

Subject line: Register for UnitedHealthcare Motion® and earn rewards

Preheader: Get started with Motion today at no extra cost as part of your health insurance plan



UnitedHealthcare Motion®

Move more, make more

You could earn over \$1,000 in rewards when you get moving and meet program goals.¹ Simply track your steps or activities to get rewards.

Get Started



There are so many ways to get FIT

Motion rewards you for many types of movement: Bike, walk, run, swim or hop on the elliptical—the choice is yours!



Frequency

Walk 6 times a day with at least an hour in between²



Intensity

Move with intensity for 30 continuous minutes



Tenacity

Complete 10,000 steps in your day

Try for one or do all three—you'll get rewarded for each FIT goal you complete



Let's Get Moving

Learn how to get a tracker when you register at unitedhealthcaremotion.com. Once your employer's health insurance plan is effective for the plan year, you can take advantage earning rewards with eligible Motion activities.

Get Started

¹Motion is available at no extra cost and rewards vary by plan.

²Visit unitedhealthcaremotion.com for specific goal requirements.

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UnitedHealthcare Motion is a voluntary program. The information provided is for general informational purposes only and is not intended to be nor should be construed as medical advice. You should consult an appropriate health care professional before beginning any exercise program and/or to determine what may be right for you. Receiving an activity tracker and/or certain credits and/or purchasing an activity tracker with earnings may have tax implications. You should consult an appropriate tax professional to determine if you have any tax obligations under this program, as applicable. If any fraudulent activity is detected (e.g., misrepresented physical activity), you may be suspended and/or terminated from the program. If you are unable to meet a standard related to health factor to receive a reward under this program, you might qualify for an opportunity to receive the reward by different means. You may call us toll-free at 1-855-256-8669 or at the number on your health plan ID card, and we will work with you (and, if necessary, your doctor) to find another way for you to earn the same reward. Rewards may be limited due to incentive limits under applicable law. Subject to HSA eligibility, as applicable.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

For more information and to register your activity tracker visit: unitedhealthcaremotion.com.

For questions: 1-855-256-8669 (TTY: 711) or email unitedhealthcaremotion@uhc.com