

FIND YOUR HEALTHY PLACE

Better health is a journey, not a destination. Before we can reach our personal goals, we need to know where we're starting from, and where we want to go.

With UMR's Live Well Reward\$, you and your spouse have an opportunity to receive financial rewards for taking a few simple steps toward living a healthier life. Your participation is completely voluntary, and all resources are available at no cost to you. Keep reading to learn how you can start earning today.

This year, you can receive up to **200 points** (1 point= \$1) in Online Rewards. **Here's how:**

YOUR GOALS:	REFERENCE PAGES	EARN:
Take your CHRA	Pages 2-3	25 points
Complete your biometric screening	Pages 4	75 points
Be tobacco free	Page 5	100 points
Real Appeal	Page 6	100 points
UMR's Wellness CARE Coaching	Page 7	100 points
Teladoc Utilization	Page 8	50 points
UMR's Action Plans	Pages 9-10	50 points

Review your rewards and track your progress in the Live Well Reward\$ Wellness activity center.

You can check your progress in the Live Well Reward\$ program anytime at umr.com. Simply log into umr.com and click on the Wellness activity center tile to review your activities and rewards. If you have any questions regarding LWR\$, please call 1-800-826-9781.



A UnitedHealthcare Company