



# Check the boxes to get the most out of your health plan.

UnitedHealthcare Navigate® is built on patient-centered health. To help you better understand how to get the most value from your health benefits, follow these simple steps—and check them off your list.

- Select your primary care physician (PCP).**  
When enrolling, you must select a PCP from our network — for yourself and for each covered dependent. Choose a PCP by visiting [welcometouhc.com/navigate](http://welcometouhc.com/navigate) to view the directory.
- Review your health plan ID card to make sure the correct PCP is listed.**  
You should receive your ID card in the mail within 10 days of completing open enrollment. After you receive your card, confirm the PCP you chose is listed correctly.
- Schedule an appointment to meet your PCP.**  
If your PCP is new to you, we suggest scheduling a visit with him or her soon after establishing your relationship. This will help you create a connection for future medical services. A preventive visit is a fine first introduction and, with most plans, is covered at no cost to you.
- For access to a specialist, get a referral.**  
If you need to see a specialist, or are already seeing one, you will need to get an electronic (online) referral from your PCP. It's important to make sure your PCP's referral has been submitted online. This can be confirmed in your referral list under the Physicians & Facilities tab on [myuhc.com](http://myuhc.com)®.
- You can always change your PCP.**  
If you would like to change your PCP, call the member phone number on your health plan ID card. Changes are permitted once per month. Changes submitted on or before the 31st of each month will be effective on the first day of the following month.

## For more information:



Visit [welcometouhc.com/navigate](http://welcometouhc.com/navigate).



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