



All Savers® Alternate Funding benefit for your employees. Walking to earn over \$1,000 a year with UnitedHealthcare Motion®.

What is UnitedHealthcare Motion?

Motion is an innovative, web-based activity program that works with your covered employees' activity trackers and an app. They wear their trackers to earn reimbursements of qualified out-of-pocket medical expenses. All Savers Alternate Funding recognizes that walking is good for physical health... and mental health, too!

How does the program work?

Your employees sync their trackers with their computer or smartphone and log in for near-real-time feedback on progress and rewards earned. Participants can earn over \$1,000 to help reduce their annual health care costs. The tracker is called FIT because Frequency, Intensity and Tenacity matter. It measures how often, how fast and number of steps. Research used for this program showed major health benefits to 1) moving multiple times a day, 2) including one moderately intense walk, and 3) reaching a step-count goal.

How your covered employees sign up:

- 1 First, they log in to their account at myallsaversconnect.com and click the UnitedHealthcare Motion link.
- 2 Then they create their own UnitedHealthcare Motion account and receive a \$55 credit just for registering.
- 3 Participants then use the \$55 registration credit to select an activity tracker of their choice to be shipped to their home. If they already have a FIT-compatible activity tracker, they can save the registration credit for reimbursement of qualified out-of-pocket medical expenses.
- 4 The participant then follows the instructions to set up their activity tracker and sync it with their computer or smartphone.



For the maximum benefit, participants should meet these daily goals:

- Six brief walks, at least 1 hour apart (each 500 steps taking less than 7 minutes).
- One brisk walk (3,000 steps within 30 minutes).
- Walking at least 10,000 steps total.



Questions? Call **1-855-256-8669** or email unitedhealthcaremotion@uhc.com.



This program is not insurance.

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. An appropriate health care professional should be consulted before beginning any exercise program and/or to determine what may be right for the individual. Receiving an activity tracker and/or certain credits may have tax implications. Participants should consult an appropriate tax professional to determine if they have any tax obligations from receiving an activity tracker and/or certain credits under this program, as applicable. If any fraudulent activity is detected (e.g., misrepresented physical activity), participant may be suspended and/or terminated from the program. If participant is unable to meet a reward standard under this program due to a health factor, they might qualify for an opportunity to receive the reward by different means. The participant can contact us at 1-855-256-8669 or unitedhealthcaremotion@uhc.com and we will work with them (and, if necessary, their doctor) to find another way to earn the same reward. Rewards may be limited due to incentive limits under applicable law.

Administrative services provided by United HealthCare Services, Inc. or their affiliates. Stop-loss insurance is underwritten by All Savers Insurance Company in all states (except MA, MN and NJ), UnitedHealthcare Insurance Company in MA and MN, and UnitedHealthcare Life Insurance Company in NJ. 3100 AMS Blvd., Green Bay, WI 54313, 1-800-291-2634.

MT-1177376.0 7/18 ©2018 United HealthCare Services, Inc. 18-8637