

# UMR Pre-Medicare PPO Plans Additional Benefits

If you have questions about these programs, UMR is ready to assist. Call 866-683-6435 or [visit the UMR website](#).

<b>Orthopedic Health Support (OHS)</b>	If you suffer from back, knee, or hip pain, the Orthopedic Health Support nurse team can help you understand your treatment options, decide where to go for care, and enjoy lower costs and a shorter recovery if you do need surgery. Call 888-936-7246 to enroll.
<b>Real Appeal</b>	Real Appeal is a free online lifestyle and weight management program where a coach will help you learn how to handle emotional eating, lack of motivation and more. <a href="#">Learn more or enroll here</a> .
<b>One Pass Fitness Center Program</b>	With One Pass you receive free fitness center memberships to any participating gym or fitness centers nationwide, an annual personalized fitness plan, and access to on-demand workout videos and livestreaming classes. <a href="#">Visit Rally Health to get started</a> .
<b>Talkspace</b>	With Talkspace online therapy, you can communicate with a therapist safely and securely from your phone or computer with a \$0 copay. <a href="#">Find a provider at talkspace.com</a> .
<b>UnitedHealthcare Hearing</b>	Access hundreds of name-brand and private-label hearing aids and personalized care to help you improve your hearing through UnitedHealthcare Hearing. <a href="#">Visit uhchearing.com for more information</a> .