

# Take steps to healthier.



The UnitedHealthcare Motion® program is designed to help you to do more of what you already do: walk. It promotes a healthier lifestyle through positive habits and rewards participants with deposits into your health savings account (HSA).

## You may get healthier and wealthier.

Oxford members with an HSA may earn up to \$3 per day if all 3 FIT (Frequency, Intensity, Tenacity) goals are met, for up to \$1,095 per calendar year.

Three ways to earn <sup>1</sup>		HSA
<b>F</b>	<b>Frequency</b> 300 steps in 5 minutes; 6 times a day, at least 1 hour apart.	<b>\$1</b>
<b>I</b>	<b>Intensity</b> 3,000 steps in 30 minutes.	<b>\$1</b>
<b>T</b>	<b>Tenacity</b> 10,000+ total daily steps.	<b>\$1</b>
		<b>\$3/day</b> <b>\$1,095/year</b>

## Motion really works.

On average, participants take **12,000** steps daily.<sup>2</sup>

**60%** of participants sustain engagement over 6 months.<sup>3</sup>

**45% – 65%** of those eligible to participate in Motion registered for the program.<sup>4</sup>

## How Motion works.

- 1 Visit [unitedhealthcaremotion.com](https://unitedhealthcaremotion.com) to register and activate your UnitedHealthcare Motion account.
- 2 Next, you can select your fitness tracker and apply your registration credit toward the purchase of a compatible tracker, which will be shipped directly to you.
- 3 Once you receive your fitness tracker in the mail, you can download the UnitedHealthcare Motion app on the App Store® or Google Play™ to sync your device.
- 4 Wear your activity tracker every day and begin walking to reach your daily goals. And go online to [unitedhealthcaremotion.com](https://unitedhealthcaremotion.com) to view detailed information on your progress, FIT goals and credits earned. Your fitness tracker will record and upload your daily physical activity and provide real-time feedback to help you keep track of your walking goals.
- 5 You will receive quarterly deposits into your HSA based on the credits you have earned in the previous quarter. You can then use these deposits to reimburse eligible medical expenses.

**Please Note:** Credits earned throughout the quarter can be used to purchase or buy up new devices or accessories within the quarter, until the credits are placed into your HSA.

### Registration credit.

To make sure you're off to a great start, we'll give you a **\$55 credit** right away—just for getting set up. You can use your credit toward the purchase of a compatible activity tracker, some of which are offered at no additional cost to you.

### How does Motion work with your HSA?

Rewards earned from Motion are deposited into your HSA once a quarter, and can be used to help cover eligible out-of-pocket medical or pharmacy expenses accrued during the plan year. You can sign in to [myuhc.com](https://myuhc.com)® at any time to view your HSA balance or submit a claim form online or via mail or fax. Check to ensure that your contributions do not exceed IRS limits and be sure to monitor your HSA contributions against the annual HSA contribution guidelines.

### Participating in Motion may help improve well-being by:

- Aiding weight loss.
- Improving cholesterol and blood sugar.
- Reducing the risk of type 2 diabetes and heart disease.
- Decreasing symptoms of depression and anxiety.
- Increasing energy and productivity.

## Why walking may matter.

Those who have a sedentary lifestyle are at an 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 conditions.<sup>5</sup>

**\$117B**

is spent annually on health care costs associated with physical inactivity.<sup>5</sup>



## Questions?

Email [unitedhealthcaremotion@unitedhealthone.com](mailto:unitedhealthcaremotion@unitedhealthone.com) or call **1-855-256-8669** (TTY: **711**)



<sup>1</sup> Rewards earned from eligible members in the Walk-It-Off payment option will be applied monthly to outstanding device balance.

<sup>2</sup> 2018 internal analysis of 37,082 Motion participants who recorded at least one step in 2018.

<sup>3</sup> 2018 internal analysis of 20,330 Motion participants in Key Accounts who recorded steps between 10/1/15 and 6/1/18.

<sup>4</sup> Internal analysis of registered Motion members in UnitedHealthcare book of business, 2018.

<sup>5</sup> Centers for Disease Control and Prevention, <https://www.cdc.gov/chronicdisease/about/costs/index.htm>, accessed August 23, 2018.

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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. Members should consult an appropriate health care professional before beginning any exercise program and/or to determine what may be right for them. Receiving an activity tracker and/or activation credit may have tax implications. Members should consult an appropriate tax professional to determine if they have any tax obligations from receiving an activity tracker and/or activation credit under this program, as applicable. If any fraudulent activity is detected (e.g., misrepresented physical activity), members may be suspended and/or terminated from the program. If members are unable to meet a standard related to health factor to receive a reward under this program, they might qualify for an opportunity to receive the reward by different means. Members can contact us at 1-855-256-8669 and we will work with them (and, if necessary, your doctor) to find another way for you to earn the same reward.

Employers are responsible for ensuring that any wellness programs they offer to their employees 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 percent of the cost of self-only coverage of the lowest-cost plan and prohibitions on incentives to dependent children, as well as obligations for employers to provide certain notices to their employees. Employers should discuss these issues with their own legal counsel.

Program available to new and renewing fully insured Oxford large group (NY: 101+, NJ: 51+, CT: 51+) employers, with 1/1/20 and beyond policy effective dates.

Oxford insurance coverage provided by Oxford Health Insurance, Inc. Oxford HMO products are underwritten by Oxford Health Plans (CT), Inc. and Oxford Health Plans (NJ), Inc.

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