



Support for life's big decisions.

Some decisions are easy to make. But when you're facing an important health decision, it's not always easy to know where to turn or what options are available. We're here to help. Best of all, this service is available at no additional cost as part of your benefit plan.

Our nurses are here to help you:

- Learn more about a diagnosis
- Understand treatment options
- Work more effectively with your doctor
- Find resources you may not be aware of today
- Schedule a second opinion
- Estimate treatment costs
- Know what to expect from surgery and prepare for recovery
- Make a decision that's right for you

Our nurses have the in-depth knowledge and experience to provide you with information on:

- Low back pain
- Hip Pain
- Knee Pain
- Shoulder Pain

Your starting — and end — point for answers. Call today.

Orthopedic Decision Support



For more information, call:

1-877-BEN-YMCA

Advocate4Me@uhc.com

TTY callers, please call 711 and ask for the number above. Nurses are available Monday through Friday, 8 a.m. to 8 p.m. local time.



YMCA EMPLOYEE BENEFITS
A nonprofit benefit Plan exclusively
serving YMCAs since 1970.



UnitedHealthcare®

This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this service is for informational purposes only and provided as part of your health plan. The nurses and other representatives cannot diagnose problems or recommend treatment and are not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. The program is not an insurance program and may be discontinued at any time.

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