

You've got a **whole team behind you.**

2026 Wellbeing Benefits

Self-funded large group

univera HEALTHCARE

Right here.
For you.

Make the most of *your health plan!*

Top resources to know and apps to download

Download on the App Store | GET IT ON Google Play

Univera Healthcare website and mobile app

Get instant access to tools and resources to make healthy living a little easier.

- View and order member card(s)
- Check coverage and estimate treatment costs
- Find a doctor, urgent care, or hospital
- View and download claims
- Manage your medications, sign up for home delivery, and check drug prices
- Track deductibles and out-of-pocket spending for high deductible plans

Member.UniveraHealthcare.com

On-demand acute care with MDLIVE®

When your doctor isn't available, we have partnered with MDLIVE.

Get 24/7 non-emergency medical care by phone or video chat. Access U.S. board-certified doctors at home or on the go. It is cost-effective. Save a trip to the emergency room or urgent care.

On-demand behavioral health care with MDLIVE

Everyone needs a little support. Through our partnership with MDLIVE, you have 24/7 access to non-urgent behavioral health care by phone or video.

Highly trained psychiatrists, psychologists, and social workers can help with a wide range of conditions like addiction, depression, life changes, stress, or trauma.

Get the care you need when you need it. Make appointments when they are best for you – any time of day. It is easy to schedule a consultation by phone, tablet, or computer.

New in 2026! Teledermatology* through MDLIVE

From suspicious spots and rashes to cold sores and fungal infections, MDLIVE board-certified dermatologists deliver reliable care for new or ongoing skin, hair, and nail conditions.

No appointment required and no long waits – get a diagnosis quickly, usually within 24 hours or less.

*Available when your health plan contract renews in 2026.

Copay or deductible may apply.

UniveraHealthcare.com/Telemedicine or call **1-866-914-8426 (TTY 711)**

Connect with a Care Manager using the Wellframe® mobile app

The Wellframe mobile app puts health care experts and support at your fingertips.

Get answers to questions. Stay on track with your health goals.

Our Univera Healthcare team of care managers will be there to help along the way.

Log in to your member account to get started:

UniveraHealthcare.com/Wellframe

Use the access code: **univerawelcome**



Help to quit smoking



The power to quit is in the palm of your hand.

Our free smoking cessation program – powered by the Wellframe app – gives you access to self-guided program modules, videos, and articles you can take with you wherever you go.

And, you can also choose to have personal in-app text message support from our local care managers. They can help you build a personal plan to quit based on your health goals:

- Reasons you are quitting
- Triggers for smoking
- Ways to fight cravings
- Help you stay motivated and accountable

Log in to your member account to get started:

UniveraHealthcare.com/Wellframe

Use access code **univerawelcome** to engage with our Care Management Team for help along the way, or **univerafree** for the self-guided program.

Understand the **Univera Healthcare** programs available to you to help improve your wellbeing.

Support for you and your family

Preventive care

Preventive care can help you stay healthy and reduce health risks.

Your plan includes FREE preventive care for many screenings and immunizations when you visit an in-network provider:

- Annual routine check-up
- Annual Obstetrician Gynecologist (OB/GYN) Visit
- Well child visits
- Breast, cervical, and colon cancer screenings
- Heart health screenings – cholesterol and blood pressure
- Diabetes screenings
- Immunizations (flu, pneumonia, childhood and adult vaccines)
- Family planning & reproductive health services

Visit **UniveraHealthcare.com/PreventiveCare** to learn more.



Member Care Managers – care for your health

Our team of experienced health care and behavioral health specialists are here to help you get care and manage your health.

- Find help for depression and anxiety
- Support for:
  - » expecting and new parents
  - » healthy eating and nutrition
  - » chronic conditions like diabetes
- Manage prescriptions
- Other health needs you may have

Call **1-877-222-1240 (TTY 711)**

Email **Case.Management@UniveraHealthcare.com**

8 a.m. - 5 p.m. EST, Monday - Friday

Or download the Wellframe app!

24/7 Nurse call line

Decision-making support and education when you need it most.

Contact a nurse by phone anytime – 24 hours a day, seven days a week.

Get answers to general health, chronic or complex health condition questions.

They can help you with questions about diagnoses, medications, treatment options, and nutrition. They can also help you find providers.

1-877-222-1240 (TTY 711)

Estimate medical costs

Our online search tool lets you estimate medical costs to help you budget for expenses.

Log in to our website to estimate out-of-pocket medical costs based on your year-to-date spending and deductible.

Find costs and filter results by cost, treatments provided, location, and more with over 1,600 treatment categories and 400+ procedures.

Log in to your member account at **Member.UniveraHealthcare.com** and look for "Estimate Medical Costs" under the Find a Doctor tab.

Health & wellness

Perks 4 U®

Perks 4 U® is a Univera Healthcare program to help you stay healthier for less.

Get great discounts on healthy programs and services to help you with well-balanced lifestyle. These perks are in addition to your health care benefits and can be used at more than 100 health and wellness locations throughout western New York.

Visit **UniveraHealthcare.com/Perks4U** for a complete list.

Suite of rewards programs

Log in to verify if any of these are available to you at **Member.UniveraHealthcare.com**

- Vitalize Rewards
- Univera Fit Dollars
- Wellness Your Way
- Dental Rewards



MDLIVE is an independent company that provide telemedicine services to Univera Healthcare members. MDLIVE providers are available by phone 24/7 or by video 7 days a week, 7 a.m. to 9 p.m. ET.

Wellframe is an independent company offering a mobile app to members and caregivers using our Care Management program.

univera® HEALTHCARE

Right here. **For you.**

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