Get in on UHC Rewards



UnitedHealthcare Rewards is a program where employees and their spouses can earn up to $1,000 for reaching program goals and completing one-time activities. Participants can personalize their experience by selecting activities that are right for them—and same goes for ways to spend earnings.

What makes UHC Rewards different?

More than a fitness and wellness program, UHC Rewards goes a step further by combining the best practices from existing incentive programs. UHC Rewards is:

- **Part of a streamlined digital experience –** Employees may immediately start earning rewards by activating UHC Rewards from the UnitedHealthcare® app and their **myuhc.com®** account
- **Built with many ways to earn –** Employees can earn rewards by tracking daily steps, active minutes and sleep, as well as by completing one-time reward activities
- **Embedded into health plans –** UHC Rewards is included at no additional cost to you or employees

Earning rewards

With daily participation, there's a potential to earn up to $1,000* with UHC Rewards.

Redeeming rewards

Earnings can be deposited directly into an Optum health savings account (HSA) or redeemed as an electronic Visa® gift card.**

*Per participant, per year.

**Receiving a gift card may have tax implications. You should consult an appropriate tax professional to determine if you have any tax obligations under this program, as applicable.

continued

United Healthcare

Designed to be a win-win



Employers:

Get active participation

The program includes an experience video and member fliers to help get your employees engaged — and reporting to track program participation.*



Participants:

Get engaged

Designed to give members the choice to participate in a variety of daily tracking goals and one-time reward activities, UHC Rewards supports a healthier lifestyle—and participants have the potential to get rewarded up to $1,000 per plan year.



Both:

Promote better health

UHC Rewards encourages wellness and promotes better overall health, which may result in lower medical costs for you and your employees.

66 days

is the average length of time for a new behavior to become automatic[1]

Ready to get in? Contact your UnitedHealthcare representative

United Healthcare

*Reporting not available for all lines of business.

[1] Healthline. How long does it take for a new behavior to become automatic? healthline.com/health/how-long-does-it-take-to-form-a-habit#base-figure. Accessed Dec. 14, 2020.

Visa is a registered trademark of Visa International Service Association.

UnitedHealthcare Rewards 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, certain credits and/or rewards and/or purchasing an activity tracker with earnings may have tax implications. You should consult with 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. This program is not available in Hawaii, Kansas, Vermont and Puerto Rico. Components subject to change.

The UnitedHealthcare® app is available for download for iPhone® or Android®. iPhone is a registered trademark of Apple, Inc. Android is a registered trademark of Google LLC.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates.

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