



# Help your employees get active.

The UnitedHealthcare Motion® program is designed to help motivate employees to do more of what they already do: walk. It promotes a healthier lifestyle through positive habits and rewards participants with deposits into their health reimbursement account (HRA) or health savings account (HSA).

## Employees may get healthier and wealthier.

Members with an HRA or HSA may earn up to \$4 or \$3 per day if they meet all 3 FIT (Frequency, Intensity, Tenacity) goals for up to \$1,460 or \$1,095 per calendar year.

### Three ways to earn<sup>1</sup>

		HRA	HSA
<b>F</b>	<b>Frequency.</b> 500 steps in 7 minutes; 6 times a day, at least 1 hour apart.	\$1.50	\$1.00
<b>I</b>	<b>Intensity.</b> 3,000 steps in 30 minutes.	\$1.25	\$1.00
<b>T</b>	<b>Tenacity.</b> 10,000+ total daily steps.	\$1.25	\$1.00
		<b>\$4/day</b> <b>\$1,460/year</b>	<b>\$3/day</b> <b>\$1,095/year</b>

### Motion really works.

On average, participants take **12,000** steps daily.<sup>2</sup>

**60 percent** of participants sustain engagement over 6 months.<sup>3</sup>

**45%—65%** of those eligible to participate in Motion registered for the program.<sup>4</sup>

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## Motion may improve the well-being of your employees.

The program is designed to make it easy for employees and covered spouses to participate with the goal of helping them:

- Lose weight.
- Improve cholesterol and blood sugar.
- Reduce the risk of diabetes and heart disease.
- Decrease symptoms of depression and anxiety.
- Increase energy and productivity.

### How it works:

- 1 Members receive a welcome email from you and/or UnitedHealthcare.
- 2 Eligible employees and covered spouses create an account on [unitedhealthcaremotion.com](https://unitedhealthcaremotion.com) and shop<sup>5</sup> for an activity device from the website or use a Motion-compatible activity device they already own.
- 3 An “activation credit” may be applied to purchased devices or taken as a reward if they use their own device. Purchased devices are delivered to the employee’s home.<sup>6</sup>
- 4 Participants set up their device, begin walking to meet daily FIT goals and sync their device daily.
- 5 Every day, participants can earn a \$3–\$4 incentive, deposited quarterly into their HRA or HSA.<sup>1</sup>

### 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 walking may matter.

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

**85%**

of annual health care costs are for people with chronic conditions.<sup>7</sup>

**\$114 billion**

is spent annually on health care costs associated with physical inactivity.<sup>7</sup>



Contact your UnitedHealthcare representative to learn more.



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

<sup>2</sup> 2018 internal analysis of 37,082 Motion participants who recorded at least one step in 2018.

<sup>3</sup> 2018 internal analysis of 20,330 Motion participants in Key Accounts who recorded steps between 10/1/15 and 6/1/18.

<sup>4</sup> Internal analysis of registered Motion members in UnitedHealthcare book of business, 2018.

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

<sup>6</sup> Applicable activation credit(s) available only in the first year.

<sup>7</sup> Centers for Disease Control and Prevention, <https://www.cdc.gov/chronicdisease/about/costs/index.htm>, accessed August 23, 2018.

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 at 1-855-256-8669 and we will work with you (and, if necessary, your doctor) to find another way for you to earn the same reward.

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 percent 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.

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

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