



Helping employees make healthier choices.

By rewarding employees for making good health and lifestyle decisions, UnitedHealth Personal Rewards® may lead to more empowered employees, better health outcomes and lower costs.

Incentives can make the difference.

UnitedHealth Personal Rewards combines incentives and engagement tools to help encourage employees to make more informed health and lifestyle decisions, such as getting recommended preventive care.

Financial incentives increase the impact of preventive care services.



7.9%

increase in cholesterol testing.²



7.7%

increase in annual preventive care visits.²

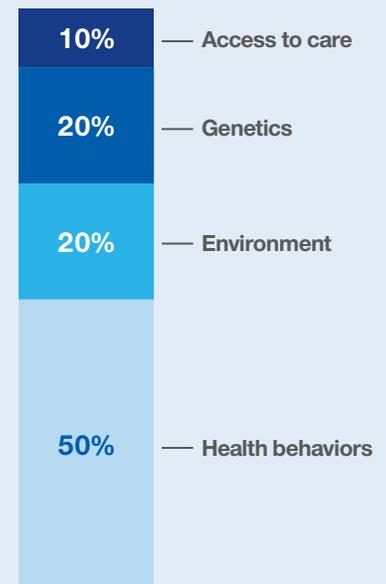


7.1%

increase in fasting blood sugar testing.²

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What affects our health?¹



Tailored solutions to help meet your needs.

Do you have an employee population at risk for diabetes? Want to help motivate employees to see their doctor every year? UnitedHealth Personal Rewards lets you choose solutions based on your group's health needs and your organization's incentive budget.

You choose how employees can earn their rewards:

- Completing health actions such as an annual exam, wellness program or Health Survey.
- Achieving specific health outcomes such as reaching a certain body mass index (BMI).
- Complying with wellness or clinical program requirements.

And how they're rewarded:

- Gift cards.
- Health savings account (HSA) deposits or reimbursements.
- Rally® Coins.

Personalized engagement through ongoing campaigns.

UnitedHealth Personal Rewards uses claims, demographics and other data to help identify health actions for each employee. Through targeted engagement campaigns and Rally—a personalized digital experience—employees receive reports that summarize their health actions, progress and incentives earned.

Evidence that incentives can work.

UnitedHealth Personal Rewards has achieved results in areas such as weight loss and overall program engagement.

30%

higher completion of adult wellness exams.³

5%

improvement in BMI, LDL, blood sugar and blood pressure.⁴



To learn more,
please contact your
UnitedHealthcare representative.



¹ Centers for Disease Control and Prevention. Chronic Disease Prevention and Health Promotion. www.cdc.gov/chronicdisease. Nov. 14, 2016.

² Boosting Workplace Wellness Programs with Financial Incentives. *American Journal of Managed Care*. October 16, 2017.

³ Study completed by UnitedHealthcare using UnitedHealthcare data from 2016.

⁴ Based on 2013 UnitedHealth Personal Rewards analysis of five clients with the program for 3+ years.

Participation in UnitedHealth Personal Rewards is voluntary and the health survey is confidential. If you are unable to meet a standard related to a health factor to obtain a reward under this program, you might qualify for an opportunity to earn the same reward by different means. Contact your plan representative and we will work with you (and, if necessary, your doctor) to find another way for you to earn the same reward. Log into myuhc.com and click on the Health and Wellness tab to learn more about the reward applicable to you. There is a maximum associated with these rewards. Employees and covered spouse (if applicable and eligible) can earn rewards separately. Children may not participate in the reward program. Incentives can be earned only once every plan year.

Rally Health provides health and well-being information and support as part of your health plan. It does not provide medical advice or other health services, and is not a substitute for your doctor's care. If you have specific health care needs, consult an appropriate health care professional. Participation in the Health Survey is voluntary. Your responses will be kept confidential in accordance with the law and will only be used to provide health and wellness recommendations or conduct other plan activities.

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

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