

Stay Well.

UnitedHealthcare Motion Program.

Walking pays.

As part of the UnitedHealthcare Motion program, you get a wearable activity tracker and a set of three daily walking goals. Walk and earn rewards every day—up to \$1,095* a year.

We want to help you reap both the physical and financial benefits of walking. That's why All Savers Wellness includes free access to UnitedHealthcare Motion.

UnitedHealthcare Motion is an activity program that combines research-based goals, a wearable activity tracker and a website and mobile app. UnitedHealthcare Motion is unlike other walking programs. Instead of just measuring steps, it incorporates three different activity goals and rewards you for achieving them. This allows you to achieve maximum health and financial benefits as part of your daily routine.



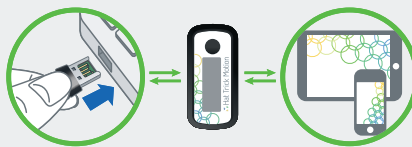
The health benefits of walking may be substantial and may surprise you. Walking may reduce the risk for cardiac conditions and metabolic disease. It has also been shown to:

- Reduce stress.**
- Enhance brain activity.**
- Improve mood.**
- Increase focus.**
- Boost productivity.**

*Or \$1,150 if not applying registration credit towards a activity tracker.



Simply put on your activity tracker in the morning. It will record your activity and calories burned.



Sync your tracker to your personal account. It will regularly send your information to a secure place online.



Go to **unitedhealthcaremotion.com** or the UnitedHealthcare Motion app to check your progress and track your earnings.

UnitedHealthcare Motion Rewards.

UnitedHealthcare Motion is different.

While other programs just count steps, UnitedHealthcare Motion rewards you for hitting three daily walking goals. This maximizes your health benefits and helps you get FIT. These goals fit easily into your daily routine:

Goal	Benefits	Reward
FREQUENCY Six seven-minute walks*	Reduces risk factors for metabolic and cardiac health	\$1
INTENSITY 3,000 steps in 30 minutes	Reduces risk factors for cardiovascular, metabolic, mental and bone health, as well as cancer	\$1
TENACITY 10,000+ total steps	Increase energy (weight control)	\$1
Total Possible per Day		\$3

*Minimum of 500 steps, one hour apart.

When you get FIT every day, you and your covered spouse can each earn up to \$1,095 per calendar year. You're developing healthy habits while earning financial rewards.

We'll help you get started by giving you \$55 just for registering at UnitedHealthcare Motion. You can use the credit towards an activity tracker. If you already have a compatible tracker, you can save the credit for reimbursement of your out-of-pocket medical expenses.

Here are some key features:

- 1 Employees and spouses can be reimbursed up to \$1,095 or 30 percent of the employee-only annual payment (or family annual payment if dependents are covered) – whichever is less each calendar year.
- 2 Quarterly reimbursement for expenses applied to the out-of-pocket maximum calendar year spend.
- 3 50 percent calendar year rollover of unreimbursed rewards for those on a non HSA plan.
- 4 \$55 registration credit can be used towards purchase of an activity tracker or saved for quarterly reimbursements.

UnitedHealthcare Motion Rewards, Continued.

Some considerations:

- 1 Point tracking does not start until after your effective date.
- 2 Quarterly reimbursement checks will not be dispensed for amounts less than \$20. The amount will be added to the next quarter's balance for reimbursement.
- 3 Employees and spouses on a high-deductible health plan are required to provide UnitedHealthcare Motion with their health savings account (HSA) bank information at the time of registration to receive reimbursement.
- 4 Every quarter, all earned credits will be deposited into your HSA account to be used at your discretion.

*HSA contribution limits:

2018:

Employees/members are responsible for ensuring that they do not exceed the 2018 HSA contribution limits imposed by the IRS. For 2018, the maximum contribution is \$3,450 for individual coverage and \$6,900 for family coverage. If you are 55 or older, you may be eligible for an additional \$1,000 catch-up contribution. Please seek your own tax advice.

Questions About the UnitedHealthcare Motion Program?

Ready to get healthier and start earning? Let's go. We've worked to make UnitedHealthcare Motion easy to use. If we can help in any way, please contact us.

For questions about the UnitedHealthcare Motion program:



Call us at:

1-855-256-8669



Send us an email at:

unitedhealthcaremotion@unitedhealthone.com

