

REWARDS FOR WELLNESS

# Earn \$50 co-share credit!!!\*

View the myHealthcare Cost Estimator video and complete an estimated cost of a treatment or procedure at:

<http://www.uhc.com/individual-and-family/why-uhc/programs-tools/myhealthcare-cost-estimator?src=stateofRI>



Complete the estimated cost of treatment or procedure between October 1, 2015 and October 31, 2015. For more detailed information and instructions, visit [www.wellness.ri.gov](http://www.wellness.ri.gov)

If you do not have access to a computer, please contact your Human Resource Department for assistance.

\*All State of Rhode Island employees are eligible to participate in Rewards for Wellness programs and screenings, but only employees who are paying the State employee medical co-shares that are posted at [www.employeebenefits.ri.gov](http://www.employeebenefits.ri.gov) are eligible to receive incentives for co-share credit.





# State of Rhode Island 2015-2016 Rewards for Wellness

UnitedHealthcare's **myHealthcare Cost Estimator (myHCE)** is changing the way you access personalized information, for the better. Using your benefit information, myHCE shows you the estimated cost for a treatment or procedure, and how that cost is impacted by your **deductible, co-insurance** and **out-of-pocket maximum**. This means that you'll get an estimate of what you'll be responsible for paying out of your pocket, providing you with useful information for planning and budgeting. **Even better, you have an opportunity to earn a \$50 incentive when you complete the online myHCE activity between October 1, 2015 and October 31, 2015. There are TWO steps that need to be completed in order to receive your incentive. FIRST, go to the website, provided in the link below, and watch a short video on UnitedHealthcare's myHealthcare Cost Estimator. NEXT, complete an estimate using myHealthcare Cost Estimator.**

## How to earn your \$50 Rewards for Wellness Incentive:

1. Click on this link to bring you to the myHealthcare Cost Estimator page.  
<http://www.uhc.com/individual-and-family/why-uhc/programs-tools/myhealthcare-cost-estimator?src=stateofRI>
2. Next, on the right hand side of screen, click on "Watch a video on myHealthcare Cost Estimator", to view the short video.
3. After you have watched the video, log onto [www.myuhc.com](http://www.myuhc.com) (instructions for logging onto myuhc.com are available on [www.wellness.ri.gov](http://www.wellness.ri.gov)) and complete an estimate. The steps on how to complete an estimate are listed below.

## Steps to complete an estimate on myHealthcare Cost Estimator:

**Step 1: Visit myuhc.com** - If you have not registered for myuhc.com, you'll need your health plan ID card or Social Security number to get started. Once you're logged in, click "Estimate Health Care Costs" on the right side of the page.

**Step 2: Search for a condition or treatment** - Once you've entered your ZIP code, you can search by treatment or condition. Try phrases like backache, X-ray, eyes itch, etc. Then hit the search button.

**Step 3: Get a quick estimate** - You'll be taken to a page with a quick estimate, based on real average market costs in the search area. If you want to customize the estimate for a specific doctor or facility, click on "Continue."

**Step 4: Select a provider and/or facility** - If you don't already have a doctor in mind, myHCE can help you find one. This page shows you estimates for specific doctors and facilities offering services for your search. You'll be able to compare doctors based on their estimated cost, see quality ratings and which one is nearest to you.

**Step 5: Get your final estimate** - When you're done, you can see your Final Estimate, which includes estimated costs from the doctor or facility you've chosen, along with up-to-date out-of-pocket estimated costs and deductibles based on your benefits and current level of coverage. UnitedHealthcare will be maintaining a list of completions, but you should print a copy of your estimate for your records and proof of completion.

**Be in the know** - **myHealthcare Cost Estimator** makes health care more accessible and transparent, so you can make more informed health care choices. This is a tool that is available for use at any time to UnitedHealthcare members, log onto [www.myuhc.com](http://www.myuhc.com) at any time to create an estimate for you or your family!

More program details are available at [www.wellness.ri.gov](http://www.wellness.ri.gov) and in your HR department.

