



# UBS HEALTH

## Health and Wellness

Your complete guide to vitality

### Unified Health Philippines



*Strength in Health*  
**UnifiedHEALTH**



# ABOUT US

## YOUR MOBILE HEALTH PROVIDER

(800) 373-6950  
UBSHEALTH.PH

### WHAT DO WE DO?

We make healthcare and wellness more accessible, affordable, and effective for your lifestyle and for your budget. We look at healthcare from your perspective-acting with the best interests of our members, one person at a time.

UBS Health has been providing services and access through our platforms to over half a million people globally since 2014.

### HOW DO WE DO THAT?

We have successfully integrated Nurses, clinical providers, affiliates, and wellness clinicians. We are focused on prevention and efficiency. We support a collaborative environment between the members and the providers. We deliver 24/7 support with innovative technology and mobile health device integration

"We make healthcare more accessible, affordable, and effective for your lifestyle and for your budget."

### WHAT DOES THAT MEAN FOR YOU?

A healthier member culture. We can help in lowering your annual health insurance renewals by up to as much as 15%. We lower the costs of medical visits by using our nurse triage hot line, concierge systems, and on line access.

This leads to fewer hours lost from work, less time traveling to medical appointments, and faster turnaround times for appointments. Effective utilization of this program can improve your quality of life, improve your lifestyle, and help you make better lifestyle choices.

### OUR SERVICES

- 24/7 Nurse Hot line
- Medical Concierge
- Telemedicine - Episodic Care
- Targeted Wellness Coaching\*
- Weight Loss & Nutritional Counseling
- Personal Fitness
- Stress Management
- Smoking Cessation
- Behavioral Health\*& Hypnotherapy
- Certified Professional Life Coaching
- Discount Rx Plans
- Discount Vision & Dental
- Legal & Financial Services
- Wellness education library
- Webinars

\* See program description for details.

\*\* Nominal fee for extras.

Void where prohibited.

Some products not available in all areas



# WORLD'S CURRENT HEALTH CARE CRISIS

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UBSHEALTH.PH

## THE COST OF BEING ILL

The cost of being ill in many countries is out of control. Insurance companies blame the hospitals and providers. Providers blame the insurers. The patients blame the government, and the cycle of poor cost control continues.

In its origination, private insurance was a non-profit design. Initially, 96 cents out of every premium dollar went to patient care. Today, we are lucky if 60 cents goes to a patient. So, what is the driving force behind this out of control train?

1. The average person is living 6-7 years longer than they once did. This is due in part to healthier lifestyles, better diets, and yes-better medicine.
2. Conversely, more people, especially the younger generation, are morbidly obese. Fast food, GMOs, and processed foods are destroying our bodies from the inside out.
3. The private insurance companies are raising rates 30% per person per year. These companies pay millions in salaries to their CEOs, and pay huge dividends to the shareholders, all from the premiums members pay.

*"More people, especially the younger generation, are morbidly obese. Fast food, GMOs, and processed foods are destroying our bodies from the inside out. "*

4. The cost for prescription drugs is out of control, yet the same drugs from the same manufacturers are shipped out of the United States and sold for a fraction of the price to people in other countries.

## DID YOU KNOW?

The cost of being ill in globally is out of control.

- 80% of all doctor, ER, and urgent care visits can be resolved using a Registered Nurse triage- Telemedicine hotline (Source: Ameridoc.com II Findley Davies)
- The average face-to-face appointment lasts 5-10 minutes (Source: American Society of Registered Nurses II Findley Davies)
- 63% of all patients report having trouble reaching their PCP on weekends, holidays, and evenings (Source: Urgent Care Association of America II Findley Davies)



# PERSONALIZED HEALTHCARE

(800) 373-6950  
UBSHEALTH.PH

## COVERAGE FOR YOUR NEEDS

UBSHealth's individualized health program creates a regimen that considers the whole person: body, mind, spirit, and interconnection. We have combined a 24/7 nurse hot line, mental health services, wellness education and telehealth. We have developed what could be the most comprehensive, affordable, and accessible plan in the country today.

*"UBSHealth's individualized health program creates a regimen that considers the whole person: body, mind, spirit, and interconnection. "*

## SUPPORT WHEN YOU NEED IT

Our clinicians are dedicated to providing you services in a HIPAA- compliant online portal that ensures your privacy from your home, office, or location of your choice. If you do not have access to the online system, please call Customer Support at 866-228-5111, 24 hours a day, seven days a week. Our portal also offers the capability to upload and save all of your medical records in one secure place where they can be accessed and reviewed by your healthcare provider, with your approval, to assist in your overall healthcare.

*"Our clinicians are dedicated to providing you services in a HIPAA-compliant online portal that ensures your privacy from your home, office, or location of your choice. "*

## INDIVIDUALIZED LIFESTYLE PLANS

Your plan will cover many vital health aspects, including:

- Individual review of your results from our proprietary HRA (Health Risk Assessment) analysis
- Collaboration between practitioner and member
- Taking Care - Taking Charge Action Plan - set your action plan into practice
- Schedule your included followup wellness/therapy visits with your practitioners to keep your commitments
- Education on wellness, current trends in diets and nutrition
- Guidelines for supplement use
- Three visits per member per year included in monthly fee



# BEHAVIORAL HEALTH THERAPIES

(800) 373-6950  
UBSHEALTH.PH

## THERAPY ON YOUR TERMS

UBSHealth is using today's technology to help people lead more full and balanced lives. UBSHealth's unique therapeutic approach offers professional therapy on your terms and schedule. Therapy is available via video conference, email, and text messaging. Help is always available, regardless of insurance status. Our therapists can be reached 24 hours a day, seven days a week.

*"Help is always available, regardless of insurance status. Our therapists can be reached 24 hours a day, seven days a week."*

## ADDICTION AND RECOVERY

Our Addiction and Recovery Center makes it possible to receive help, regardless of insurance status. We can help you or your loved one overcome addiction and start the recovery process. Our on line recovery center offers:

- Affordable one-on-one therapy with licensed addiction and recovery specialists
- Therapy provided via videoconferencing, email, and text messaging
- Services available from the privacy of your own home, office, or location of choice
- 24/7 concierge and Nurse support
- Relapse prevention
- Support for families and loved ones
- State licensed and fully HIPAA-compliant services

## OUR THERAPIES

- Individual
- Family
- Couples
- Parenting
- Grief & Loss
- Stress Management
- Addiction & Recovery
- Smoking Cessation
- Weight Management
- Hypnotherapy
- Life Coaching
- Teen Coaching
- Interfaith Chaplaincy

## REST ASSURED

UBSHealth is fully HIPAA-compliant and provides the privacy and tools necessary to accommodate your therapeutic needs in a safe environment



# Nurse Hotline Telehealth

(800) 373-6950  
UBSHEALTH.PH

Have you ever considered the amount of time and money you and your family have spent trying to schedule an appointment with a physician? Think about the time lost from school or work and hours traveling in traffic. Finally, consider time spent in the waiting room where you could possibly be exposed to additional germs.

Is there a better way?  
We think so ...

## HIGHLIGHTS

- **24/7 Nurse Hot line**
  - Holistically Trained Nurses.
  - Pediatric specialties.
  - Access to nurses globally.
- **National Online Telehealth Network**
  - Audio/telephonic or video doctor appointments.
  - Multiple areas of specialty including pediatric, mental health, and dietitian services, Nutritional support counseling.
  - Life coaching - career transition coaching - weight management, Hypnotherapy.

- Online records management
- HIPAA compliant
- Multi-platform utilization

## HOW TO USE

- *Nurse hot line: dial (800) 373-6950 24 hours a day, seven days a week, to speak to a nurse and discuss your triage needs.*
- *Telehealth: Log on to [www.UBSHealth.PH](http://www.UBSHealth.PH), click on schedule an appointment.*

This is for non-emergent issues only. For any life threatening issues, please go to your local hospital or dial 911.



UBSHealth vast resources libraries for "Holistic Health Resources," enables you to learn and develop an approach to healthcare that helps the body heal with natural, affordable, and non-invasive approaches to wellness care.

We believe that you and your family have a right to good health, wellness, and quality of life.

We provide access to effective supplements, wellness education and cutting edge wellness tools via a unique e-commerce platform. This platform will give you answers on how to live a healthy and active life.

## HIGHLIGHTS

- 10-35% discount on pharmaceutical grade nutraceuticals.
- Educational information on a variety of holistic healthcare and lifestyle skill health changes.
- Vast library of downloads and products.
- How to Meditate: A 20-minute Guide to Effective Meditation.

- Vast Video Library
  - Aromatherapy
  - Bioenergetic
  - Bodywork Therapies
  - Chakras
  - Detox Resources and Education

- Energy Medicine
- Energy Therapies
- Environment Health
- Foods
- Holistic Health Education
- Integrative Mental Health
- Pain Management
- Stress Management
- Recipes
- Workplace Wellness

- Learn simple points to press for relieving muscle tension and discomfort
- Monthly live streaming classes\*\*
- Downloadable presentations

## HOW TO USE

- Log into our portal at [www.UBSHEALTH.PH](http://www.UBSHEALTH.PH)



# UBSHEALTH™

## GLOBAL CONCIERGE

(800) 373-6950  
UBSHEALTH.PH

What is a concierge? A medical is focused on providing clients and their family members-regardless of participation in the health plan-with expedited access to healthcare services. AT UBSHealth, we assist with many healthcare issues that may arise unexpectedly. UBSHealth will make every effort to work within the provider network; however, when this is not possible, UBSHealth has the flexibility of working outside of provider network constraints to ascertain the most beneficial outcome possible on behalf of our client.

UBSHealth does not offer health insurance coverage or medical advice, but rather solution-oriented enhancements and education to our members at the time of crisis. Our value lies within our vast global resource network, our unique ability to use those resources, and our willingness to do so for each client.

### HIGHLIGHTS

- Personal support in navigating the healthcare system, 8 am to 6 pm PST Monday to Friday
- Assistance finding doctors and facilities within your network
- Connecting you to RNs who can help offer education about tests, treatments, or medications

- Identify centers of excellence
- Arrange for second opinions
- We find and schedule, for you, the top surgeons and rehab facilities for your specific injury within your network
- Assist in coordinating diagnostic testing as indicated
- Ensure transfer of necessary medical documentation and test results including x-ray films to a consulting physician's appointment
- Research, locate, and help review private nursing options and home health aides
- Facilitate hospice evaluation and services
- Assist with locating assisted living facilities or group homes and arrange for evaluation for admission

### HOW TO USE

- *Members call our toll-free number (800) 373-6950*
- *Press Option 5 and speak directly to one of our healthcare advocates.*
- *There are no limits to the number of times members and their family may use this benefit throughout their membership year.*



# LIFE

## SUPPORTING SERVICES

(800) 373-6950  
UBSHEALTH.PH

### MOBILE MEDICINE

Have you ever considered the amount of time and money you and your family have spent trying to schedule an appointment with a physician? Think about the time lost from school or work, and the hours traveling in traffic. Finally, consider time spent in the waiting room where you could possibly be exposed to additional germs. We think there is a better way. Online Telemedicine is the answer to these challenges for many reasons.

#### Benefits of Online Telemedicine include:

- Support 24 hours a day, seven days a week
- Online treatment for non-emergency medical conditions
- Appointments held in your own home or office, via video or phone
- Prompt treatment with prescriptions to your local pharmacy

### NATIONAL FINANCIAL SERVICES

UBSHealth financial services provides you with referrals to top-rated financial professionals. Enjoy benefits including:

- No-cost telephonic consultations with our affiliated financial coaches
- Tax planning consultations
- Discounted tax preparation
- General financial coaching.

### NATIONAL LEGAL SERVICES

ACT's legal services will provide you and your eligible family members with referrals to top-rated legal professionals. Benefits include:

- Legal consultations for virtually all types of legal matters
- 24-hour emergency services for after-hour and weekend support
- Access to legal information and forms
- Mediation services

### OUR SERVICES

- 24/7 Online Telehealth and Nursing Portal
- Behavioral Therapy
- Discount Prescription Program
- MRI/CT Scan Network
- LAB Discount Network
- Diabetic Testing Supplies
- Dental Discount
- Medical Concierge Program
- Hearing Aids
- Educational Resources

*"Have you ever considered the amount of time and money you and your family have spent trying to schedule an appointment with a physician?"*

*Think about the time lost from school or work, and the hours traveling in traffic. We think there is a better way. "*



# WELL-BEING SERVICES

(800) 373-6950  
UBSHEALTH.PH

## IMPACT YOUR LIFE FOR THE BETTER

Do you know the definition of wellness? Are you worried about your general health and well-being? If we could show you some core elements of health that would impact your life forever, would you be willing to make changes in your own life today? What about in the lives of your family? We have established a wellness community with highly skilled and credentialed professionals who are committed to public health and safety. Our core programs focus on the key pillars of healthcare-triage, early detection, advocacy, and chronic condition management.

## WELLNESS PROGRAMS

The UBSHealth Wellness Programs address weight and fitness-related health problems in a multifaceted approach. We maximize success by utilizing the following support methods:

- Individualized dietitian and fitness evaluations
- Client wellness counseling
- Personal recommendations
- Education and webinars
- Motivational coaching designed to optimize each member's chances of meeting their individual goals

## SMOKING CESSATION PROGRAM

While many people want to quit, each year millions fail in their attempts. Nicotine is often compared to narcotics in terms of its addictive potential in people. The UBSHealth Smoking Cessation program supports you to quit smoking-once and for all-by performing an evaluation, and then offering individual coaching, hypnosis, referrals to verified specialists as needed, and success reporting.

## OUR SERVICES

- Weight Loss Program
- Fitness Program
- Nutritional Services & Products
- Stress Reduction Program
- Smoking Cessation
- Women's Health
- Men's Health
- Senior Health
- Holistic Well-Being

*"If we could show you some core elements of health that would impact your life forever, would you be willing to make changes in your own life today?"*

*"What about in the lives of your family?"*



# WELLCARD SAVINGS CARD

(800) 373-6950  
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Controlling the cost of healthcare is a daunting task. Managing the variety of products can be overwhelming. We have made it easier and less time consuming with our affiliate WellCard Savings. WellCard Savings provides FREE access to a variety of services.

[Log into our membership portal today to retrieve your FREE card:](#)

<https://wellcardsavings.com/newusers.aspx?planCode=actnow>

## WellCard Offers:

- Discount Prescription Rx program
- MRI/CT Scan network
- LAB discount network
- Diabetic testing supplies
- Dental discount program
- Vision discount program
- Medical Concierge program
- Hearing Aid Discount programs

WellCard members are eligible to enroll in VSP® Vision Savings Pass, a national discount vision program offering immediate savings on eye care and eye wear, at no cost to you. This is not an insurance plan.

The dental discount plan offers significantly reduced fees saving members an average of 20% to 50% off of almost all General Dentists' and Specialists' standard fees. Members get access to over 80,000 credentialed Dentemax dentists nationwide for a variety of services. Log on to the WellCard Savings site for more details.

Diabetes can be hard to manage big savings on supplies can make life easier. With your WellCard Savings Card, you can get 60% off average retail prices and free shipping on all packages, and an extra 15% off any single order item. You'll never run out of supplies or wait in long lines!

One Call Diagnostics is the premier radiology network and scheduling company, offering highquality, affordable imaging solutions for individuals who are uninsured, carry high deductible health plans, or wish to self-pay.

One Gall's national network consists of over 2,900 fully credentialed imaging facilities and enable us to offer imaging tests at up to 50% off usual and customary prices.

This is a FREE card. No purchase or service is necessary. THIS IS NOT INSURANCE.  
Not medical advice. Medical information only.



# COMPLETE WELLNESS—ACT NOW

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## ASSESSMENT

- Individual Member Health Evaluations
- Health Assessment
- Algorithms to Detect Member Risk



## NURSE HOTLINE

- Live & On-Demand Services
- 24/7 Nurse Triage



## TELEMEDICINE

- Live Video Consultations
- Non-Emergency Visits with Physicians
- Prescription Discounts
- Chronic Condition Management



## LIFE SUPPORTING SERVICES

- Dental Discounts
- Prescription Discounts
- Vision Discounts
- Discounts on Labs, MRI, and Supplies
- Educational Resources
- National Legal and Financial Services
- Concierge Medicine



## THERAPY

- Individual, Family, and Couples
- Stress Management
- Grief and Loss
- Addiction & Recovery



## WELL-BEING

- Weight Loss Programs
- Fitness and Stress Reduction Programs
- Nutritional Services and Products
- Smoking Cessation
- Women's Health
- Men's Health
- Holistic vWell-Being



## INTEGRATIVE MEDICINE

- Homeopathic & Naturopathic Medical Care
- Bioidentical Hormone Replacement Therapy
- Education & vWebinars





# UBS HEALTH



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