



Your Personal Health Support



Whether you're trying to make healthier choices or follow your treatment plan, living with a health condition can be a lot to handle. Personal Health Support is here to help. Connect with a registered nurse by phone or from an online dashboard and get the information you may need to manage a condition, including:

- Asthma
- Chronic obstructive pulmonary disease (COPD)
- Heart failure
- Diabetes
- Coronary artery disease (CAD)
- And more



“We’ll help you take positive steps along your personal health journey.”

– Daniel, RN, CCM, Personal Health Support Nurse



Get started at
myuhc.phs.com



Personal Health
Support
Number on ID card.

The best part?

It's all offered at no additional cost, as part of your health benefits.



Ask an experienced nurse questions and get answers through private messaging.



Build a plan to manage your condition with a nurse to help reach your health goals.



Connect your health devices to track your progress, and share your numbers with a nurse.

Please note, these digital services are only available to members who qualify.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates. **This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.** The information provided through this service is for your information only. It is provided as part of your health plan. Program nurses and other representatives cannot diagnose problems or suggest treatment. This program is not a substitute for your doctor's care. Please discuss with your doctor how the information provided may be right for you. Your health information is kept confidential in accordance with the law. This is not an insurance program and may be discontinued at any time.

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