

And, tips for safe disposal of unwanted medications.

Having trouble viewing this email? [Click here.](#)

Plan holder since: January 2015

eNEWS *for you*

March/April 2024

AARP | Medicare Supplement
from  **UnitedHealthcare**

3 ways to safely dispose of old medications



Need to figure out what to do with expired or unwanted medications, including prescription drugs? Unfortunately, it's not as easy as throwing them away in the trash can. Here are 3 ways to safely get rid of your old medications.

Toss your meds

New medicine reminders

5 things to keep in mind when being prescribed a new medication.

See checklist

Should you take supplements?

What you should know before swallowing the hype.



Possible risks

Medicare spotlight:

Colonoscopy coverage

A colonoscopy is one way to screen for colorectal cancer, one of the most common types of cancer in the United States¹. Medicare fully covers one colonoscopy every 10 years, or one every 24 months if your doctor determines you are high risk.

If follow-up tests or services are required, including polyp removal, your AARP® Medicare Supplement Plan from UnitedHealthcare® will help cover some of the medical costs. (If your plan requires you pay the Part B deductible of \$240, you will need to satisfy that first before the plan covers the Medicare-eligible costs.)

[Log in for plan coverage details](#)

Your plan on the go

Access payments, claims, plan benefits and more on the UnitedHealthcare mobile app.

[Download on Google Play](#)

[Download at Apple App store](#)

Member discounts

Check out a new program that offers health and wellness savings.

[Log in to view](#)

Rx questions?

Nurses can discuss drug safety and side effects over the phone.

[Call 1-888-543-5630, TTY 711](#)

Sample, your ONLINE REGISTRATION STATUS:

[log in](#) to access plan info and content.

Stay connected 

¹ "Cancer Stat Facts: Common Cancer Sites," NIH, National Cancer Institute, <https://seer.cancer.gov/statfacts/html/common.html>

These offers are only available to insured members covered under an AARP® Medicare Supplement Plan from UnitedHealthcare. These are additional insured member services apart from the AARP Medicare Supplement Plan benefits, are not insurance programs, are subject to geographical availability and may be discontinued at any time. None of these services should be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. Note that certain services are provided by Affiliates of UnitedHealthcare Insurance Company or other third parties not affiliated with UnitedHealthcare.

24/7 Nurse line

The information provided through these services is for informational purposes only. Your health information is kept confidential in accordance with applicable law. This is not a substitute for your doctor's care. Nurses and other representatives from these services cannot diagnose problems or recommend treatment. All decisions about medications, vision care, hearing care, health and wellness care or other care are between you and your health care provider. Consult your doctor prior to beginning an exercise program or making changes to your lifestyle or health care routine.

Links are made available so that you will have an opportunity to obtain information from the third party on its website. Links are provided solely as a convenience and not as an endorsement of the content of the third-party site or any products or services offered on that site. UnitedHealthcare is not responsible for the content on any linked site or any link contained in a linked site. UnitedHealthcare does not make any representations regarding the content or accuracy of the materials on such sites.

UnitedHealthcare Insurance Company and affiliates pay royalty fees to AARP for the use of intellectual property. These fees are used for the general purposes of AARP. AARP and its affiliates are not insurers. Insured by UnitedHealthcare Insurance Company or an affiliate (collectively "UnitedHealthcare"). Refer to your Certificate of Insurance for your Insurer. For New York Certificate holders: Insured by UnitedHealthcare Insurance Company of New York. For Washington Certificate holders: Insured by UnitedHealthcare Insurance Company.

About this email.

You're receiving this because you have AARP® Supplemental or Personal Health Insurance coverage from UnitedHealthcare.

Please don't reply to this automated email address; this mailbox is used for outbound email only. Do not send personal information, such as your username, password, or plan information, as part of any email communication. UnitedHealthcare is committed to protecting the confidentiality of your personal information.

Manage your email preferences.

Be sure these email updates get delivered. Add us to your address book.

Don't want to get any future emails like this? [Unsubscribe from "eNews."](#)

This email was sent by UnitedHealthcare Insurance Company
PO BOX 30607 | Salt Lake City, UT 84130-0607

To contact UnitedHealthcare, please call 1-800-523-5800 or send written communication to the above address.

Your privacy is important to us.

See our [privacy policy](#).

© 2024 United HealthCare Services, Inc. All rights reserved.

EM26098ST