



# UnitedHealthcare Wellness Programs

United  
Healthcare



**WELLNESS**  
MIND | BODY | SOUL



# UnitedHealthcare Rewards

Earn rewards for reaching program goals

United  
Healthcare

EI232189651.1



# Get in on UHC Rewards

With UHC Rewards, you can earn dollars by completing a variety of actions – including things you may already be doing, like tracking your steps and sleep or getting an annual checkup.

**With UnitedHealthcare Rewards, you get to choose:**

- ✓ The reward activities you complete
- ✓ How your earnings are redeemed



# How does UHC Rewards work?



## Get in

Create an account in the UnitedHealthcare® app



## Get started

Select and activate UHC Rewards



## Get going

Choose the reward activities you'd like to complete



## Get rewarded

Start earning dollars

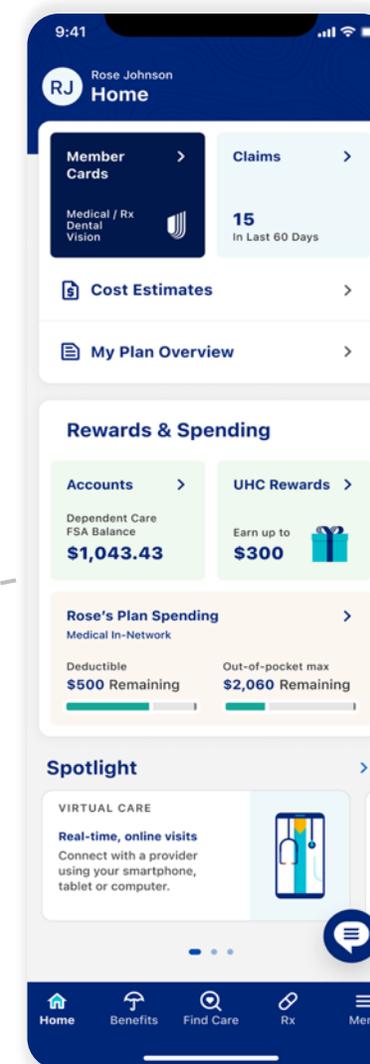
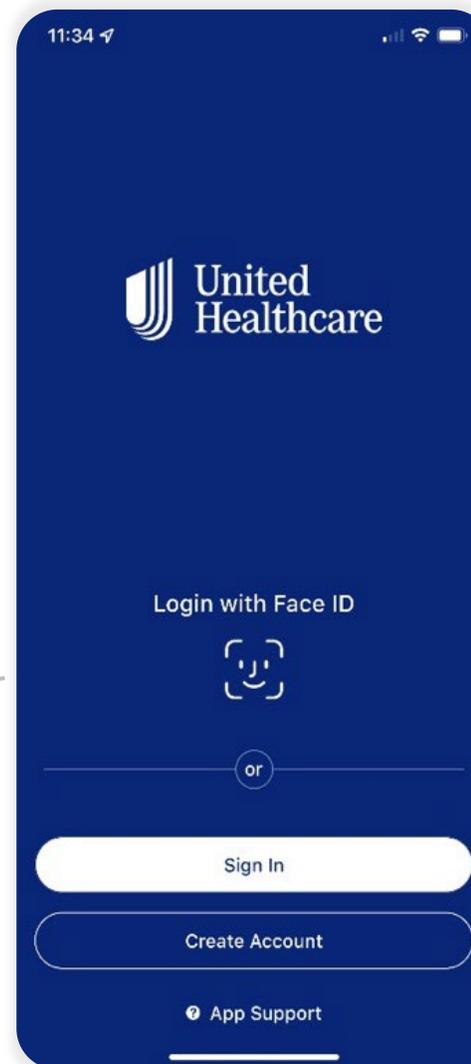


# Accessing UHC Rewards



## Get in

- Create an account in the UnitedHealthcare app
- Select **UHC Rewards** on the home page



# Activating UHC Rewards

Agree to the terms and conditions by checking both boxes and clicking **“Get started.”**

**Get started**



9:41 Cancel **UHC Rewards** 1 of 2



- 1 Activate UHC Rewards**  
Please review the Terms of Use, Privacy Policy and the GINA authorization to get started.
- 2 Get earning**  
Earn up to \$300 by completing simple activities like getting your annual checkup, tracking your steps or sleep and more. Earn your first dollar today.
- 3 Redeem rewards**  
Depending on your plan, you may use your earnings to buy an activity tracker or add them to a digital Visa® gift card or health-related expense account.

Please check the box to agree to the UHC Rewards Terms of Use and Privacy Policy statements.

[Terms of Use](#) and [Privacy Policy](#)

**View GINA authorization**

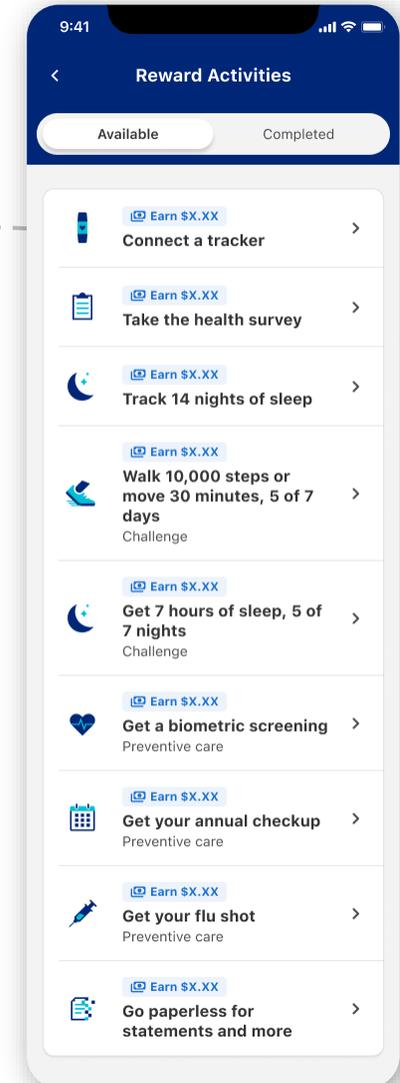
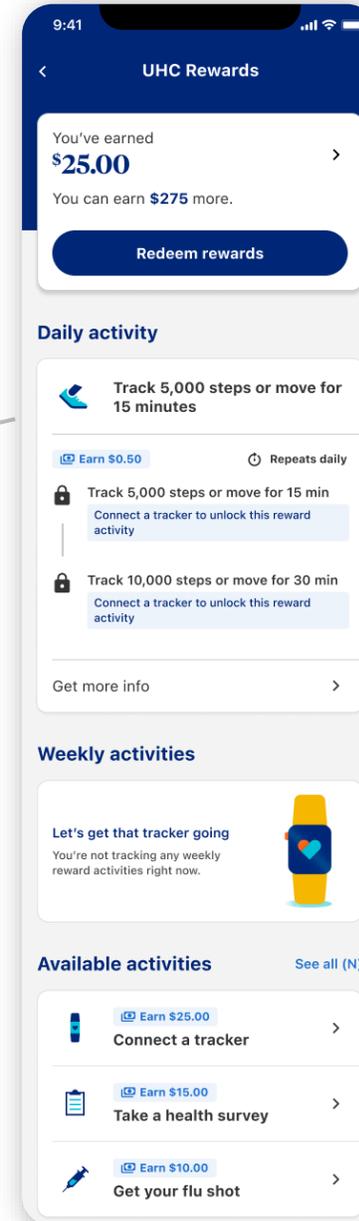


# Viewing reward activities

Get going by choosing the activities you'd like to complete — new activities are added throughout the year.



Get going



# Ways to earn rewards

## Get rewarded when you:

Connect a tracker

Track steps or sleep to complete daily and weekly goals

Complete a health survey

Get an annual checkup

Get a flu shot

Get a biometric screening

For the full list of rewardable activities,  
visit [UHC Rewards](#)



Get rewarded



# Ways to earn rewards

Get rewarded when you:	Dollars earned:
Connect a tracker	\$25
Daily activity — goal 1: Track 15 active minutes or 5K steps per day	\$0.25
Daily activity — goal 2: Track 30 active minutes or 10K steps per day	\$0.50
Fitness challenge: Track 30 active minutes or 10K steps, 5 out of 7 days	\$2.50
Track 14 nights of sleep	\$5
Sleep challenge: Get 7 hours of sleep, 5 of 7 nights	\$2.50
Take a health survey	\$15
Get a biometric screening	\$50
Go paperless	\$2.50
Complete a 24/7 Virtual Visit	\$10
Get a flu shot	\$10
Get an annual checkup	\$25
<b>Maximum annual incentive</b>	<b>\$300</b>

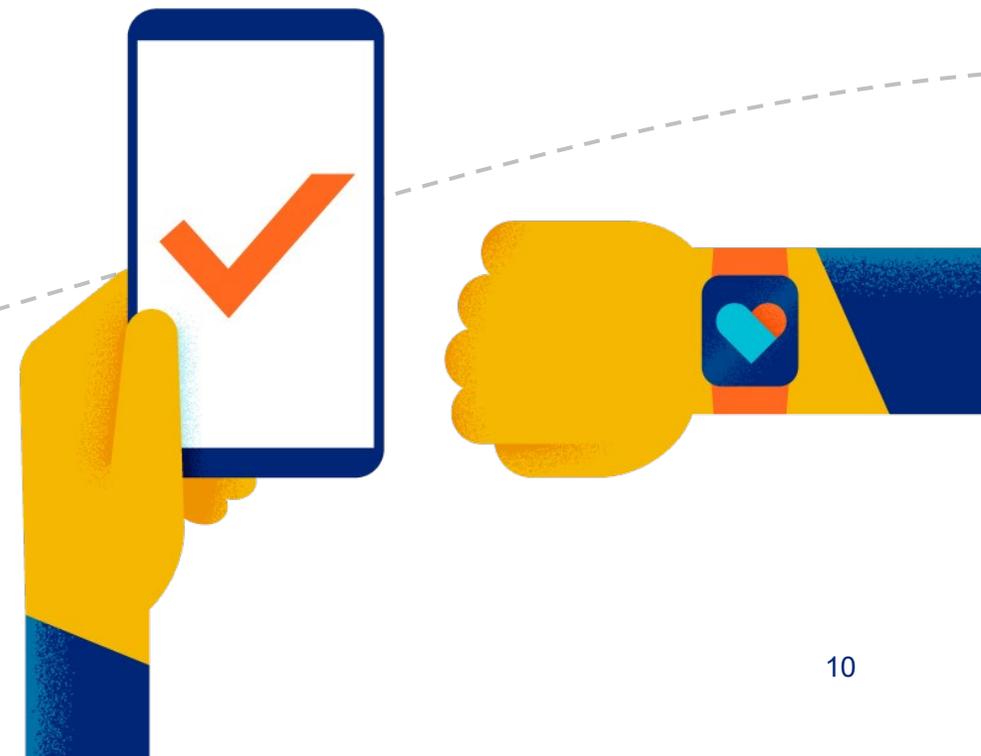


# Connecting a tracker

By connecting a tracker to UHC Rewards, you can earn rewards and unlock more reward activities.

## Some things to know:

- ✓ The program works with most trackers, including Apple Watch, Fitbit®, Garmin®, Apple Health via iPhone® and Google Fit via Android® phone\*
- ✓ You can connect multiple trackers to UHC Rewards; for the best experience, remember to sync daily
- ✓ Coming soon: Oura ring and Samsung



\*Compatible devices as of 6/1/2024. Please visit UHC Rewards for current list of trackers. All trademarks property of their respective owners.

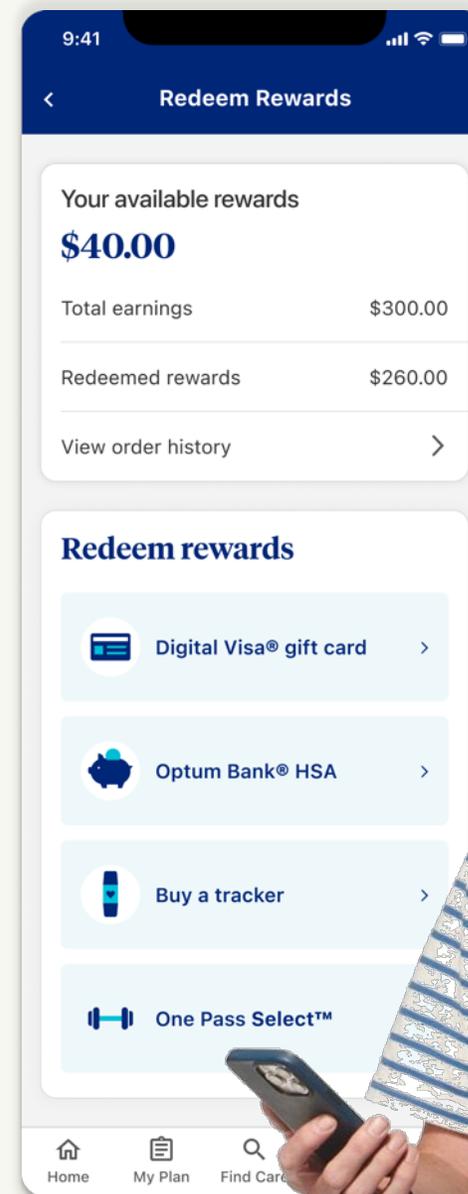


# Redeeming rewards

With UHC Rewards, you choose how your earnings are spent. Once you've earned \$5 or more, log in to UHC Rewards and select **Redeem Rewards** to view your options, including:

-  A digital Visa® gift card
-  To use toward the purchase of a tracker
-  To use toward a OnePassSelect™ membership

Visa is a registered trademark of Visa International Service Association.



# Get an Apple Watch with Earn It Off

Through the Earn It Off payment option, you:

- 1** Choose an Apple Watch and pay a low — or \$0 — upfront cost
- 2** Put your UHC Rewards earnings toward the remaining balance
- 3** Pay it off over the next 12 months



**APPLE WATCH**  
SERIES 9

**APPLE WATCH**  
ULTRA 2

**APPLE WATCH**  
SE



# Ready to get in?



## To access UHC Rewards:

1. Scan the QR code to download the **UnitedHealthcare app**
2. Sign in or register
3. Select and activate UHC Rewards
4. Start earning



## Questions?

Call UHC Rewards Customer Service at **1-866-230-2505**

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 1-866-230-2505 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. Components subject to change. This program is not available for fully insured members in Hawaii, Vermont and Puerto Rico nor available to level funded members in District of Columbia, Hawaii, Vermont and Puerto Rico.

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.

Visa is a registered trademark of Visa International Service Association.

Administrative services provided by United HealthCare Services, Inc. or their affiliates, and UnitedHealthcare Service LLC in NY. Stop-loss insurance is underwritten by UnitedHealthcare Insurance Company or their affiliates, including UnitedHealthcare Life Insurance Company in NJ, and UnitedHealthcare Insurance Company of New York in NY.

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





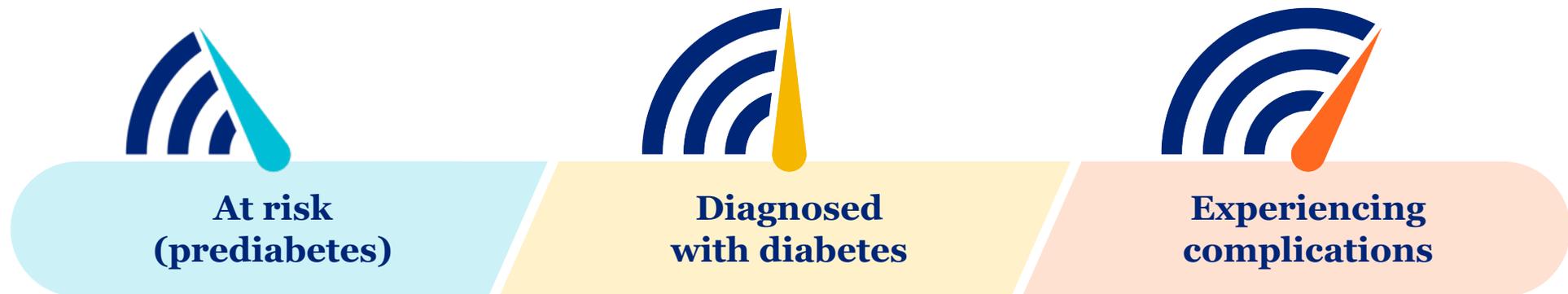
# Diabetes Solutions

Whole-person support to help  
prevent and manage diabetes



# Help to find appropriate diabetes support

Whether you're at risk of diabetes, want to manage symptoms or need extra guidance to help reduce complications, UnitedHealthcare offers a supportive experience at every stage.



# Coordinated guidance to comprehensive support

Advocates, nurses and coaches work with providers to help you navigate your health needs.



# At-risk health and prevention programs



At risk  
(prediabetes)



## Health and prevention programs

### Real Appeal®



Build healthy habits with this lifestyle program designed to help you take small steps that may have long-term results.

To join, register at [uhc.realappeal.com](https://uhc.realappeal.com).

### UnitedHealthcare Rewards



Earn dollars by completing a variety of actions like tracking steps and sleep or getting an annual checkup.

To get started, create an account in the **UnitedHealthcare® app** or on [myuhc.com](https://myuhc.com)®\*.

### Quit For Life®



Overcome tobacco or nicotine — including smoking and vaping — with a program that offers online tools and resources as well as support from a personal coach.

To learn more, go to [myuhc.com](https://myuhc.com), click on the “Health Resources” tab and go to “Quit For Life.”

\*A HealthSafe ID® is required to register.



# Diagnosed with diabetes resources



Diagnosed with diabetes



Targeted education and tools

**Health and prevention programs**

**Health Advocates**



Get answers about your claims and coverage in addition to condition guidance and support.

**Wellness coaching**



Work 1-on-1 with a wellness coach for help living healthier and managing any diabetes symptoms.

**Diabetes Disease Management**



Connect with a diabetes nurse care coach over the phone or online.

To learn more about any of these programs, visit [myuhc.com](https://myuhc.com) or call the number on your health plan ID card



# Available resources if you need a little extra support



**Health and prevention programs**

**Targeted education and tools**

**Behavioral Health Solutions**

Speak with a behavioral health clinician for support managing any mental health concerns.

**Care Management**

Work with a care team that includes a medical director, social worker and pharmacist.

**Kidney Resource Services**

Help maintain your kidney health with the support of specialized nurses.

**Transplant Resource Services**

Discover what to expect during the transplant process from nurses who provide extra guidance.

To learn more about any of these programs, visit [myuhc.com](https://myuhc.com) or call the number on your health plan ID card



# Discover tips to live well with diabetes



## Explore helpful information

Scan the QR code to download the Diabetes Toolkit.



## Have additional questions?

Call the number on your health plan ID card.





# Quit For Life<sup>®</sup>

Start your quitting journey today

United  
Healthcare

# What is Quit For Life?

Quitting tobacco is a difficult but important action to take for your health. If you need that extra boost of **encouragement** and **support**, Quit For Life may be able to help.

Quit For Life is a program that's designed to help you overcome tobacco or nicotine, including **smoking** and **vaping**.



**Quit For Life is included in your health plan  
at no additional cost**



# The support you'll receive

When you enroll in Quit For Life, you get access to:



**A Quit Coach®** to help you create a personalized Quit Plan and guide you at every step



**Anytime support** that includes coach-led group sessions, trackers, text messages and more



**Online resources** such as daily goal recommendations, articles, videos, peer support and urge-management tools



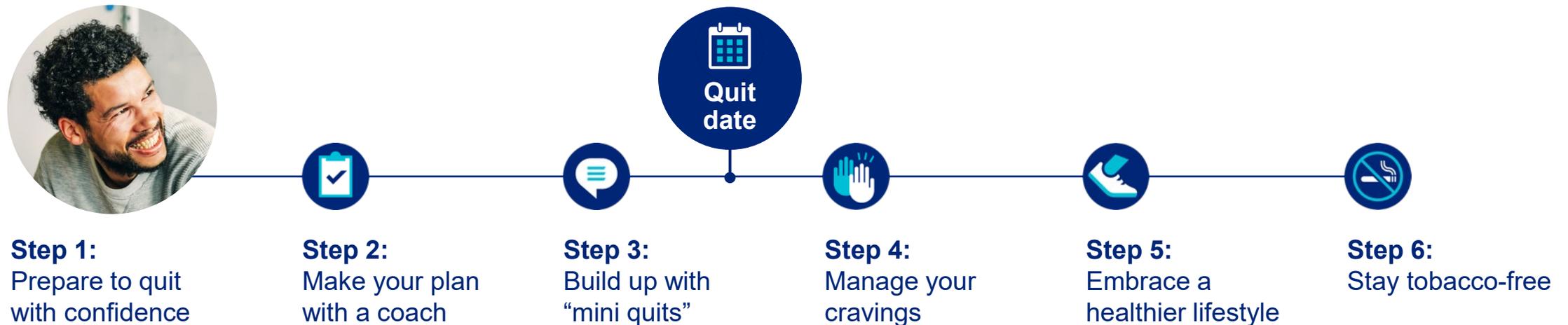
**Ongoing support** to help you control cravings after you quit



# Paving a clear path to quitting

The Quit For Life program puts you on a **six-step path** that's designed to give you the confidence you need to quit for good as you progress.

Along the path, you'll receive guidance from a **Quit Coach** as well as receive peer support through virtual group session attendance.



# Anywhere, anytime support

Quit For Life also gives you multiple ways to receive support.

You can:



**Connect** with a coach 24/7 by phone or chat for help staying on track with your plan



**Receive** encouragement and guidance through “Text a Coach” text messages\*



**Access** additional resources, reminders and tools through the mobile app

\*Data rates may apply.



# Getting started

- 1 Go to [myuhc.com](https://myuhc.com)<sup>®</sup> > Health Resources > Quit For Life
- 2 Join the Quit For Life program
- 3 Talk with a Quit Coach to create a plan tailored to your lifestyle

The Quit For Life Program provides information regarding tobacco cessation methods and related well-being support. Any health information provided by you is kept confidential in accordance with the law. The Quit For Life Program does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you. Participation in this program is voluntary. If you have specific health care needs or questions, consult an appropriate health care professional. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.





# Real Appeal<sup>®</sup>

Take small steps to help create lasting change

United  
Healthcare

# Building healthy habits

Real Appeal is a lifestyle program designed to help you build healthy habits.\*

It focuses on helping you take **small steps** that may have **long-term results**, and it provides support for key areas such as:



Nutrition



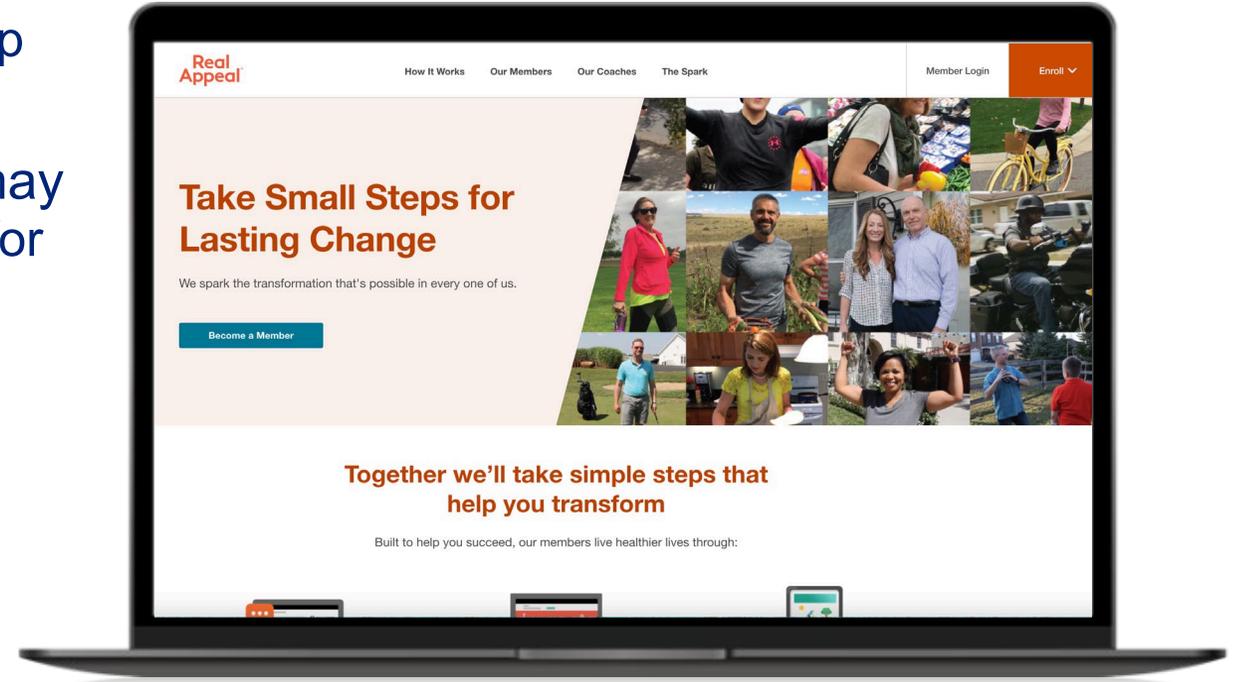
Motivation



Fitness



Change



\*The Real Appeal program is available at no additional cost to eligible UnitedHealthcare members over 18.



# Coaching that motivates

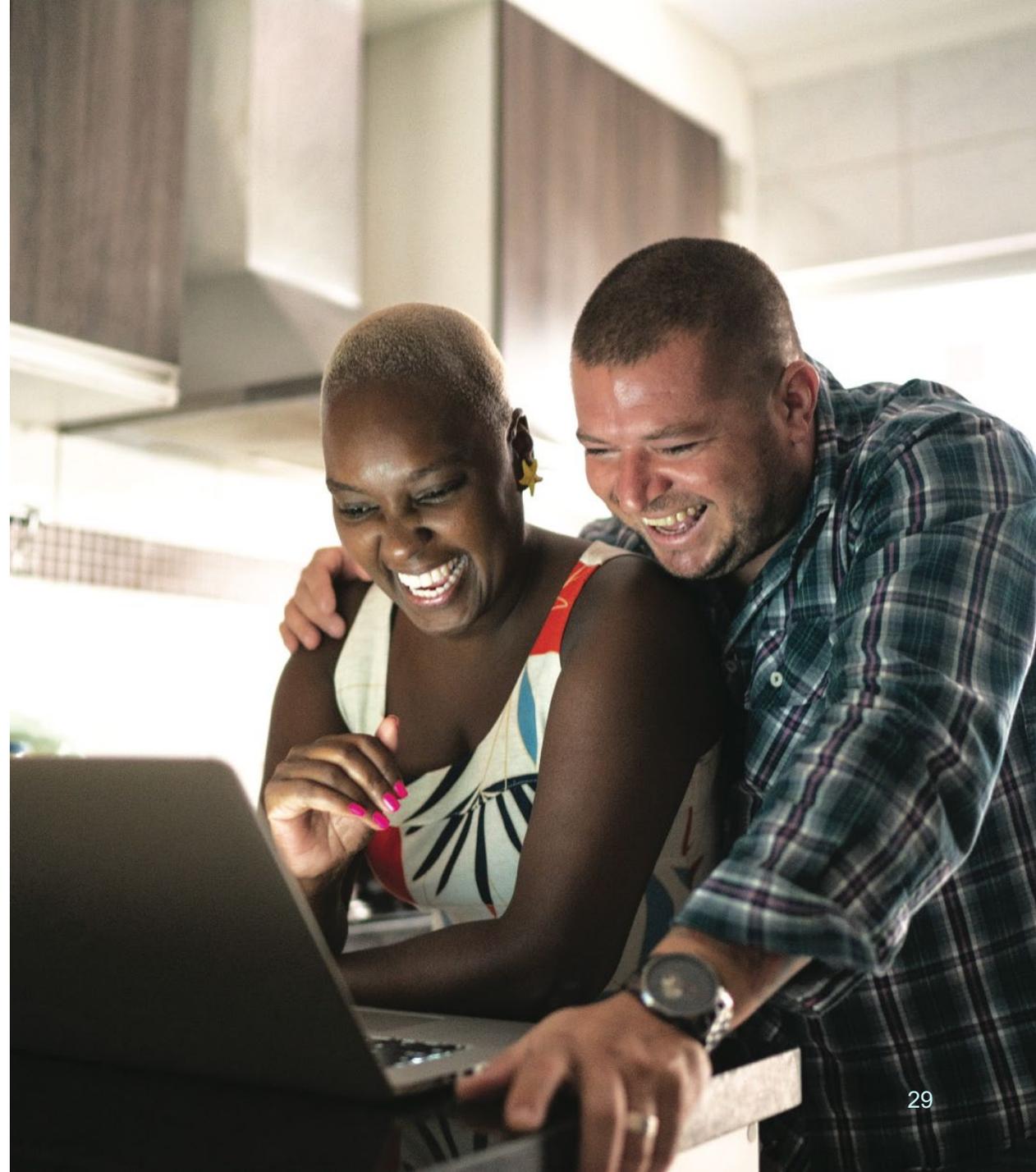
Real Appeal provides you with a full year of **personalized coaching** to help you reach your goals and stay accountable.

Several different types of coaching are available, including:

- ✓ Online, live group sessions
- ✓ Online community and motivating content
- ✓ Personalized messaging outside of class

You can join weekly online live sessions led by your coach, with the flexibility to reschedule anytime.

Note: If you are identified as an at-risk participant, you will receive additional access to a personal health coach via 1-on-1 sessions.





# How It Works

# Paving a path toward your goals



Register at  
[uhc.realappeal.com](https://uhc.realappeal.com)



Select a time  
for your online  
group sessions



Attend your  
first live session  
and set a goal



Receive your  
Success Kit



Download the  
mobile app



Attend next group session,  
check in on goals, create  
healthy habits aimed at  
lasting change



If you are identified as an at-risk participant, you will receive additional access to a personal health coach via 1-on-1 sessions



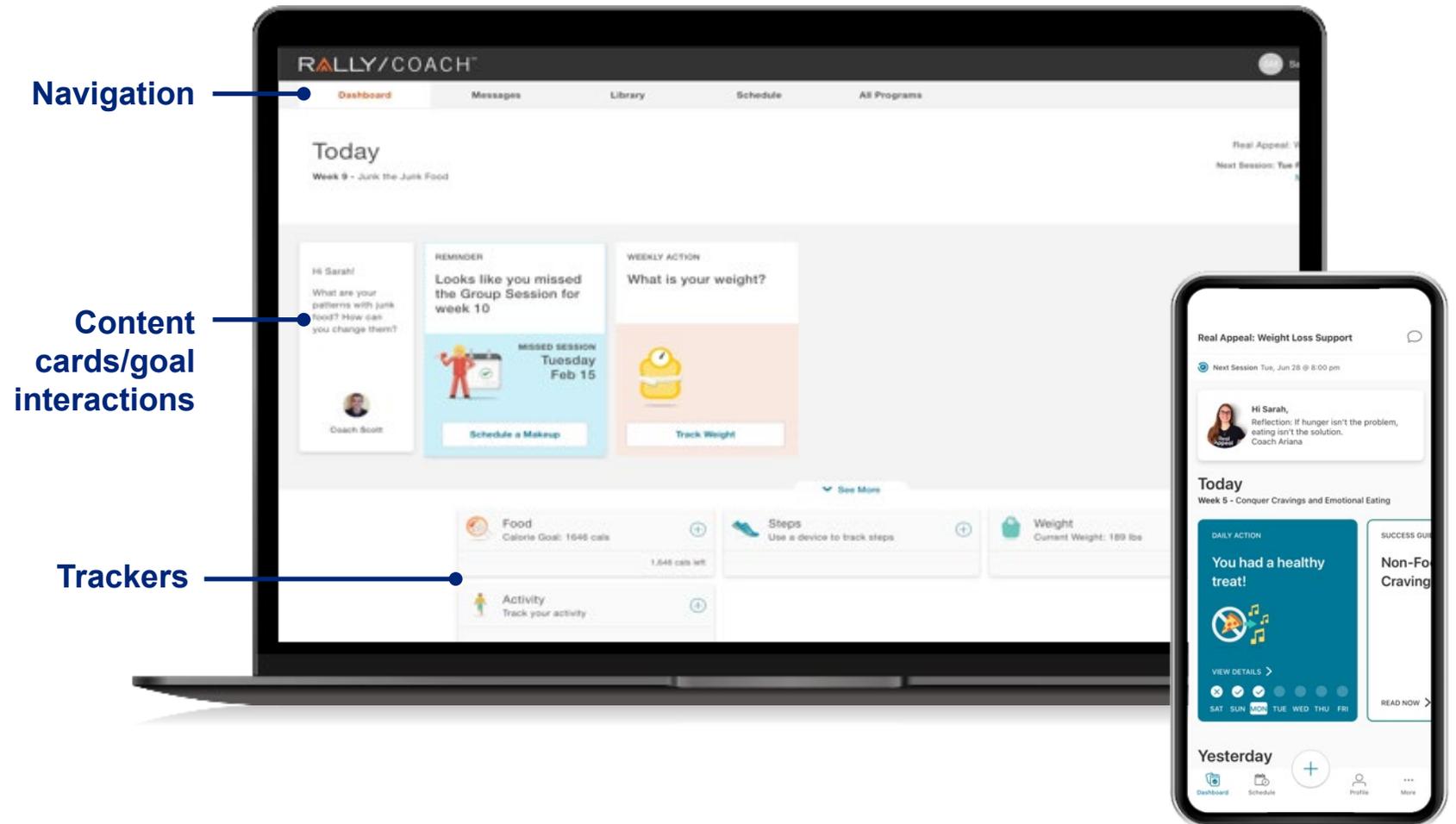
# Your Real Appeal Success Kit



# Dashboard tools and resources

Your dashboard provides access to:

- Profile and settings
- Messages
- Library
- Schedule manager
- Available programs
- Content cards/goal interactions
- Trackers
- Coach briefs



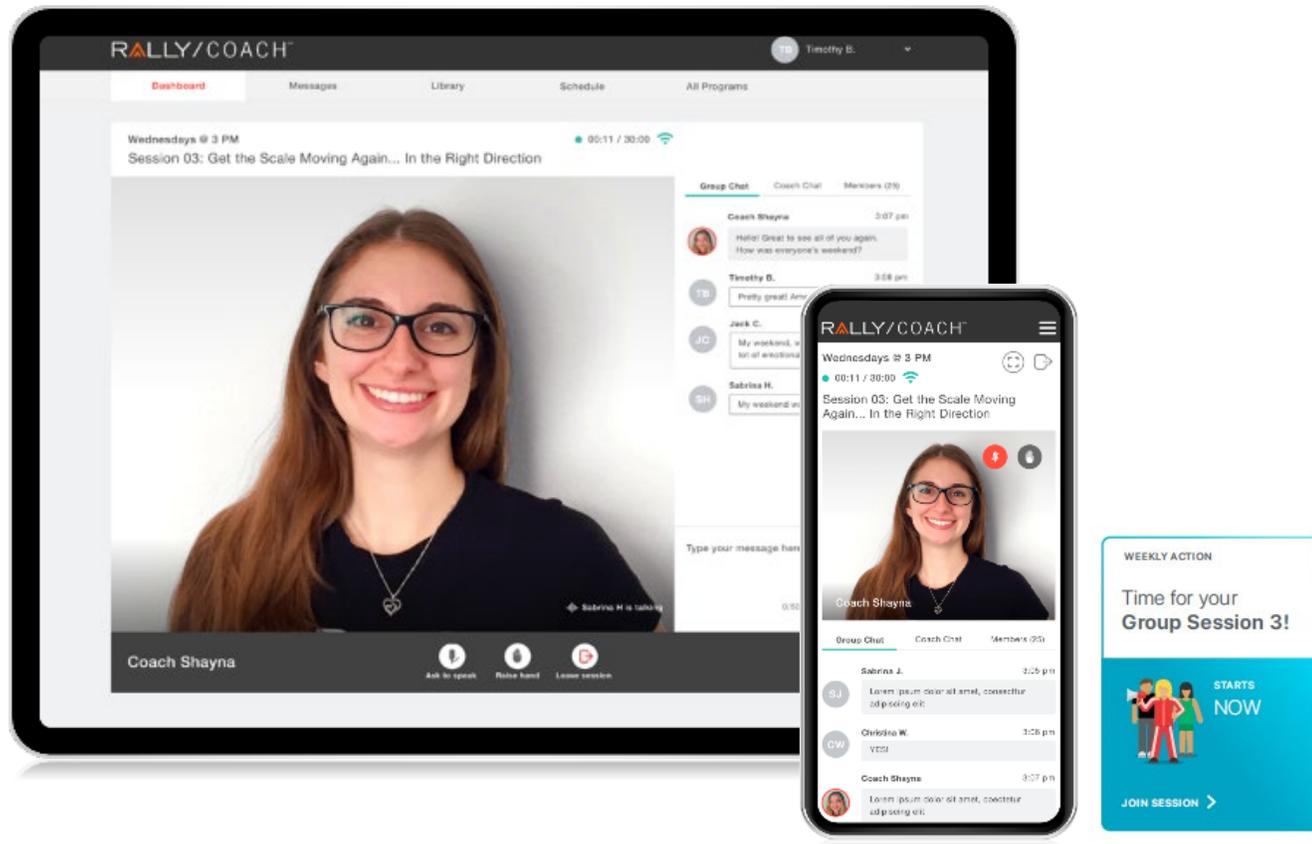
Navigation

Content cards/goal interactions

Trackers



# Group coaching sessions



Online group coaching sessions provide you with the information, tips and encouragement to help you achieve your goals.

During your group sessions, you can interact with others in several ways:



**Chat with your coach and team** during the entire session



**Request to speak out loud** via microphone



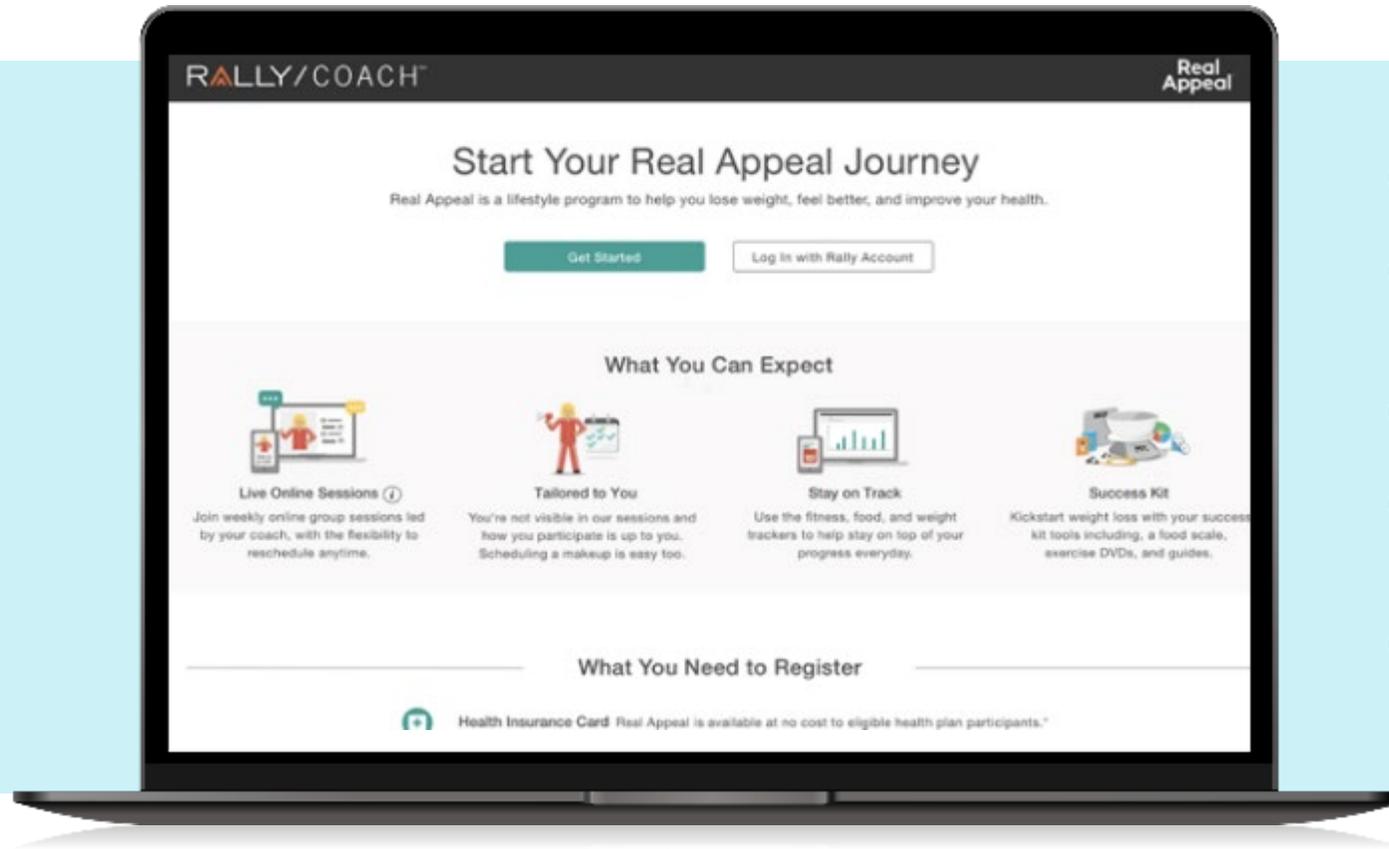
**Raise your hand to vote** in coaching polls





# Getting Started

# Registering for the program



- 1 Visit [uhc.realappeal.com](https://uhc.realappeal.com)
- 2 Enter the information from your health plan ID card to confirm eligibility
- 3 Take the health assessment
- 4 Select a day and time for your online group sessions
- 5 Provide a shipping address for your Success Kit



# Answers and support



Visit [uhc.realappeal.com](https://uhc.realappeal.com)



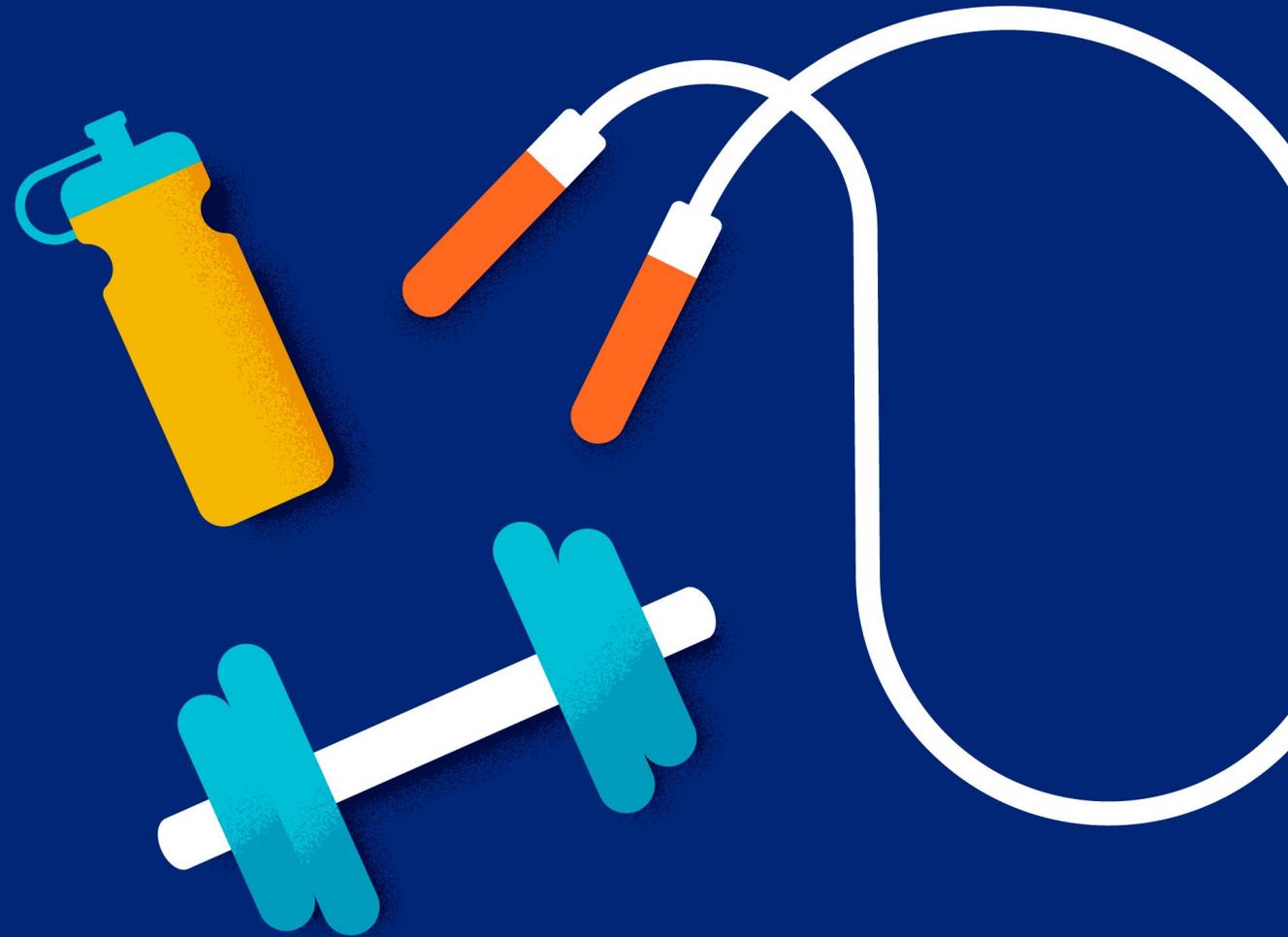
Call the number on your health plan ID card





# One Pass Select<sup>®</sup>

Discover program options and get started today



United  
Healthcare



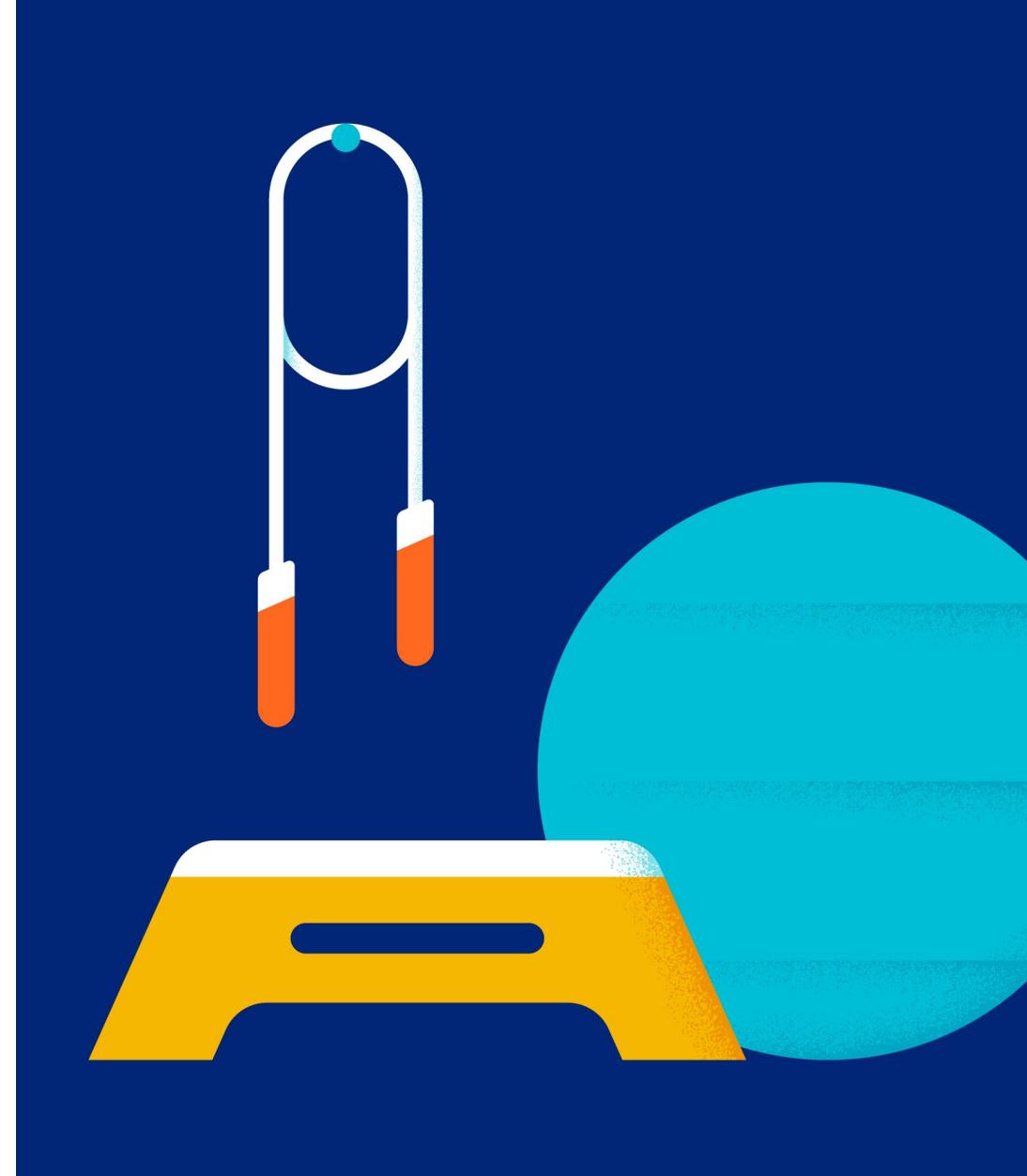
**WELLNESS**  
MIND | BODY | SOUL

# What is One Pass Select?

**One Pass Select** is a fitness membership and healthy lifestyle program designed to help you reach your wellness goals.

## The program allows you to:

- **Choose** from thousands of gym locations, classes and activities — all in 1 program
- **Enjoy** a variety of digital fitness apps
- **Fund** your membership using earned UnitedHealthcare Rewards dollars or your own personal dollars



# A program that's built around you

**One Pass Select** provides you with benefits no matter where you are or who you're with:



## At the gym

A large network of gyms, from national fitness centers to boutique studios, so you don't have to commit to just 1



## At home

Online fitness classes you can access at home, including live sessions, on-demand workouts and routines



## With friends and family

Ability to add unlimited friends and family members\* at 10% off their subscription costs so they can join you in living a healthy lifestyle

\*Subscribers must be age 18+.



# Pick the plan that's right for you

With multiple subscription options, **One Pass Select** has a plan to fit your needs, lifestyle and budget.

## Classic

12,000+ gym locations

## Standard

13,000+ gym and premium locations

## Premium

16,000+ gym and premium locations

## Elite

18,000+ gym and premium locations

## Digital-only

Or get started with a digital-only plan

An enrollment fee may apply.



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Each plan allows you to:



Use any location in your network tier at no additional cost



Change tiers monthly to create a routine that fits your lifestyle



Cancel your membership at any time by giving a 30-day notice



Try online workout builders to learn new exercises



Join live, online fitness classes and try on-demand workouts from home

# How to get started

To sign up for a **One Pass Select** plan, just follow these steps:

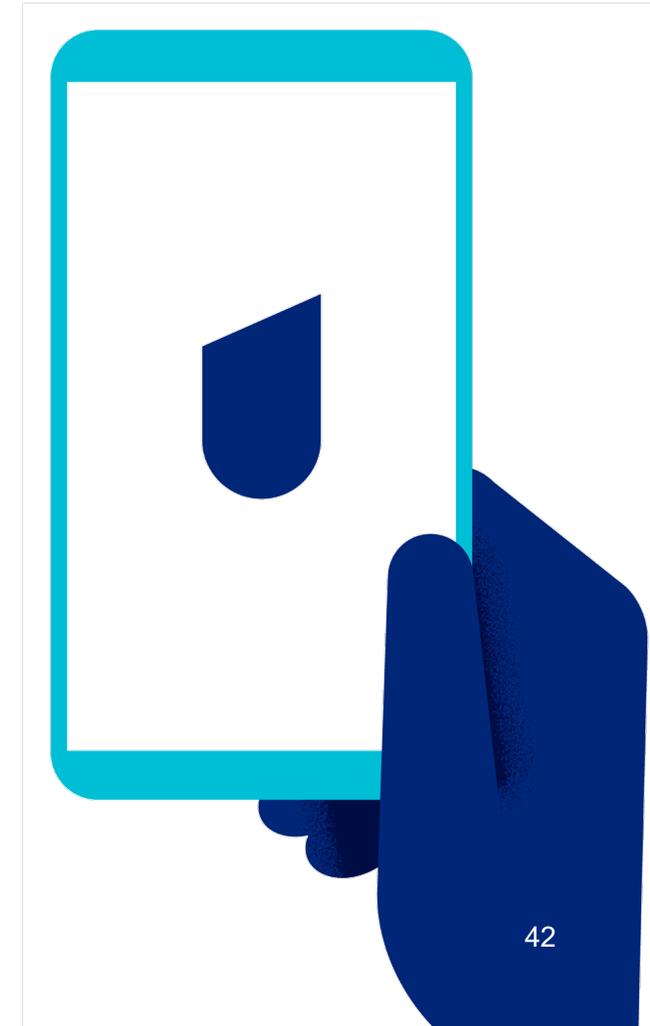
## On the UnitedHealthcare® app

- 1 Scan this code to download the app  

- 2 Sign in or register
- 3 Select and activate **UHC Rewards**
- 4 Click on **Redeem Rewards**, then select One Pass Select to learn more and purchase a membership

## On myuhc.com®

- 1 Sign in or register
- 2 Select and activate **UHC Rewards**
- 3 Click on **Redeem Rewards**, then select One Pass Select to learn more and purchase a membership



# Get ready to go after your health and fitness goals!

One Pass Select is a voluntary program. For fully insured participants (not available in HI, KS, VT and Puerto Rico) it features a subscription based nationwide gym network and digital fitness. For self-funded participants nationally, it features a subscription based nationwide gym network, digital fitness and grocery delivery service. 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. Individuals should consult an appropriate health care professional before beginning any exercise program and/or to determine what may be right for them. Purchasing discounted gym and fitness studio memberships, digital fitness or grocery services may have tax implications. Employers and individuals should consult an appropriate tax professional to determine if they have any tax obligations with respect to the purchase of these discounted memberships or services under this program, as applicable. One Pass Select is a program offered by Optum. Subscription costs are payable to Optum.

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 1-866-230-2505 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. Components subject to change. This program is not available for fully insured members in Hawaii, Vermont and Puerto Rico nor available to level funded members in District of Columbia, Hawaii, Vermont and Puerto Rico.

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.





# Calm App

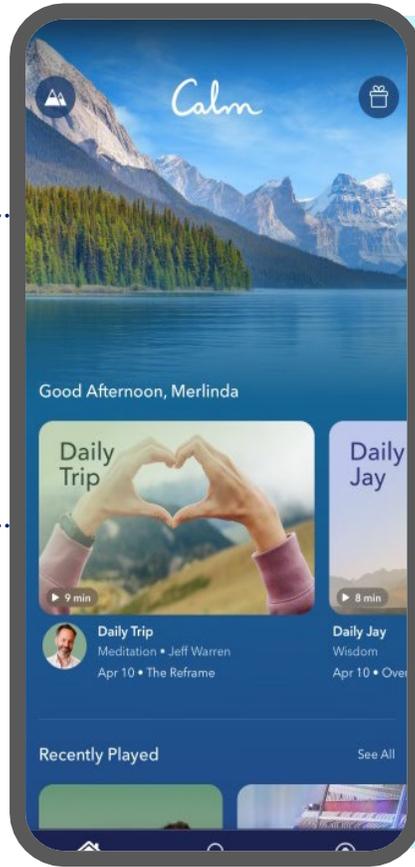
To help support employees on their mental health journey

United  
Healthcare

# Providing global access to on-demand well-being support

**#1**  
app for sleep,  
meditation and  
relaxation<sup>1</sup>

★★★★★  
**4.8**  
star rating based  
on 1.8 M reviews  
from the App Store<sup>2</sup>



To help members care for their mental health with access to Calm

Features of the app include:



24/7 access to self-guided content with no out-of-pocket member costs – available in 7 languages\*



A library of **diverse content** — including videos, music and more — designed to help users manage stress, improve sleep and live mindfully



Meditations, sleep stories, daily check-ins and curated content focused on stress and burnout, sleep, anxiousness, productivity and more

<sup>1</sup> Sensor Tower - Q1 2023 Analysis: Top 5 Wellness Apps on iOS in the US, April 2023 | Sensor Tower - Q1 2023 Performance of Top Wellness Apps on Android in the US, April 2023. <sup>2</sup> Calm App Store rating accessed April 2024. Please consult with your tax specialist to determine taxability of these offerings. Images provided for illustrative purposes only.

