



Show your heart some love

Caring for your heart can be a big move toward caring for your overall health. So it's a good idea to talk with your primary doctor about ways you can help keep your heart healthy.



Scan this QR Code to get tips for living a healthier lifestyle and more

United
Healthcare



BENEFITING YOU
— at every stage —

Resources for a healthier you

Certain health conditions may put someone at a higher risk for heart disease. Take heart, though: Ingram's medical plan includes programs and resources designed to help support healthier habits, a healthier heart and better overall health — all available at no additional cost to you.

Advocates offer support with a personal touch

Specially trained advocates are available to answer questions, help you access care and more. Call **1-866-204-3120**.

Support for mental health

Providers, tools and resources are available to help with emotional and substance use issues. Through Emotional Wellbeing Solutions (EWS), your Employee Assistance Program and WorkLife Services, eight (8) counseling sessions are available to you and your eligible dependents per year, per concern. Learn more at liveandworkwell.com (access code **Ingram**) or call **1-866-374-6061**.

Disease management

If you're dealing with complex health care needs or a chronic health condition, you can access personalized care. A specialty-trained nurse can help you understand your condition and treatment options, direct you to quality facilities and providers and even help maximize your benefits. Call **1-866-204-3120** to get connected today.

Preventive care

Preventive care is 100% covered when you see a network provider under all Ingram medical plans.



Scan the QR Code to access all the resources available to you.



If you don't have a primary doctor, here's how to find one:

- Sign in at myuhc.com[®] and select **Find Care & Costs > Primary Care Providers**
- Call a UnitedHealthcare Advocate at **1-866-204-3120**
- Download the **UnitedHealthcare**[®] app

Quick tip: A primary doctor may also be called a primary care provider (PCP). No matter the name, they're the doctor who knows your health history and health goals—and it's good to have them in your corner.

United
Healthcare



BENEFITING YOU
— at every stage —