Walking every day may help you earn health reimbursement 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.

As UnitedHealthcare plan members, you and your enrolled spouse can use UnitedHealthcare Motion to help take greater control of your health while, at the same time, earning up to $4 per day in health reimbursement account (HRA) credits for meeting specific FIT goals. These credits are deposited quarterly into your HRA.

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.

CONTINUED
Try to hit your FIT goals every day.

- **Frequency**, or the number of times you are physically active.
- **Intensity**, or periods of high physical activity.
- **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.

<table>
<thead>
<tr>
<th>Three ways to earn</th>
<th>HRA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frequency</td>
<td>$1.50</td>
</tr>
<tr>
<td>300 steps in 5 minutes; 6 times a day, at least 1 hour apart.</td>
<td></td>
</tr>
<tr>
<td>Intensity</td>
<td>$1.25</td>
</tr>
<tr>
<td>3,000 steps in 30 minutes.</td>
<td></td>
</tr>
<tr>
<td>Tenacity</td>
<td>$1.25</td>
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<tr>
<td>10,000+ total daily steps.</td>
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</tbody>
</table>

$4/day
$1,460/year

**Hit all of the daily goals and you can earn up to $1,460* per year.**

Incentives are processed quarterly and will be available in your HRA. You can carry over up to $500 for single coverage; $1,000 for subscriber and spouse coverage.

**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.
**Get started.**

1. Visit unitedhealthcaremotion.com to register and activate your United-Healthcare 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 United-Healthcare 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 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 HRA 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 HRA.

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**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.

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**How does Motion work with your HRA?**

Rewards earned from Motion are deposited into your HRA 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® at any time to view your HRA 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 HRA contributions against the annual HRA contribution guidelines.
1 Rewards earned from eligible members in the Walk-It-Off payment option will be applied monthly to outstanding device balance.

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 at 1-855-256-8669 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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Motion incentives are only available to HRA eligible employees.

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

The company does not discriminate on the basis of race, color, national origin, sex, age, or disability in health programs and activities.

We provide free services to help you communicate with us, such as letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call the toll-free phone number listed on your ID card TTY 711, Monday through Friday, 8 a.m. to 8 p.m.

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.

請注意：如果您說中文 (Chinese), 我們免費為您提供語言協助服務。請撥打會員卡所列的免付費會員電話號碼。

The UnitedHealthcare plan with Health Reimbursement Account (HRA) combines the flexibility of a medical benefit plan with an employer-funded reimbursement account.

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