

# Take steps to healthier.



## Walking every day may help you earn health savings account credits.

Walking may be one of the easiest ways to maintain an active and healthier lifestyle. With the UnitedHealthcare Motion® incentive program, walking may even help you save on health care costs. So if you're looking to help boost your well-being and lower your health care costs, just lace up your sneakers and go.

## Increased physical activity and rewards go hand in hand.

You and your enrolled spouse can use Motion to help take greater control of your health while **earning up to \$3 per day in health savings account (HSA) credits** for meeting specific Frequency, Intensity, Tenacity (FIT) goals. These credits are deposited quarterly into your HSA.

### UnitedHealthcare Motion

Taking steps to help you with:

- Healthy behaviors.
- Lower costs.
- Convenience/time savings.

If you have questions about your health plan, call the number on your health plan ID card.

# Try to hit your FIT goals every day.

- F** **Frequency**, or the number of times you are physically active.
- I** **Intensity**, or periods of time of high physical activity.
- T** **Tenacity**, or achieving total daily activity goals.

## All you have to do is meet the walking goals and review your progress to help you earn credits.

Motion promotes physical activity through the use of a compatible activity/fitness tracker.

Three ways to earn <sup>1</sup>		HSA
<b>F</b>	<b>Frequency</b> 300 steps in 5 minutes; 6 times a day, at least 1 hour apart.	\$1
<b>I</b>	<b>Intensity</b> 3,000 steps in 30 minutes.	\$1
<b>T</b>	<b>Tenacity</b> 10,000+ total daily steps.	\$1
		<b>\$3/day</b> <b>\$1,095/year</b>

## Hit all of the daily goals and you can earn up to \$1,095\* per year.

Incentives are processed quarterly and will be available in your HSA. Since the money in your HSA is yours, you can carry over all the money from year to year.

## Quick start registration credit.

To make sure you're off to a great start, we'll give you a **\$55 credit** right away—just for getting set up. You can use your credit toward the purchase of a compatible activity tracker, some of which are offered at no additional cost to you.

\* Not to exceed federal maximum incentive guidelines.  
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## Get started.

- 1 Visit [unitedhealthcaremotion.com](https://unitedhealthcaremotion.com) to register and activate your UnitedHealthcare Motion account.
- 2 Next, you can select your fitness tracker and apply your registration credit toward the purchase of a compatible tracker, which will be shipped directly to you.
- 3 Once you receive your fitness tracker in the mail, you can download the UnitedHealthcare Motion app on the App Store® or Google Play™ to sync your device.
- 4 Wear your activity tracker every day and begin walking to reach your daily goals. And go online to [unitedhealthcaremotion.com](https://unitedhealthcaremotion.com) to view detailed information on your progress, FIT goals and credits earned. Your fitness tracker will record and upload your daily physical activity and provide real-time feedback to help you keep track of your walking goals.
- 5 You will receive quarterly deposits into your HSA based on the credits you have earned in the previous quarter. You can then use these deposits to reimburse eligible medical expenses.

**Please Note:** Credits earned throughout the quarter can be used to purchase or buy up new devices or accessories within the quarter, until the credits are placed into your HSA.

## How does Motion work with your HSA?

Rewards earned from Motion are deposited into your HSA once a quarter, and can be used to help cover eligible out-of-pocket medical or pharmacy expenses accrued during the plan year. You can sign in to [myuhc.com](https://myuhc.com)® at any time to view your HSA balance or submit a claim form online or via mail or fax. Check to ensure that your contributions do not exceed IRS limits and be sure to monitor your HSA contributions against the annual HSA contribution guidelines.



### Exercise is its own reward.

According to the American Heart Association, 30 minutes of moderate intensity physical activity at least 5 days per week may help you:

- Reduce the risk of coronary heart disease.
- Improve blood pressure and blood sugar levels.
- Maintain body weight and lower the risk of obesity.
- Enhance mental well-being.
- Reduce the risk of breast and colon cancer.



## Questions?

For information and to register your activity tracker, visit [unitedhealthcaremotion.com](https://unitedhealthcaremotion.com).



<sup>1</sup> Rewards earned from eligible members in the Walk-It-Off payment option will be applied monthly to outstanding device balance.

### **Motion incentives are only available to HSA eligible employees.**

The UnitedHealthcare plan with Health Savings Account (HSA) is a high deductible health plan (HDHP) that is designed to comply with IRS requirements so eligible enrollees may open a Health Savings Account (HSA) with a bank of their choice or through Optum Bank, Member of FDIC. The HSA refers only and specifically to the Health Savings Account that is provided in conjunction with a particular bank, such as Optum Bank, and not to the associated HDHP.

UnitedHealthcare Motion is a voluntary program. The information provided under this program 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 from receiving an activity tracker and/or certain credits 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.

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ATENCIÓN: Si habla español (Spanish), hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al número de teléfono gratuito que aparece en su tarjeta de identificación.

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