



# Trek. Track. Get money back.

UnitedHealthcare Motion® is designed to help motivate you to do more of what you already do: walk. It can be convenient, provides immediate feedback on your daily Frequency, Intensity, Tenacity (FIT) goals and rewards you with deposits into your health savings account (HSA).

## Here's how it works.

- 1 You and your covered spouse each create an account on [unitedhealthcaremotion.com](http://unitedhealthcaremotion.com) and select an activity tracker from the website or use a UnitedHealthcare Motion-compatible activity tracker of your own.
- 2 A "registration credit" can be applied to purchased devices or applied to your HSA if you use your own device.
- 3 You register and pair your device, begin walking to meet daily FIT goals and sync your device a few times per week.
- 4 Meeting the daily FIT goals, you may earn up to \$1,095 per year.<sup>1</sup>

### Three ways to earn

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



To learn more call the toll-free number 1-855-256-8669 (TTY: 711), email [unitedhealthcaremotion@unitedhealthcare.com](mailto:unitedhealthcaremotion@unitedhealthcare.com) or visit [unitedhealthcaremotion.com](http://unitedhealthcaremotion.com).



<sup>1</sup> Rewards may be limited due to incentive limits under applicable law.

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 certain credits 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 certain credits 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 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.

This program is not available to all employees, including those employed by companies in Washington DC with fewer than 100 employees.

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