



**Here's to a  
healthier you!**



**UnitedHealthcare**  
Healing health care. Together.™

Your First Data-sponsored medical plan is pleased to provide you with these FREE health services geared to help you reach and maintain your health goals. Access [www.myuhc.com](http://www.myuhc.com), or call **866.627.7800** for program details.

- Health Risk Assessment (HRA)** to identify and understand your potential health risks.
- Reach a Healthy Weight** with help from a United Healthy Weight wellness coach at **866.458.4998**.
- Live with Less Back Pain** through the guidance of the Healthy Back program. Log in to [www.myhealthyback.com](http://www.myhealthyback.com) or call **866.559.BACK (2225)** to see if you qualify for the program.  
*If eligible, you will be awarded a \$50 gift card when you participate both by phone and online to complete the five back pain modules on [www.myhealthyback.com](http://www.myhealthyback.com).*
- Discover Online Health Coaching** to help you make changes in your life, such as manage stress, start or change an exercise plan, improve your nutrition, quit smoking and much more!
- Manage Your Chronic Conditions** with access to specialized nurses and resources. *A UnitedHealthcare nurse may call you to discuss chronic conditions—be sure to take the call—the nurse is there to help.*
- Get Regular Preventive Care** – Your First Data-sponsored medical plan covers your annual checkups and cancer screenings at no charge to you.\*

All of these resources are available to you and your covered dependents through your First Data-sponsored medical plan at **no cost to you**. Program participation is completely confidential.

For more information:

- Log in to [www.myuhc.com](http://www.myuhc.com)
- Call UnitedHealthcare member services at **866.627.7800**
- Visit [www.FirstDataBenefits.us](http://www.FirstDataBenefits.us) > **Medical**

Get started today and watch how your success adds up to a healthier and happier you!

\*Certain age and frequency limits apply; charges may apply for services done outside the doctor's office, such as blood work.