Introducing UnitedHealthcare Motion

This new program, designed for employers with 100–300 eligible lives, rewards your employees who take ownership of their health and well-being. The result? Healthier employees and lower costs.

**UnitedHealthcare Motion**:
- Simple program to implement, communicate and monitor participant results
- Promotes physical activity through the use of an activity tracker
- Offers convenient telehealth at no cost to consumers, where available
- Provides financial incentives to consumers to help motivate health ownership
- Better upfront rates and rate certainty driven by employee participation

This robust but easy-to-use program is designed to help employees become healthier and happier resulting in greater productivity and lower health care costs. UnitedHealthcare Motion is a natural component to any UnitedHealthcare high-deductible plan with a deductible of at least $1,500.

**How it works**

Your employees and spouses receive a no-cost Trio activity tracker that records and uploads their daily physical activity. The devices provide real-time feedback because members can see at a glance how close they are to their goals. Employers will receive the devices and distribute to employees and spouses enrolled in an eligible UnitedHealthcare medical plan.

Employees can go online and track their daily and monthly progress and can receive up to $4 per day in health reimbursement account (HRA) credits for meeting targets. These incentives are deposited into an HRA and should have no tax implications. Incentives are only paid when an employee achieves his or her activity goals and has deductible claims.

Consider the cost of physical inactivity

More than two-thirds of Americans are overweight or obese.

Health-related productivity losses can add up to over $225 billion a year.¹

Consumers who walk less than 2,000 steps per day have annual medical costs of over $10,000; for those who walk 8,000 or more steps per day, cost decreases to $3,000.²

**There is good news**: Studies show that doing more than 150 minutes (two hours and 30 minutes) of moderate physical activity or an hour of vigorous physical activity every week will reduce your risk of coronary heart disease by about 30%.³
An inside look at the Trio activity tracker

As with other kinds of fitness devices, employees wear their tracker every day and their data is automatically uploaded online to record their achievements toward their daily F.I.T. goals.

Employees can earn up to $4 daily in incentive credits — divided into the three F.I.T. goals.

Frequency earns more money because it's better in terms of building fitness and improving health as opposed to exercising in the morning and then sitting all day.

Employees can track their goal progress and credits online in real time. They will receive quarterly deposits into their HRA based on what they earned for that period. These are disbursements for deductible claims and can carry over up to $500 for single coverage or $1,000 for employee plus spouse coverage to the next plan year.

Calculate the cost savings of an active lifestyle

If a company can increase its active employee percentage from one-third to two-thirds, the total health care costs could be reduced significantly — by $250,000 in some models. Also, employees are more likely to have a reduction in absenteeism and have higher energy levels.

UnitedHealthcare Motion: Benefits for you and your employees

Through this innovative program, you can qualify for an opportunity to earn renewal discounts. Beyond getting healthier, your employees receive rewards. They can also take advantage of telehealth as an alternative care option to enjoy greater access to health care services at lower costs.

To learn more about UnitedHealthcare Motion, please contact your United-Healthcare representative.

F.I.T. Goals

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<tr>
<th>Frequency: The number of times an activity is completed</th>
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<tr>
<td>300 steps in 5 minutes 6 times a day = $1.50</td>
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<th>Intensity: Periods of high physical activity</th>
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<td>3,000 steps in 30 minutes = $1.25</td>
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<th>Tenacity: Ability to reach total daily activity goals</th>
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<td>10,000+ total daily steps = $1.25 (up to $4.00/day)</td>
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Telehealth: Delivering added convenience and value

Through an arrangement with HealthiestYou, UnitedHealthcare Motion provides a telehealth component that gives 24/7 access to health care providers via phone or mobile app. Employees have no copays when utilizing these services.

Employees get the care they need the moment they need it, for no cost — without interrupting work for an office visit.