



# Traveling with Paramount Benefits

## UnitedHealthcare

### Traveling within the United States

UnitedHealthcare provides a national network of more than 911,000 doctors and 5,600 hospitals. When you are traveling or have a covered dependent going to school out of state, a network doctor or hospital is likely to be close by. Using a network provider will keep your out-of-pocket costs lower.

### Traveling outside the United States

When you are traveling outside of the United States and find yourself in need of urgent or emergency medical care, call a UnitedHealthcare nurse 24/7 at **1-877-884-2266** for assistance in:

- Speaking to a nurse about your current condition or symptoms
- Getting information to help you make an informed decision on where to seek care
- Obtaining help in the event of an emergency

If you have difficulty connecting to this toll-free number, try redialing using **00 + 1 + 877-884-2266**. Because there are no UnitedHealthcare provider networks outside the U.S., you will have to pay for the services up front and submit a claim for reimbursement when you return home. Whenever possible, consider using a credit card to pay for medical services, as most major credit card companies will automatically calculate the rate of exchange into U.S. dollars. You can find and download a standard medical claim form on [myuhc.com](http://myuhc.com) under Claims and Accounts and submit your claims as soon as you return home.

## 24/7 Virtual Visits for urgent care \*

Virtual visits are a great way to get care when you are away from home. Connect with a doctor by phone or video anytime.\* Physicians can diagnose, treat, and write prescriptions if needed for most non-urgent medical conditions (a good option for you if you become ill while traveling or need a prescription refill).\*\* Most visits take just 10 to 15 minutes and cost less than \$50. Virtual Visits are covered as part of the UnitedHealthcare plan.

**Visit [myuhc.com](http://myuhc.com)** > Find Care & Costs > Virtual Care or call **1-855-615-8335** (24/7 Virtual Visit by phone)

\*Data rates may apply

\*\*Certain prescriptions may not be available, and other restrictions may apply.

## CVS Caremark

### Prescription services \*

If you are taking a long trip, you may need to request an early refill so you have enough medication for the duration of your trip. If you have a dependent traveling outside of the United States for school and they need a prescription for the duration (more than 90 days) of their time abroad, or if you lose your medication while traveling, you may need to get a new prescription. Call CVS/Caremark at **1-866-601-9090** or visit [caremark.com](http://caremark.com).

\*Services are only available to UnitedHealthcare members. If you are enrolled in a plan that is not administered by UnitedHealthcare, please contact the plan you are enrolled in for details on benefits while traveling. If you are enrolled in a Kaiser Permanente plan or UPMC plan, you're covered for emergency care anywhere you travel outside of the Kaiser Permanente or UPMC areas. Routine services, such as physicals and well-child visits, are not covered outside of Kaiser Permanente or UPMC areas. For details, contact Kaiser at 1-800-464-4000 or contact UPMC at 1-888-876-2756.

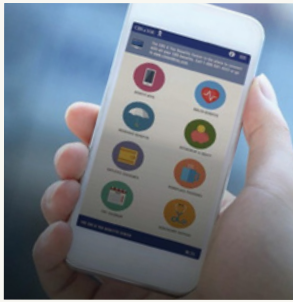
## Emergency coverage provided worldwide

**An emergency** is a serious medical condition resulting from an injury or illness that requires immediate medical attention. **In an emergency, no matter where you are, call 911, your local emergency number or go to the nearest emergency room for treatment. In an emergency, all emergency rooms are considered at the network benefit level.\***

\*If you receive treatment for an emergency in a non-network facility, you may be transferred to a network facility once the condition has been stabilized. The information provided through United Healthcare nurses is for informational purposes only and provided as part of your health plan. Wellness nurses, coaches and other representatives cannot diagnose problems or recommend treatment and are not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. The program is not an insurance program and may be discontinued at any time.

Locate network doctors at:

- **[myuhc.com](http://myuhc.com)** (single sign-on through the **Total Rewards portal**)
- UHC Health4Me app (part of the Paramount Mobile Wallet Card)
- Call **1-877-884-2266**



## Paramount Mobile Wallet Card

### Need hand-held help while traveling?

Add the Paramount Mobile Wallet Card to your mobile phone for easy access to key benefit information and tools, including benefit apps and provider contact information.

BONUS: Share the wallet card with your dependents who may be away from home.

<https://www.mercerhrs.com/walletcard/paramount/>

## The Paramount Total Rewards Portal

The Paramount Total Rewards portal is your complete hub for all health resources, work-life programs, benefit providers, and more! Convenient single sign-on to the United Healthcare, CVS/Caremark, and other benefit provider websites means no additional passwords are needed.

Make the Total Rewards portal your go-to for all your health and benefit needs: <https://totalrewards.paramount.com>

## Paramount Global Security Center

The Paramount Global Security operations Center (GSOC) is a global communications and assistance center, available 24/7 to all corporate employees and productions. The GSOC monitors global news and events, coordinates help for productions during an incident or emergency, and has resources for security and crisis planning.

For additional resources or to report a security incident, please access the [Paramount GSOC website](#).

## International SOS

International SOS (ISOS) makes it their mission to keep you, as a traveler, safe and prepared throughout every part of your trip. International SOS is available 24/7 and provides and coordinates in-country medical services globally. If you need medical assistance or medical advice while traveling internationally, you can contact or access them in the following ways.

On the web: Visit International SOS on the web, where you can also find security, safety and medical information on countries you are visiting for business or pleasure. Please note the Paramount membership # is **11BCPS000081**.

By phone: Call International SOS at +1 (215) 942-8226.

24-hour call centers are staffed with on-duty physicians. When you call, inform them that you are with Paramount Global.

## Onsolve App

The GSOC uses Onsolve to send emergency alerts and crisis communications worldwide. It gives recipients the ability to respond in a variety of ways and have direct communications back to the GSOC, providing critical information for business continuity, disaster recovery, and organizational efficiencies.

OnSolve Mobile gives authorized mobile users an easy and efficient way to send alerts directly from their smartphone and serves as a way for recipients to receive and view alerts they've been sent from Paramount without having to remember a number or contact. Users can utilize the app to send an SOS if in need of help while traveling, report an incident as it occurs, or receive an alert through the app if there is an incident in their area.

Download the "Onsolve" app from your provider store \*Note: The sub-label for this app is "productivity"  
Enter your organization workspace as "Paramount"

## Exclusive Travel Deals

### LifeMart

Everyone loves saving money while traveling! Check out LifeMart through Care.com (F/K/A LifeCare) for all travel discounts prior to your trip.

Car rentals - i.e. up to 35% off AVIS

Cruises - i.e. up to 1k spend at Royal Caribbean

Flights - i.e. up to \$75 off at SmartFares

Hotels - i.e. less than \$100/night at Hotels.com

Theme Parks - i.e. up to 65% off at Busch Gardens

Visit [LifeMart here](#) and use code "Paramount" to register.

### ICON Company Store

The ICON site offers a wide array of travel and merchandise deals including special discounts on products that are not available to the general public. With a selection of merchandise from the names you love to amazing travel specials, there's something for everyone!

Register for free [here](#) by visiting the "User Login" box in the middle of the homepage. Click "New User - create an account", fill out the registration form and submit. The form will automatically be sent to ICON and once approved, you'll receive an email within 24 hours granting you access to the site.