10 Valuable tools to help you live a healthier life. Tools and resources to help you make the most of your health care coverage. 

1. myuhc.com
   1. Video: [myuhc.com at a Glance](http://www.welcometomyuhc.com/myuhc-videos/at-a-glance/) 1:56
   2. Email: [Resources at your fingertips](https://www.uhctools.com/myuhc_e_resources)
   3. Flyer: [How to Register](https://www.uhctools.com/assets/100-8878%20How%20to_register-on-myuhc%5b1%5d.com.pdf)
   4. Email: [How to find a physician on myuhc.com](https://www.uhctools.com/myuhc_e_find_physicians)
   5. Video: [Compare Doctors and Facilities](http://www.welcometomyuhc.com/myuhc-videos/provider-search/)  1:24
   6. Member Prior Authorization 
2. myHealthcare Cost Estimator
   1. Video: [myHealthcare Cost Estimator](http://www.welcometomyuhc.com/myuhcguidedtour/#estimate)  :50
   2. Email: [Treatment Cost Estimator on myuhc.com](https://www.uhctools.com/myuhc_e_tce)
   3. Marketing Toolkit: [myHealthcare Cost Estimator HR Marketing Toolkit](https://www.uhctools.com/assets/myHCE%20HR%20Marketing%20Toolkit.zip)
3. Health4me app
   1. Video: [Health4Me App](http://www.welcometomyuhc.com/myuhc-videos/mobile/) 1:36
   2. Flyer: [Health4Me App Flier](https://www.uhctools.com/assets/Health4Me_SellSheet_B2C_FINAL.pdf)
4. Healthy Mind Healthy Body monthly newsletter
   1. Email: [Healthy Mind healthy Body eNewsletter](https://www.uhctools.com/myuhc_e_hmhb)
   2. Sample: [High Blood Pressure](https://www.uhctools.com/assets/prebuilt_2014_blood_pressure.pdf)
   3. Web: [Health Observances](https://www.uhctools.com/health_observances)
5. Health Care Lane
   1. Email: [Health Care Lane](https://www.uhctools.com/hcl_email)
   2. Flyer: [Welcome To Health Care Lane](https://www.uhctools.com/assets/100-9314%20Health%20Care%20Lane%20flier.pdf)
6. UHC.TV for Health and Happiness
   1. Video: [UHC TV Promotional Video](https://www.uhctools.com/assets/UHC_UHCTV_Promo.wmv)
   2. Email: [One online station -- six awesome channels](https://www.uhctools.com/preview/uhctv_email)
   3. Flyer: [UHC TV Flier](https://www.uhctools.com/assets/100-11367_UHC%20TV%20Sell%20Sheet%202_2013.pdf)
7. myNurseLine
   1. Email: [Live Nurse Chat](https://www.uhctools.com/myuhc_e_nursechat)
   2. Flyer: [myNurseline Flyer](https://www.uhctools.com/assets/Nurseline%20Sell%20Sheet.pdf)
8. Preventative care
   1. Email: [UHC Understanding Preventative Care Email 1](https://www.uhctools.com/assets/M49227-B%20Understanding%20Preventive%20email1%20FINAL%207-11.pdf)
   2. Flyer: [UCH Preventative Care Flyer](https://www.uhctools.com/assets/Preventive%20Care%20Guide.pdf)
   3. Flyer: [Healthy Pregnancy Program Brochure](https://www.uhctools.com/assets/healthy_pregnancy_flier_100-2254.pdf)
   4. Flyer: 
   5. Email: [20 Ways to Halt Pre-Diabetes in its Tracks](https://www.uhctools.com/diabetes_20ways)
   6. Flyer: [The Healthy Back Program](https://www.uhctools.com/assets/M45069-F%20healthy%20back%20flyer.pdf)
9. Source4Women
   1. Email: [What is Source4Women](https://www.uhctools.com/source4women_description)
   2. Flyer: [Source4Women Flyer](https://www.uhctools.com/assets/100-9082%20S4W%20Flyer%20FINAL%20030210.pdf)
   3. Seminars: [2015 Schedule of online Seminars](https://www.uhctools.com/assets/M48694-C_Source4Women_Calendar_2015_highres.pdf)
10. Multicultural Benefit Tool
    1. [www.uhclatino.com](http://www.uhclatino.com)
    2. [www.uhcasian.com](http://www.uhcasian.com)
    3. [www.uhcgenerations.com](http://www.uhcgenerations.com)