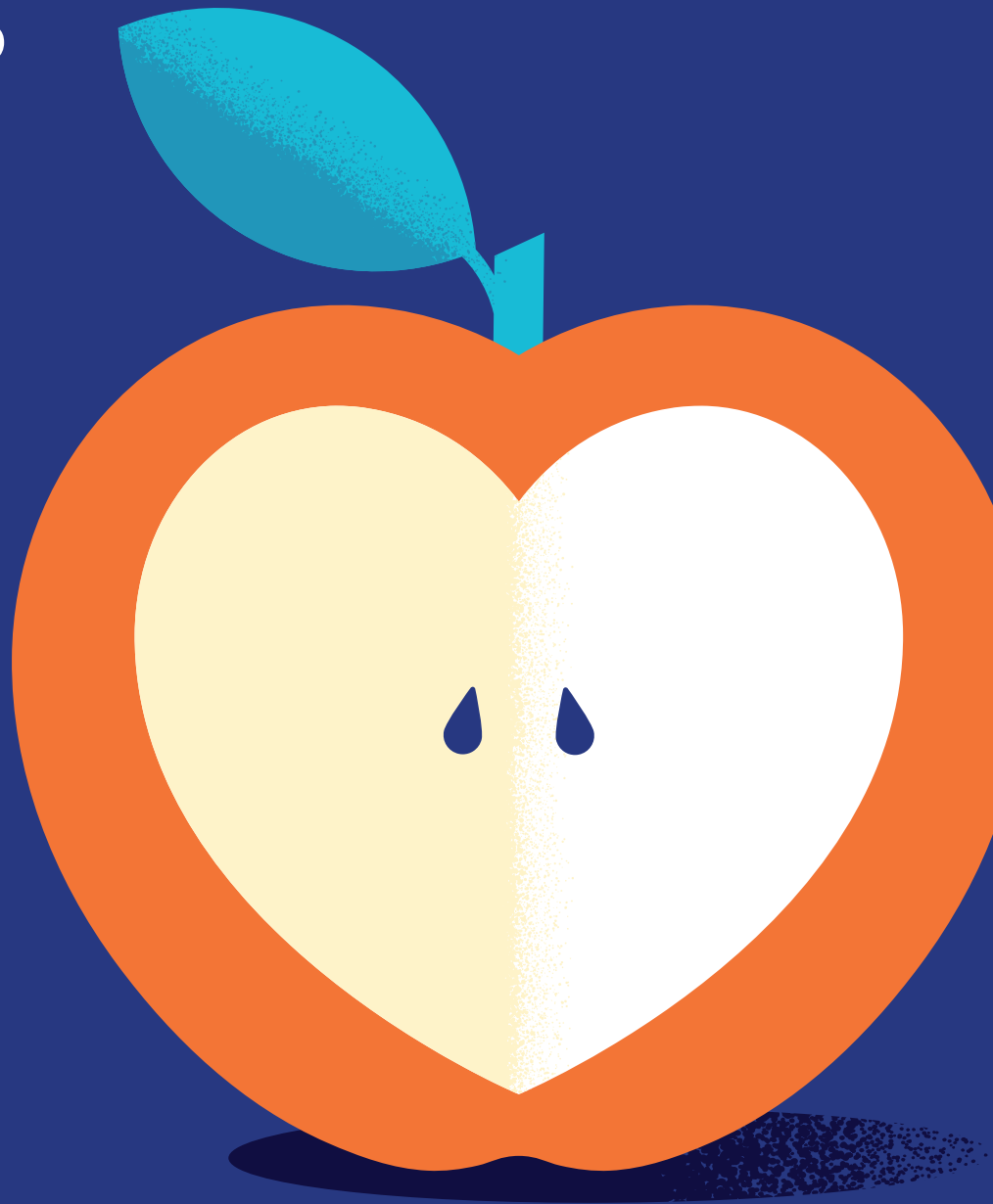




UnitedHealthcare Level Funded

# Welcome to Wellness



United  
Healthcare



# Level Funded Wellness

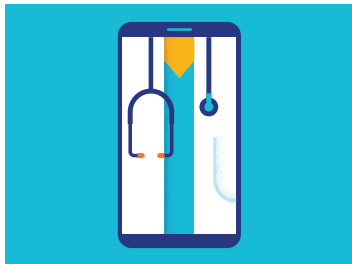
Get started with Level Funded Wellness, programs included in your health plan and designed to help you with a healthier lifestyle — all at no extra cost to you.



## Motion

**Rewards for meeting program walking goals**

Use a wearable activity tracker to track steps, reach goals and earn rewards



## HealthiestYou™ Virtual Care

**Virtual care from your mobile device or computer**

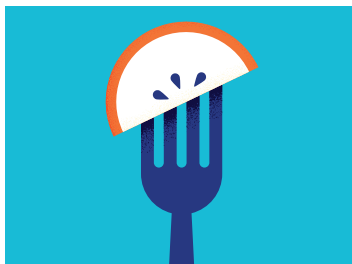
Talk with medical doctors who can diagnose, treat and prescribe medication



## 24/7 Virtual Visits

**Connect with a doctor 24/7**

Speak to a doctor by phone\* or video when you want care — anytime, anywhere



## Rally

**Your personalized health journey**

Complete a health survey, choose and complete missions, join and complete challenges and earn rewards

\* Data rates may apply.



# Earn rewards with Motion

With UnitedHealthcare Motion<sup>®</sup>, every step moves you closer to hitting program goals and earning rewards. All you have to do is sign up, slip on a tracker and get moving — no gym required. With Motion, you get a wearable activity tracker and a set of 3 daily goals. Meet the goals, and you may earn rewards every day — up to \$1,095\* a year.

## Get started

Visit [unitedhealthcaremotion.com](https://unitedhealthcaremotion.com) to set up your account.

Download the UnitedHealthcare Motion app.

## Get moving



### Step 1:

Simply put on your activity tracker in the morning.



### Step 2:

Sync your tracker to your personal account. It will regularly send your information to a secure place online.







### Step 3:

Check your progress regularly and track your earnings at [unitedhealthcaremotion.com](https://unitedhealthcaremotion.com) or on the Motion app.

\*Or \$1,150 if not applying registration credit toward an activity tracker.

## Get rewards

Motion rewards you for meeting 3 daily goals. This may maximize your health benefits and helps you get FIT.

	Daily goal	Potential benefits	Reward
	<b>Frequency</b> 6 brief walks over the course of a day, at least 1 hour apart. (For each walk, need 300 steps within 5 minutes.)	May reduce risk factors for metabolic and cardiac health	\$1
	<b>Intensity</b> 1 brisk walk of 3,000 steps within 30 minutes or 30 minutes performing other eligible activities.	May reduce risk factors for cardiovascular, metabolic, bone and mental health conditions, as well as cancer	\$1
	<b>Tenacity</b> At least 10,000 steps in a day. (The activity devices will reset at midnight local time.)	May increase energy expenditures and can help manage weight	\$1
	<b>Participation</b> 2,500+ steps per day with no FIT rewards.	May encourage those who do not regularly hit their FIT goals to continue being active	\$.25
<b>Total possible per day</b>			<b>\$3.00</b>

When you get FIT every day, you and your covered spouse may each earn up to \$1,095\* per calendar year. We'll help you get started by giving you \$55 just for registering at [unitedhealthcaremotion.com](https://unitedhealthcaremotion.com). You can use the credit toward an activity tracker — or if you already have a compatible tracker, you can save the credit for reimbursement of your out-of-pocket medical expenses.

### Key features:

- Plan participants and eligible spouses may be reimbursed up to \$1,095\* or 30% of the cost of plan participant-only coverage (or family coverage if dependents are covered) for available incentives under all programs combined as applicable, whichever is less, each calendar year
- Quarterly reimbursements for expenses are applied to the out-of-pocket limit calendar year spend
- 50% calendar year rollover of unreimbursed rewards for those on a non-HSA plan
- \$55 registration credit can be used toward purchase of an activity tracker or saved for quarterly reimbursements. The unused credit will be deposited into the plan participant's HSA (if plan participant has this set up).

### Considerations:

- Point tracking does not start until after your effective date
- Every quarter, all earned credits will be deposited into your health savings account (HSA) to be used at your discretion, or you may elect to receive a gift card\*\*
- Plan participants and spouses on a high deductible health plan are required to provide UnitedHealthcare Motion with their HSA bank information at the time of registration to receive reimbursement

**HSA contribution limits for 2021:** Plan participants are responsible for ensuring that they do not exceed the 2021 HSA contribution limits imposed by the IRS. For 2021, the maximum contribution is \$3,600 for individual coverage and \$7,200 for family coverage. If you are age 55 or older, you may be eligible for an additional \$1,000 catch-up contribution. Please seek your own tax advice.

## Questions about Motion

Call 1-855-256-8669 | Email [unitedhealthcaremotion@uhc.com](mailto:unitedhealthcaremotion@uhc.com)

\*Or \$1,150 if not applying registration credit toward an activity tracker.  
\*\*Gift cards are generally taxable. Please seek your own tax advice.

# Reach healthier goals with Rally

Rally® encourages a healthier lifestyle and is designed to help you make changes to your daily routine, set goals and track your progress all to help encourage a healthier lifestyle. You'll get fun, personalized recommendations to help you move more and eat better, which may improve your health.



## See your Rally Age

Start by taking an interactive health survey to see your Rally Age, that may help you assess your health. Based on your Rally Age, you'll get personal recommendations called "missions" to help you reach your health goals.



## Take on a challenge

Use the Rally app to track your activity and compete with other Rally participants to earn extra rewards.



## Accept your missions

Missions are custom-picked activities designed to help you eat better, and get active. Choose the missions you want to work on and level up to more challenging missions when you're ready.



## Earn rewards

You'll earn Rally coins for completing your health survey, missions and challenges — even just for logging in once a day. You can use the coins to enter drawings for chances to earn rewards, get discounts or trigger a donation to a charity.

## Get started

Register at [werally.com/client/all savers/register](https://werally.com/client/all savers/register) | Access Rally anytime at [werally.com](https://werally.com) or [myuhc.com](https://myuhc.com)

For questions about registration, call us at **1-844-334-4944**

## Questions about Rally

Visit our support page [rally-support.force.com/customer](https://rally-support.force.com/customer)  
Email the Rally support team [support@werally.com](mailto:support@werally.com)



Visit Level Funded Wellness at [myuhc.com](https://myuhc.com)

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All trademarks are the property of their respective owners.

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.

HealthiestYou is not health insurance. HealthiestYou is designed to complement, and not replace, the care you receive from your primary care physician. HealthiestYou physicians are an independent network of doctors who advise, diagnose and prescribe at their own discretion. HealthiestYou physicians provide cross coverage and operate subject to state regulations. Physicians in the independent network do not prescribe DEA controlled substances, non-therapeutic drugs and certain other drugs which may be harmful because of their potential for abuse. HealthiestYou does not guarantee that a prescription will be written. Services may vary by state. HealthiestYou by Teladoc® and UnitedHealthcare are not affiliated and each entity is responsible for its own contractual and financial obligations.

24/7 Virtual Visits phone and video chat with a doctor are not an insurance product, health care provider or a health plan. Unless otherwise required, benefits are available only when services are delivered through a Designated Virtual Network Provider. 24/7 Virtual Visits are not intended to address emergency or life-threatening medical conditions and should not be used in those circumstances. Services may not be available at all times, or in all locations, or for all members. Check your benefit plan to determine if these services are available.

Rally Health® provides health and well-being information and support as part of your health plan. It does not provide medical advice or other health services, and is not a substitute for your doctor's care. If you have specific health care needs, consult an appropriate health care professional. Participation in the health survey is voluntary. Your responses will be kept confidential in accordance with the law and will only be used to provide health and wellness recommendations or conduct other plan activities.

The service offerings and programs of UnitedHealthcare Level Funded Wellness are subject to change or may be discontinued. The Level Funded Wellness service offerings are not available in all states.

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Administrative services provided by United HealthCare Services, Inc. or their affiliates, and UnitedHealthcare Service LLC in NY. Stop loss insurance is underwritten by All Savers Insurance Company (except CA, MA, MN, NJ and NY), UnitedHealthcare Insurance Company in MA and MN, UnitedHealthcare Life Insurance Company in NJ, UnitedHealthcare Insurance Company of New York in NY, and All Savers Life Insurance Company of California in CA.