



Help your employees get active.

The UnitedHealthcare Motion® program is designed to help motivate employees to get and stay active. It promotes regular exercise and rewards participants who have a health savings account (HSA) with deposits into their HSA or prepaid debit card.

Employees may get active and earn rewards.

Employees with an HSA may earn up to \$3 per day if they meet the FIT (Frequency, Intensity, Tenacity) goals for up to \$1,095 per calendar year. They may also earn \$0.25 per day by achieving the participation goal.

Four Ways to Earn ¹	HSA or Prepaid Debit Card
F Frequency. 300 steps in 5 minutes; 6 times a day, at least 1 hour apart.	\$1
I Intensity. 3,000 steps in 30 minutes or 30 minutes performing other eligible activities.	\$1
T Tenacity. 10,000+ total daily steps.	\$1
Participation. 2,500+ steps per day with no FIT rewards.	\$3/day \$1,095/year

Motion engagement.

On average, participants take **12,000** steps daily.²

60% of participants sustain engagement over 6 months.³

45%–65% of those eligible to participate in Motion registered for the program.⁴

How Motion works.

- 1 Employees receive a welcome email from you and/or UnitedHealthcare.
- 2 Eligible employees and covered spouses create an account on unitedhealthcaremotion.com and select⁵ an activity tracker from the website, or use their own Motion-compatible activity tracker. A “registration credit” can be applied to purchased devices or taken as a reward if using their own device.⁶
- 3 Purchased devices are delivered to the employee’s home.
- 4 Participants set up their device, begin walking or completing other eligible activities to meet daily FIT and participation goals, and sync their device daily.
- 5 Participants may earn a \$3 incentive every day, depending on plan design, that is deposited quarterly into their HSA or prepaid debit card.⁷

Participating in Motion may help improve well-being by:

- Aiding weight loss.
- Improving cholesterol and blood sugar.
- Reducing the risk of type 2 diabetes and heart disease.
- Decreasing symptoms of depression and anxiety.
- Increasing energy and productivity.

Helping you manage health care costs.

Employees may be your best strategy for improving quality and cost efficiency within your company. When they’re active, it’s possible for absenteeism to decline, productivity to increase and morale to improve—which may reduce medical claims.

Why physical activity may matter.

Those who have a sedentary lifestyle are at increased risk for heart disease, stroke, cancer, type 2 diabetes and other serious health conditions.

85%

of annual health care costs are for people with chronic conditions.⁸

\$117B

is spent annually on health care costs associated with physical inactivity.⁸

Learn more.

Contact your UnitedHealthcare representative for additional information.

United Healthcare

¹ Rewards earned from eligible members in the Walk-It-Off payment option will be applied monthly to outstanding device balance.

² 2018 internal analysis of 37,082 Motion participants who recorded at least 1 step in 2018.

³ 2018 internal analysis of 20,330 Motion participants in Key Accounts who recorded steps between Oct. 1, 2015, and June 1, 2018.

⁴ Internal analysis of registered Motion members in UnitedHealthcare book of business, 2018.

⁵ Registered members can shop and pay for the device at point of sale. A Walk-It-Off payment option is available for Apple® devices.

⁶ Applicable registration credit(s) available only in the first year.

⁷ Receiving a reward card may have tax implications. You should consult an appropriate tax professional to determine whether you have any tax obligations from receiving this card under the program.

⁸ Centers for Disease Control and Prevention, cdc.gov/chronicdisease/about/costs/index.htm, accessed Aug. 23, 2018.

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.

Employers are responsible for ensuring that any wellness programs they offer to their employees comply with applicable state and/or federal law, including, but not limited to, GINA, ADA and HIPAA wellness regulations, which in many circumstances contain maximum incentive threshold limits for all wellness programs combined that are generally limited to 30% of the cost of self-only coverage of the lowest-cost plan and prohibitions on incentives to dependent children, as well as obligations for employers to provide certain notices to their employees. Employers should discuss these issues with their own legal counsel.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates.