Help your employees take steps to healthier.

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

Employees may get healthier.

Members with an HSA may earn up to $3 per day if they meet all 3 FIT (Frequency, Intensity, Tenacity) goals for up to $1,095 per calendar year.

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

Motion really works.

On average, participants take
12,000
steps daily.[2]

60%
of participants sustain engagement over 6 months.[3]

45% – 65%
of those eligible to participate in Motion registered for the program.[4]

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Motion may improve the well-being of your employees.

The program is designed to make it easier for employees and covered spouses to participate with the goal of helping them:

- Lose weight.
- Improve cholesterol and blood sugar.
- Reduce the risk of diabetes and heart disease.
- Decrease symptoms of depression and anxiety.
- Increase energy and productivity.

How it works.

1 Members receive a welcome email from you and/or UnitedHealthcare.

2 Eligible employees and covered spouses create an account on **unitedhealthcaremotion.com** and shop[5] for an activity device from the website or use a Motion-compatible activity device they already own.

3 An "activation credit" may be applied to purchased devices or taken as a reward if they use their own device. Purchased devices are delivered to the employee's home.[6]

4 Participants set up their device, begin walking to meet daily FIT goals and sync their device daily.

5 Every day, participants may earn a $3 incentive, deposited quarterly into their HSA.[1]

Helping you manage health care costs.

Employees may be your best strategy for improving quality and cost efficiency within your company. When they're active, it's possible that absenteeism may decline, productivity may increase and morale may improve—which may reduce medical claims.

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.[7]

$117B
is spent annually on health care costs associated with physical inactivity.[7]

Contact your UnitedHealthcare representative for additional information.

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[1] Rewards earned from eligible members in the Walk-It-Off payment option will be applied monthly to outstanding device balance.

[2] 2018 internal analysis of 37,082 Motion participants who recorded at least one step in 2018.

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

[4] Internal analysis of registered Motion members in UnitedHealthcare book of business, 2018.

[5] Registered members can shop and pay for the device at point of sale. A Walk-It-Off payment option is available for Apple® devices.

[6] Applicable activation credit(s) available only in the first year.

[7] Centers for Disease Control and Prevention, https://www.cdc.gov/chronicdisease/about/costs/index.htm, accessed August 23, 2018.