Employee Assistance Program and Care24® services

- **Trusted health and well-being information**
- **24-hour access to registered nurses, master's-level specialists and counselors**
- **Employee Assistance Program: Up to three face-to-face sessions with a behavioral health professional**
- **The peace of mind your family deserves**

1-866-869-6358

UnitedHealthcare®
Healing health care. Together.®

All the resources you need — just a phone call away

Brought to you by UnitedHealthcare together with the State of Rhode Island

Health and well-being concerns can be time-consuming and complex. Care24 services can help. Experienced registered nurses, caring master's-level specialists and counselors are here 24/7 to give you trusted information — and peace of mind.

Get help with these concerns and more:

- Facing a big health decision?
- Confused about treatment options?
- Looking for a doctor or counselor?
- Working through relationship difficulties?
- Need tips for financial planning?
- Looking for resources in your community?
- Coping with grief and loss?
- Have personal legal issues?
- Dealing with stress and anxiety?

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For informational purposes only. Nurses can't diagnose problems nor recommend specific treatment. They are not a substitute for your doctor's care.

Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against UnitedHealthcare or its affiliates, or any entity through which the caller is receiving Care24 services directly or indirectly (e.g. employer or health plan).

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by UnitedHealthcare Insurance Company, United HealthCare Services, Inc. or their affiliates.

97% of callers are happy with the help the nurse, master's-level specialist or counselor provides.

It can be difficult to know if the information you find on your own is reliable. Trusted, up-to-date health and well-being information is always just a phone call away with Care24 services.

Use this magnet to keep the Care24 number handy.

Care24® services

Experienced registered nurses, master's-level specialists and counselors 24/7

1-866-869-6358

TTY/TDD callers, please call the National Relay Center at 1-800-855-2880 and ask for the number above.

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When you call, a caring nurse, master's-level specialist or counselor can help you:

Choose appropriate medical care.
- Understand a wide range of symptoms.
- Determine if the emergency room, a doctor visit or self-care is right for your needs.

Find a doctor or hospital.
- Search for doctors, specialists and counselors based on your needs and preferences.
- Find hospitals that meet UnitedHealthcare's quality standards.

Understand treatment options.
- Learn more about a diagnosis.
- Explore the risks, benefits and possible outcomes of your treatment options.

Cope with life's challenges.
- Get tips to reduce your stress.
- Learn how to work through relationship difficulties.

Prepare for the future.
- Review childcare or eldercare resources.
- Plan for college or retirement expenses.

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You also can listen to pre-recorded health messages in the Health Information Library by using **PIN 819**. Ask a nurse, master's-level specialist or counselor about available topics and codes.

Don't forget — program this number into your cell phone today.

You also have this resource available:

myuhc.com®
Chat with a nurse, search for a doctor and use many other helpful health tools.

Health and well-being questions can come up at any time. Keep the Care24 number handy to talk with an experienced registered nurse, master's-level specialist or counselor right away. We're available day and night to listen and share trusted information and resources.