

Navigating the Course for a Healthier YOU!

Amy Hertog, RN, BSN

Pinellas County Government Nurse Liaison



Background and Interests

- 20 years of nursing experience
 - ✓ General medical-surgical
 - ✓ Cardiology services
 - ✓ Wound/ostomy care
- Education:
 - ✓ Wright State University, BSN
 - ✓ Sinclair Community College, ASN
- Personal:
 - ✓ Special interest in diabetes management
 - ✓ Mom of 3 including UCF student (Go Knights!)
 - ✓ Love to visit museums, historical homes



Responsibilities

- Provide coaching and support for individuals and groups
- Teach employees to use wellness tools and resources
 - ✓ Finding a doctor or specialist
 - ✓ Using the myUHC website or Health4Me app
 - ✓ Pricing a procedure or treatment with the Cost Estimator tool
- Provide referrals to clinical and community programs including disease and case management programs
- Assist with managing a disease or medications
- Offer non-invasive health screenings and health education



Services Not Offered

- **Claims:**
 - ✓ For claims issues, call the number on the back of your insurance card.
- **Hands-on Medical Services:**
 - ✓ For example, no diagnoses, medical treatment, blood tests, or flu shots.
 - ✓ Please contact your doctor/clinic or Virtual Doctor.



myuhc.com®

Site Login

Username

Password

Login

[Forgot your username or password?](#)

Need a username and password?

Get a username and password through our free registration process for people enrolled in a UnitedHealthcare plan

Register Now

You must be [13 or older to register](#)

What would you like to do today?



Manage My Claims



View Online Statement



View Account Balances



Look up My Benefits



Virtual Visits



View ID Card



Find a Doctor



Rally Health Survey



Estimate Health Care Costs



Extra Programs & Discounts



Information Center

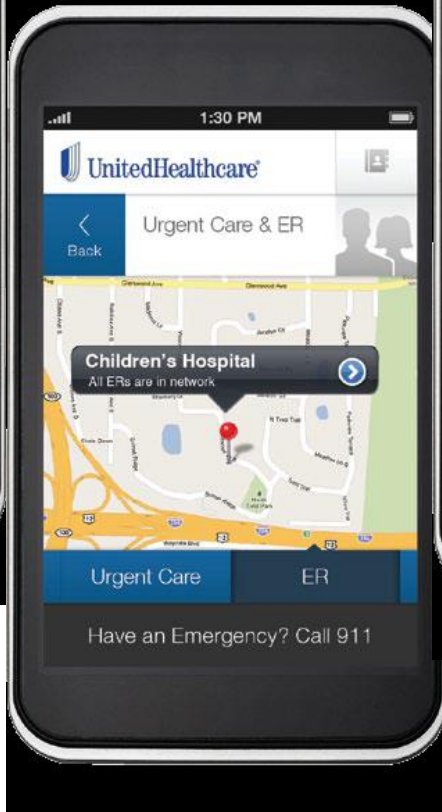
Search for Network Providers

Find doctors and facilities in your network by name, specialty, facility, or condition.



Find a Provider

Health4Me app



A personal touch.
Connecting you with helpful, professional people when you need it. Health4Me asks what you need, then a Health Advisor contacts you.

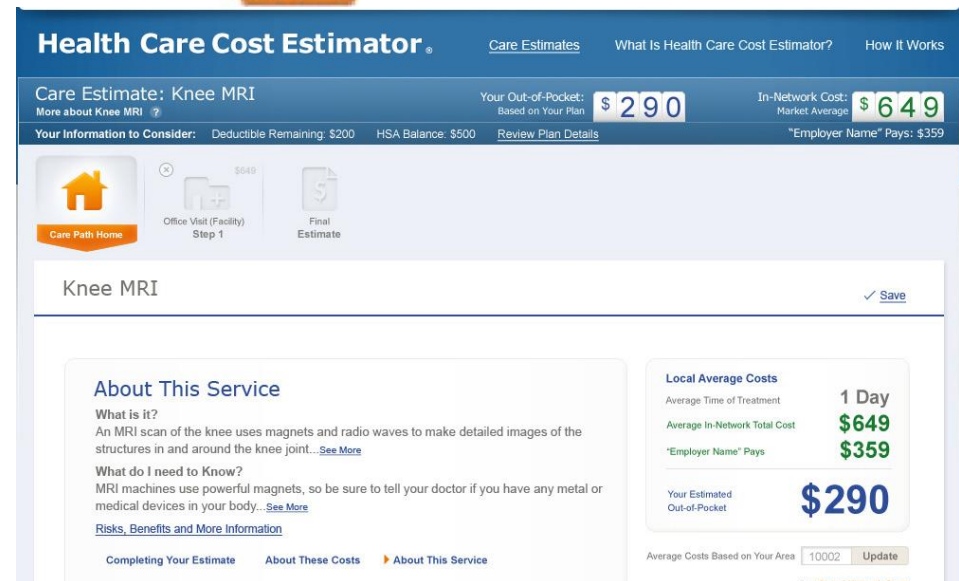
myHealthcare Cost Estimator



This digital tool empowers you to make informed decisions about your health care.

Before you go to the doctor, get to know the **4 Ps**:

- ✓ **Procedure**
- ✓ **Provider**
- ✓ **Price**
- ✓ **Place**



Consultations are strictly **confidential**
and will not be shared with
Pinellas County Government.



Contact Info

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