



Meet Your UnitedHealthcare Onsite Resources



Beth Granger — Onsite Health Coach

(813) 535-0482 COTcoach@uhc.com



YOUR Onsite Health Coach can help you with the following:

- ◆ Acts as liaison: Between insurance company, providers, nurse liaison and the patient
- ◆ Encourage patients to take self-responsibility for their health by teaching the concept of wellness through various health initiatives & resources offered at the City
- ◆ Bridges the gap between medical recommendations and patient's abilities to successfully implement those recommendations into their lifestyle using Wellness Resources
- ◆ Takes a holistic approach to wellness that goes beyond food & diet - to explore ways a patient can improve their quality of life
- ◆ Facilitates health through sustainable behavioral change

Omar Rosa Lopez, MHA, BSN, RN - Onsite Nurse Liaison

(813) 482-4856 COTnurse@uhc.com



YOUR Onsite Nurse Liaison can help you with the following:

- ◆ Assist you in managing chronic conditions
- ◆ Identify and recommend medical condition-specific programs
- ◆ Help you find a network provider or facility
- ◆ Help choose appropriate medical care and guide you through treatment options
- ◆ Assist you in navigating UnitedHealthcare wellness tools and resources
- ◆ Assist you with medication management

Bryant Roperto - Onsite Representative

(813) 274-8279 COTonSiteRep@uhc.com



YOUR Onsite Benefits Representative can help you with the following:

- ◆ Find a PCP or specialist for a specific condition
- ◆ Assist claims details and claims payment status
- ◆ Assist with Flexible Spending Account and Health Reimbursement Account questions
- ◆ Assist you with choosing the Right Health Care Setting and providing comparison cost of care
- ◆ Management of pharmacy benefits; assist with researching lower cost pharmacy options