery

### Magazine subscriptions

- *Today's Caregiver* magazine, 40% off one-year subscription
- *Yoga Journal*, 76% off one-year subscription
- *Body + Soul*, 75% off one-year subscription

## QuitNet® Get a lifetime membership to this popular online smoking cessation program for \$65; that's 35% off the regular price

**RunningShoes.com** 10% off products and free shipping on orders over \$50

**Safe Beginnings®** 15% discount on childproofing items, including safety gates, cabinet locks, outlet covers, and window guards

**The SpaFinder Company** 10% off all gift certificates

**STOTT Pilates™** 15% off suggested retail prices on STOTT Pilates videos and equipment  
**Tiger Schulmann's, Mixed Martial Arts™** \$49 for one month, plus a free uniform

**Weight Management programs** 15% off initial 4-month plan membership at Living Lean, LLC, Rob Nevins Personalized Fat Loss Programs. Members also receive special savings on a local meeting program, plus additional savings on a special online program at Weight Watchers®

**WellQuest Fitness Network** A one-time registration fee of \$49 (\$29 additional fee for each family member) to WellQuest entitles members to a discounted rate at any one of WellQuest's fitness centers

**Diabetes Care Services** Save 10% on all sugar-free candies, foods, cooking supplies, cough & cold products, and more

**B.A.B.Y.** You can purchase the ABC's of Prenatal Fitness mini-poster for the discounted price of \$12.00

For a complete listing of our *Healthy Bonus*® offers, log on to [www.oxfordhealth.com](http://www.oxfordhealth.com).

\*These discounts are offered in addition to, and separate from, members' benefit coverage through us. These arrangements have been made for the benefit of members, and do not represent an endorsement or guarantee on our part. Discounts may change from time to time and without notice and are applicable to the items referenced only. We cannot assume any responsibility for the products or services provided by vendors or the failure of vendors referenced to make available discounts negotiated with us; however, members should report any failure to receive discounts to Customer Service by calling the number on their Oxford ID card.