



For more information about this program, please contact your UnitedHealthcare representative.

**UnitedHealthcare
Wellness Incentive ProgramSM**
For customers with 2-99 employees



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Eligible participants need to complete a biometric screening and three additional modules:

Health assessment
Online health coaching

Telephonic wellness coaching
Flu shot

Fitness reimbursement

Wellness may work for thousands of companies just like yours.

At UnitedHealthcare, we see the positive impact of wellness programs every day. We know that businesses need to make the most of their health care budgets and take care of their employees.

Wellness programs are a way to get people engaged in their own health.

Through the UnitedHealthcare Wellness Incentive ProgramSM, we've made it rewarding for you and your employees to participate in a wellness program that is designed to help support long-term health goals - even if the first step is finding out what those goals should be.

Educate. Engage. Reward.

The program* is straightforward. Participants will qualify for a \$500 reduction in their deductible for the following plan year if they complete four out of six possible wellness modules within eight months from the start of the program. Spouses covered by the medical plan are eligible to participate, but only one deductible reduction is available per household.

The biometric screening is required by all participants, but the three remaining modules are the member's choice.

The ideal end result? More engagement to make healthier choices, which may lead to healthier employees over time.

Biometric screenings

This component is mandatory.

Your employees may choose to go to a convenience clinic or they can have a home screening kit sent by mail. Both screenings will obtain results for:

- ▶ Cholesterol
- ▶ Glucose
- ▶ Body Mass Index

The results are populated into the member's health assessment and personal health record on myuhc.com.

Health assessment completion

The health assessment is a starting point for your employees to begin to understand their overall health.

Developed by University of Michigan, it includes 50 standard lifestyle questions that generate a confidential**, personalized report on their current health habits and related suggestions for improving their health.

The assessment takes approximately 15 minutes, is available in English and Spanish and should be completed within 90 days of the start of your program.

Wellness coaching – telephonic or online

Our one-on-one coaching program integrates phone- and mail-based communications with the online interactive health coach on myuhc.com and is designed to identify individuals who may require additional support and motivation to achieve their goals.

Coaches are specially trained in personal wellness and can help your employees get started and provide support to help keep them on track.

Wellness coaching is available for seven conditions:

- ▶ Weight
- ▶ Tobacco Cessation
- ▶ Stress
- ▶ Nutrition
- ▶ Exercise
- ▶ Diabetes
- ▶ Heart Health

Flu shot program

Members can get a flu shot approved by the U.S. Food and Drug Administration (FDA). The flu shot must be administered by a physician or health care professional in the UnitedHealthcare network.

Fitness reimbursement program

The fitness reimbursement program* offers money back to members who go to a participating fitness center on a regular basis. Here is how the program works:

- ▶ Members choose a participating fitness center.*
- ▶ Members present their fitness ID card each time they visit the fitness center.
- ▶ Members are reimbursed \$20 per month (to an annual maximum of \$240) for every month they visit the fitness center at least 12 times. The reimbursement can be deposited directly into their bank account or credited to their credit card.
- ▶ Members and spouses (if enrolled in the health plan) can participate in the fitness reimbursement program.
- ▶ Members can complete this module by enrolling in the fitness reimbursement program within 90 days of their effective date, and achieving their monthly reimbursement three times within the first eight months.

* Program applies to select partner gyms. Visit fitness.unitedhealthallies.com for a list of participating fitness centers in your state.

**Confidential to the fullest extent permitted by law.

*Limitations may apply. Discuss with your broker or UnitedHealthcare representative to ensure this program is available for your plan design.