

UnitedHealthcare

Duke Energy myHealth Connect Overview video transcript (2:39)

GFX:	00:00	United Healthcare logo animation
SUPER	00:07	Everyone has health care questions
SUPER	00:09	To find the answers, we brought in the experts from your Duke Energy myHealth Connect team.
Vida Arinwine:	00:14	Testing, testing.
Dangelo Sykes:	00:16	How do I look?
Tamika Morris:	00:18	Let's go.
SUPER	00:21	My first question is, what's the my Health Connect team?
Zain Hemani:	00:25	We're a group of benefit advocates at United Healthcare put together specifically for your company.
Tamika Morris:	00:29	So if you have a question about your health plan benefits or specific medical question, you can reach out to us.
SUPER	00:29	Clinical Manager Benefits Advocate Supervisor
Anna Kacprzyńska:	00:35	Our job is to provide the extra level of support for you, your coworkers, and your families.
SUPER	00:35	Registered Nurse
SUPER	00:43	Networks, specialists, deductibles, out-of-pocket...
SUPER	00:47	... health care can be confusing. Can you make it make sense?
Akiba Beck:	00:51	That is a very excellent question and one we get almost every day.
SUPER	00:52	Benefits Advocate Registered Nurse
Linda Amazigo:	00:54	For starters, we can help you understand how your health plan works, find savings on medical expenses, ensure your providers are in network, and identify lower cost options, like virtual care.
SUPER	00:52	Understand your health plan

		Find Savings on medical expenses
		Locate network providers
		Identify lower-cost options
Tamika Morris:	01:05	We can also help you connect the dots within your health plan to help you find the care that you need, whether it's for joint pain, weight loss, or any other medical needs. You may be surprised by the options available to you.
SUPER	01:22	My left knee feels like it's filled with thumbtacks. Any suggestions?
Rob Methvin:	01:22	Joint pain can come on quickly and be very debilitating, but we are here to help you find relief fast.
Kari Wynn:	01:28	Your plan includes Hinge Health, which encompasses convenient virtual exercise sessions developed by physical therapists, unlimited 1-on-1 health coaching and motion-tracking technology for instant form correction.
LOGO	01:28	Hinge Health
URL	01:28	hinge.health/dukeenergy
SUPER	01:35	At my last checkup, the doctor said I was prediabetic. What can I do? Rob Methvin:
Alicia Bryant:	01:41	Even the word diabetes can be scary, but there are many things you can do. Just manage it.
SUPER:	01:41	Benefits Advocate Sr. Rep
Audrey Jeffrey:	01:46	Pre-diabetes means your blood sugar levels are high, which puts you at risk for developing Type II diabetes.
SUPER:	01:46	Registered Nurse Registered Nurse
Zain Hemani:	01:52	As a plan member, you have access to a pre-diabetes and diabetes support program from Omada Health.
SUPER:	01:52	Benefits Advocate Lead Benefits Advocate
Dana Caddell:	01:58	This is a great resource to help you learn more about prevention and building healthy habits.

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LOGO	01:58	omada
URL	01:58	omadahealth.com/dukeenergy
SUPER	02:04	Any tips for keeping house plants alive?
Vida Arinwine:	02:04	I can tell you how to take care of you and the children, but the house plants, I'm going to have to leave to somebody else.
Lisa Steinbach:	02:11	I kill plants. So she's the one to ask.
SUPER	02:15	Benefits Advocate Benefits Advocate
Zain Hemani:	02:15	Water them.
Dana Caddell:	02:16	Yes, water them.
Alicia Bryant:	02:17	We water with love around here.
SUPER:	02:21	Talk to a Duke Energy myHealth Connect team member today.
Zain Hemani:	02:22	There's really no question that's too big or too small.
Audrey Jeffrey:	02:25	So if it's about your health plan.
Tamika Morris:	02:26	We're here.
Rob Methvin:	02:27	And we would love to talk.
LOGOS	02:34	United Healthcare Duke Energy wellPower myHealth Connect
SUPER	02:34	Call myHealth Connect 1-877-214-2930