



Help your plan participants get active

The UnitedHealthcare Motion® program is designed to help motivate plan participants to get and stay active.

Plan participants may get active and earn rewards

Plan participants 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. We'll help them get started by giving them \$55 just for registering at unitedhealthcaremotion.com. Plan participants can use the credit toward an activity tracker – or if they already have a compatible tracker, they can save the credit for reimbursement of their out-of-pocket medical expenses.

Four ways to earn¹

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 = \$0.25 per day with no FIT rewards.	

\$3/day
\$1,095/year



How Motion works

- 1 Plan participants receive a welcome email from you and/or UnitedHealthcare
- 2 Eligible plan participants and covered spouses create an account on unitedhealthcaremotion.com and select² 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.³
- 3 Purchased devices are delivered to the plan participant’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, to be used towards their out-of-pocket medical expenses

Participating in Motion may help improve well-being by:

- Aiding weight loss⁴
- Improving cholesterol and blood pressure⁴
- Reducing the risk of type 2 diabetes and heart disease⁴
- Decreasing symptoms of depression and anxiety⁴

Helping you manage health care costs

Plan participants 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 may be 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 conditions⁴

\$117B

is spent annually on health care costs associated with physical inactivity⁴

Learn more

Contact your UnitedHealthcare representative for additional information

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

² Registered members can shop and pay for the device at point of sale. A Walk-it-Off payment option is available for Apple® devices.

³ Applicable registration credit(s) available only in the first year.

⁴ Centers for Disease Control and Prevention, cdc.gov/chronicdisease/about/costs/index.htm, accessed March 30, 2022.

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.

Plan sponsors are responsible for ensuring that any wellness programs they offer to their plan participants 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 plan sponsors to provide certain notices to their plan participants. Plan sponsors should discuss these issues with their own legal counsel.

Administrative services provided by United HealthCare Services, Inc. or their affiliates, and UnitedHealthcare Service LLC in NY. Stop loss insurance is underwritten by All Savers Insurance Company (except MA, MN, NJ and NY), UnitedHealthcare Insurance Company in MA and MN, UnitedHealthcare Life Insurance Company in NJ, and UnitedHealthcare Insurance Company of New York in NY.

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Healthcare**