Earn rewards to offset health care costs—but know your limit.

A health savings account (HSA) is a great way to save on health care costs—and UnitedHealthcare Motion® is a great way to earn money for that account. But keep in mind: Your HSA has a maximum annual contribution limit.

Trek. Track. Get money back.

Motion is an innovative incentive program offered by your employer and designed to help you take steps toward living a healthier life. By joining the program and meeting daily walking goals, you and your covered spouse can each earn up to $3 per day (which is $1,095 each per year) in HSA deposits. To learn more, visit unitedhealthcaremotion.com.

Know your maximum.

The IRS has established maximum HSA contribution limits. To avoid adding too much money to your HSA, you’ll want to plan ahead. Simply consider the total amount that could be deposited during the year, including (but not limited to) your contribution, your employer’s contribution and earned incentive dollars from programs like Motion.

Your initial contribution total for the year. + Employer funding if applicable. + Earned incentives Up to $3 per day/ $1,095 per year. ≤ $3,500 for an individual or $7,000 for a family Total cannot exceed the IRS annual maximum contribution.¹

Note: This is an example. Contributions to the annual maximum amount could be supported through various sources.

Go to myuhc.com® > Manage your HSA.