



Get moving. Get rewards.



A UnitedHealthcare Company

UMR offers UnitedHealthcare's Motion program – designed to motivate you to do more of what you already do: **walk**. It works with a wearable device and mobile app, provides immediate feedback on your daily Frequency, Intensity, Tenacity (FIT) goals and rewards you quarterly with deposits into your health reimbursement account + incentive\$ (HRA+) debit card.

Earn rewards for every goal you complete: 10/1/23 - 9/30/24



MOVE OFTEN

Walk 300 steps within 5 minutes, six times/day to hit your goal for **Frequency**.



MOVE FAST

Walk 3,000 steps in 30 minutes to hit your goal for **Intensity**.



MOVE FAR

Walk 10,000 steps in one day to hit your goal for **Tenacity**.

Here's how it works.

- 1 Create an account on **UnitedHealthcareMotion.com** and select an activity tracker from the website or use a compatible activity tracker of your own.
- 2 A "registration credit" can be applied to purchased devices or applied to your health reimbursement account + incentive\$ (HRA+) debit card if you use your own device.
- 3 You register and pair your device, begin walking to meet daily FIT goals and sync your device a few times per week.
- 4 Meeting the daily FIT goals, you may earn **\$1.25-\$4.00 per day in the form of an HRA debit card.**

Sign up, connect a tracker, get moving.

UnitedHealthcareMotion.com



¹ Incentives are processed quarterly.

IMPORTANT: You must register for Motion using your UMR Group Number (76416309) to be eligible for Motion plan benefits between 10/1/2023-9/30/2024.

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