



Supporting women's health: Inclusive care from UnitedHealthcare Global

Women's health is a lifelong journey filled with unique focuses and needs. By being aware of the health issues specific to women at every age and life stage, as well as the opportunities to provide quality care, we can help support girls and women around the world. UnitedHealthcare Global offers innovative services and resources, like LiveWell and MyWellbeing, for more inclusive and consistent care for women.



What is LiveWell?

LiveWell portal and app provides members access to health and wellness related resources. The portal and app offer an extensive e-library that provides advice, fact sheets, articles and additional resources for a broad range of personal and work-related topics.



What is MyWellbeing?

My Wellbeing is a digital health platform provided by Optum®, a UnitedHealth Group® company, designed to help members create positive behavioral changes and healthy habits.

It combines support for body, mind and lifestyle to help increase overall health and wellbeing.

Girlhood and adolescence:

- Focus: Nutritional needs, mental health, body image concerns, and adolescent behaviors.
- How LiveWell and MyWellbeing can help:
 - Access to educational resources on nutrition and mental health
 - Support for building healthy habits and positive body image
 - Guidance for making responsible decisions

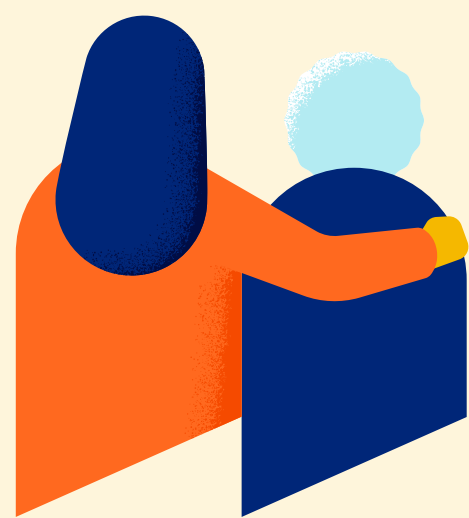
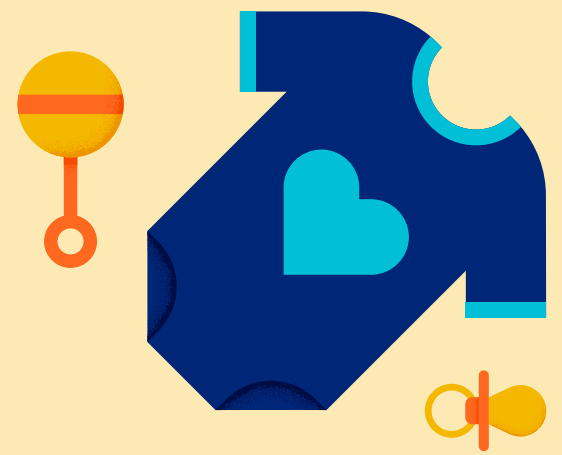


Adulthood: Ongoing wellness and prevention

- Focus: Annual wellness exams, reproductive health, and overall wellbeing.
- How LiveWell and MyWellbeing can help:
 - Guidance on preventive care and screenings
 - Personalized goals and support for healthy lifestyle choices
 - Resources for **family planning** and reproductive health education

Family Planning, pregnancy and motherhood

- Focus: **Prenatal care**, postpartum care, and emotional wellbeing.
- How LiveWell and MyWellbeing can help:
 - Guidance through regular check-ups and **educational support** during pregnancy
 - Resources for **postpartum care** and emotional support
 - Guidance and resources on infant care and parenting

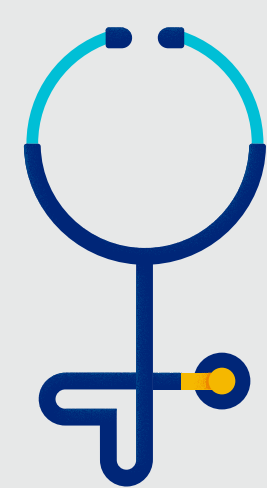


Menopause and beyond

- Focus: Hormonal changes, physical and emotional well-being, and long-term health.
- How LiveWell and MyWellbeing can help:
 - Education and support for managing menopause symptoms
 - Support through regular check-ups and monitoring of health risks
 - Resources for maintaining overall wellbeing during the transition

There for what matters

UnitedHealthcare Global is there for what matters at every stage of a woman's health journey. Through member services and programs like LiveWell and MyWellbeing, we provide the support and resources that help empower women to make informed decisions and thrive in their health and wellbeing.



United Healthcare Global

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