



# Move more, make more



You may earn over \$1,000 in rewards when you get moving and meet program goals with UnitedHealthcare Motion®.<sup>1</sup> Simply track your steps or activities to rack up rewards.

# There are so many ways to get FIT



## Motion rewards you for many types of movement

Bike, walk, run, swim or hop on the elliptical. You'll get rewarded for each FIT goal you complete—try for one or do all 3! All you need to do is move.



### Frequency

Walk 6 times a day with at least an hour in between<sup>2</sup>



### Intensity

Move with intensity for 30 continuous minutes a day



### Tenacity

Complete 10,000 steps in your day

## Rewarding your efforts, too

For each daily FIT goal you complete, you'll earn rewards

If you aren't able to hit a goal, you'll get 25 cents just for moving and syncing your tracker up to Motion. Your FIT rewards will be deposited quarterly based on your plan's reward design. You could earn over \$1,000 per year when you get moving.<sup>1</sup>



# Make the most of Motion

When you move, you may get more than rewards—you get to feel like the healthiest, best you. Here are 3 tips to help inspire you even more:



## Plan for a routine

Carve out time every day to achieve a FIT goal. On average, it takes roughly 66 days to form a habit and keep at it—soon you may be moving without thinking twice.<sup>3</sup>



## A little healthy competition

Try joining a challenge to see how you stack up against your coworkers and family on the rankings dashboard.



## Natural energy boost

Getting outside and walking is proven to increase your focus and creativity. If you're in a slump, just hop outside for a brisk walk to reset.<sup>3</sup>

## Did you know?

When you register for Motion, you can receive an activity tracker at no extra cost on the Motion site. Already have a tracker? **Visit [unitedhealthcaremotion.com](https://unitedhealthcaremotion.com)** and register for a list of Motion-compatible devices.



Visit [unitedhealthcaremotion.com](https://unitedhealthcaremotion.com) to register and activate your UnitedHealthcare Motion account.



Download the app and pair your fitness tracker.



Get moving! Try for one FIT goal or hit all 3 to start racking up rewards every day.

Find Motion wherever you get your apps and download today



# The more you move, the more you make



## Questions?

For more information and to register your activity tracker, visit: [unitedhealthcaremotion.com](https://unitedhealthcaremotion.com).  
For questions: 1-855-256-8669 (TTY: 711) or email [unitedhealthcaremotion@uhc.com](mailto:unitedhealthcaremotion@uhc.com)

<sup>1</sup> Motion is available at no extra cost and rewards vary by plan.

<sup>2</sup> Visit [unitedhealthcaremotion.com](https://unitedhealthcaremotion.com) for specific goal requirements.

<sup>3</sup> American Heart Association, [www.heart.org](https://www.heart.org), 2020

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UnitedHealthcare Motion is a voluntary program. The information provided 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 certain credits and/or purchasing an activity tracker with earnings may have tax implications. You should consult an appropriate tax professional to determine if you have any tax obligations 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. You may call us toll-free at 1-855-256-8669 or at the number on your health plan ID card, and we will work with you (and, if necessary, your doctor) to find another way for you to earn the same reward. Rewards may be limited due to incentive limits under applicable law. Subject to HSA eligibility, as applicable.

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