

# MOTION Milestones



UnitedHealthcare Motion® provides eligible plan participants access to a range of wearables, including Apple Watch®, that enable them to earn over \$1,000 per year\* by meeting daily FIT walking goals.



Participants log an average of:  
**11,980 steps/day** OR **more than 2x** the average American adult.<sup>1</sup>

Since the program's launch, participants have collectively:

Earned nearly

**\$38**  
MILLION  
IN REWARDS

Walked more than

**235**  
BILLION  
STEPS



People with **chronic conditions** are more likely to participate by

**20%**

For people with **diabetes**, the participation rate increases by

**40%**

Among all eligible enrollees, **program participation** is more than

**45%**

Share of participants who **stay active for at least 6 months** is

**59%**

Almost 2x the same measure for gym membership usage.<sup>3</sup>

Some other employer-sponsored disease management programs report participation rates as low as 5%.<sup>2</sup>

## FIT GOALS

### Frequency

500 steps in 7 minutes  
(6x/day, 1 hour apart).

### Intensity

3,000 steps in 30 minutes.

### Tenacity

10,000 steps in one day.

\* Financial incentives may be less due to limits under applicable laws.

<sup>1</sup> Bassett, David R., Holly R. Wyatt, Helen Thompson, John C. Peters, and James O. Hill. 2010. "Pedometer-Measured Physical Activity and Health Behaviors in U.S. Adults." *Medicine & Science in Sports & Exercise* 42 (10): 1819-25. <https://doi.org/10.1249/MSS.0b013e3181dc2e54>

<sup>2</sup> Lynch, WD et al. 2006. "Documenting Participation in an Employer-Sponsored Disease Management Program: Selection, Exclusion, Attrition, & Active Engagement as Possible Metrics," *Journal of Occupational and Environmental Medicine*. 2006: (48):447-454.

<sup>3</sup> Sperandei, S et al. 2016. "Adherence to Physical Activity in an Unsupervised Setting: Explanatory Variables for High Attrition Rates among Fitness Center Members." *Journal of Science and Medicine in Sport* 19 (11): 916-20

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 activation credit 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 activation credit 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. Contact us by email ([will.shanley@uhc.com](mailto:will.shanley@uhc.com)) and we will work with you (and, if necessary, your doctor) to find another way for you to earn the same reward.

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