

UnitedHealthcare Motion

Walk and you may earn over \$1,000 a year

What is it?

An innovative, web-based activity program that works with your activity tracker and an app. Oxford Level Funded recognizes the value of being active; you can wear your tracker to earn rewards that reimburse qualified out-of-pocket medical expenses. Staying active is not only good for your physical health, it may be one of the best medicines for mental health, too.

How does it work?

After you set up the tracker and sync it with your computer or smartphone, wear it daily—and walk—paying attention to its helpful reminders. Log in to a personal dashboard for near-real-time feedback on your progress and rewards earned. You can earn over \$1,000 to help reduce your annual health care costs. Your tracker measures how often you walk, how fast you walk and the number of steps you take. The research used to develop this program suggested it may be more beneficial to your health to 1) get up and move multiple times a day, 2) include one moderately intense walk and 3) reach a step-count goal. It's called FIT because Frequency, Intensity and Tenacity matter.

How to sign up:

- 1 Log in to your account at myuhc.com® and click the UnitedHealthcare Motion® link
- 2 Create your UnitedHealthcare Motion account, and receive a \$55 credit just for registering
- 3 Select an activity tracker of your choice using the \$55 registration credit to be shipped to your home. If you already have a FIT-compatible activity, you can save the registration credit for reimbursement of qualified out-of-pocket medical expenses.
- 4 Follow the instructions to set up your activity tracker and sync it with your computer or smartphone

Questions?

Call **1-855-256-8669**
or email unitedhealthcaremotion@uhc.com



For the maximum benefit, meet these daily goals:

- Take 6 brief walks, at least 1 hour apart (each 300 steps within 5 minutes)
- Take 1 brisk walk (3,000 steps within 30 minutes or 30 minutes performing other eligible activities)
- Walk at least 10,000 steps total



This program is not insurance.

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.

Administrative services provided by Oxford Health Plans LLC. Stop-loss insurance is underwritten by All Savers Insurance Company in CT, UnitedHealthcare Life Insurance Company in NJ, and UnitedHealthcare Insurance Company of New York in NY.