Oxford offers many Value-Added benefits that help contribute towards our goal of Helping People Live Healthier Lives.

Oxfordhealth.com mobile
Access oxfordhealth.com when you're on the go. Log-in with your username and password from your Smartphone and search for doctors, request ID cards, look up your benefits and view your claims. Enter oxfordhealth.com into your web browser to begin accessing the benefits that our mobile app has to offer.

OptumizeMe Mobile Application- Helping friends connect and compete for better health
OptumizeMe is a healthy challenges free mobile app built on the premise that healthy should be fun, mobile and social. Search for the OptumizeMe application in your Smartphone’s App store.

Source4Women Online Seminars
Our monthly online seminars cover health care topics that are important to women, are fully interactive and feature expert speakers in health, wellness and nutrition. To register, visit www.source4women.com and click on ‘online seminars’. All seminars are recorded and archived for viewing after the live seminar date.

Oxford On-Call-Health Care Guidance, 24 hours a day
Speak with a registered nurse who can guide you to the most appropriate source of care, chat online about general health questions or listen to recorded messages on more than 1,100 topics. Call 1-800-201-4911 to speak to a registered nurse today.

Healthy Bonus Values
Our Healthy Bonus program offers discounts on products and services that can help you make the best kind of investment: a healthy lifestyle. For more information go to oxfordhealth.com, click on the “Tools and Resources” link, and then on “Healthy Bonus Member Discounts”

Gym Reimbursement
To help you stay motivated and achieve your fitness goals, we provide reimbursement towards fitness center membership fees. Please check your Certificate of Coverage to determine eligibility for this reimbursement and review the Gym Reimbursement form for specific details.

Oxford created the first tri-state (NY, NJ, CT) area’s first fully credentialed network dedicated to Complementary and Alternative Medicine. Our CAM providers offer discounts in the fields of Nutrition, Chiropractic Medicine, Massage, Yoga and Acupuncture. Search for providers on www.oxfordhealth.com.

Personalized Health Assessment- Sometimes, the most important step is your first.
Take your first step towards a healthier life by taking a free, personalized health assessment at www.oxfordhealth.com. Use the 50-question assessment to identify your personal health needs and “lifestyle score”, learn healthy habits and access health improvement resources.

Online Health Coach Programs
Based on your Health Assessment results, our online health coach programs create personalized health improvement plans that help activate and encourage you to embrace behaviors that can lead to a healthier lifestyle. Each highly interactive program lasts 5 weeks and provides support every step of the way.

UHC.TV is a new online television network that presents relevant, focused, educational and entertaining video programs about good health and living well to help people get inspired to grow healthy and live better. From expert advice on healthy living to side-splitting comedy, it’s available online anytime at www.uhc.tv

UnitedHealthcare Smart Patient – Mobile Application that helps you take control of your health care decisions by becoming a smart patient. Keep track of key readings such as blood pressure, body mass index, cholesterol, and waist circumferences. Record upcoming appointments. Use Checklists for what questions you should ask at the doctor or pharmacy. Record voice or text notes to remember doctor’s orders. Search for Smart Patient in your Smartphone’s App Store.