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. ≤ $3,550 for an individual or $7,100 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.

¹ Annual maximum contribution for 2020. Maximum contributions may change annually.

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

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 at unitedhealthcaremotion@uhc.com or call 1-855-256-8669, TTY 711, and we will work with you (and, if necessary, your doctor) to find another way for you to earn the same reward.