

Subject line: Register for UnitedHealthcare Motion® and earn rewards

Preheader: Get started with Motion today at no extra cost as part of your health insurance plan



UnitedHealthcare Motion®

## Move more, make more

You could earn over \$1,000 in rewards when you get moving and meet program goals.<sup>1</sup> Simply track your steps or activities to get rewards.

[Get Started](#)



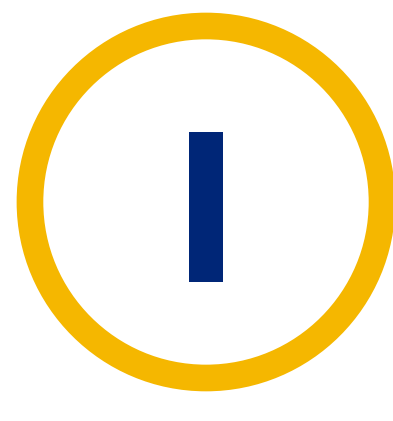
## There are so many ways to get FIT

**Motion rewards you for many types of movement: Bike, walk, run, swim or hop on the elliptical—the choice is yours!**



### Frequency

Walk 6 times a day with at least an hour in between<sup>2</sup>



### Intensity

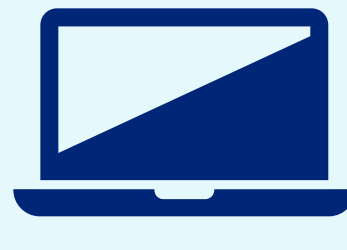
Move with intensity for 30 continuous minutes



### Tenacity

Complete 10,000 steps in your day

**Try for one or do all three—you'll get rewarded for each FIT goal you complete**



## Let's Get Moving

Learn how to get a tracker when you register at [unitedhealthcaremotion.com](https://unitedhealthcaremotion.com). Once your employer's health insurance plan is effective for the plan year, you can take advantage earning rewards with eligible Motion activities.

[Get Started](#)

<sup>1</sup>Motion is available at no extra cost and rewards vary by plan.

<sup>2</sup>Visit [unitedhealthcaremotion.com](https://unitedhealthcaremotion.com) for specific goal requirements.

You are receiving this email from UnitedHealthcare because you receive a service or have a health plan with us. This mailbox is used for outbound messages only. Please do not reply. When sending an email to us, do not include personal information.



**United  
Healthcare**

This email was sent by:

UnitedHealthcare

9700 Health Care Lane, Minnetonka, MN 55343

B2C EI20340490 10/20 © 2020 United HealthCare Services,

Inc. All Rights Reserved. 20-213595

[Unsubscribe](#) from this type of communication.

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.

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

For more information and to register your activity tracker visit: [unitedhealthcaremotion.com](https://unitedhealthcaremotion.com).

For questions: 1-855-256-8669 (TTY: 711) or email [unitedhealthcaremotion@uhc.com](mailto:unitedhealthcaremotion@uhc.com)