



The Smart Patient app from UnitedHealthcare

Get smart tools to help you take control of your health.

UnitedHealthcare Smart Patient is designed to keep you involved in your health care and help you make more informed choices at every step.

My Numbers

Track the five numbers that are keys to good health. Monitor these important health indicators using charts that show a snapshot over time. Set reminders to alert you when it's time to update your numbers, including:

- Blood pressure
- Blood sugar
- Body mass index (BMI)
- Cholesterol
- Waist size

My Appointments

Set reminders for upcoming medical appointments. Record dates and times so you don't forget.

My Checklists

Smart patients come prepared with questions. Use these checklists to help you determine what to ask:

- During a doctor's appointment
- Before a medical test
- After a diagnosis
- When filling a prescription
- Before surgery
- When being released from the hospital
- If it's time to go to the emergency room

Doctor's Orders

Record and save voice and text notes. It's a great way to remember your doctor's orders.

Tips from The Dr. Oz Show®

Watch short, informative videos from The Dr. Oz Show. Get practical information and helpful health and wellness tips.

Smart Patient Videos

Watch videos from UHC.TVSM to help you be a smart patient.



Visit BeASmartPatient.com/App to learn more.

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