



## Simple and convenient: Employees walk, earn rewards and get healthier, which may help increase engagement and control costs.

Approximately **two out of three Americans** are sedentary, overweight or obese.<sup>1</sup> Your employees who have a sedentary lifestyle are at an increased risk for heart disease, stroke, type 2 diabetes, cancer, depression and other serious health conditions. In fact, seven out of 10 employers say poor health habits are one of their top challenges in controlling health coverage costs.<sup>2</sup>

### Motion — the power of a simple walking program.

The Motion program helps motivate employees and covered spouses to do more of what they already do: walk. It's convenient, provides immediate feedback on goal achievement and rewards members with deposits into their health savings account (HSA).

### Motion is designed to help your employees:

- Lose weight.
- Improve cholesterol and blood sugar.
- Reduce the risk of diabetes and heart disease.
- Decrease symptoms of depression and anxiety.
- Increase energy and productivity.

#### Three ways to earn

		HSA
<b>F</b>	<b>Frequency.</b> 500 steps in seven minutes; six times a day, at least one hour apart.	<b>\$1.00</b>
<b>I</b>	<b>Intensity.</b> 3,000 steps in 30 minutes.	<b>\$1.00</b>
<b>T</b>	<b>Tenacity.</b> 10,000+ total daily steps.	<b>\$1.00</b>

**\$3/day**  
**\$1,095/year**

Motion  
produces  
results.<sup>3</sup>



On average, participants take  
**8,000–10,000**  
steps daily.

**80%** of participants sustain  
engagement over 18 months.

**56%** of those eligible to participate  
in Motion registered for the program.

## Here's how it works:

- 1 Eligible employees and covered spouses create an account on [unitedhealthcaremotion.com](http://unitedhealthcaremotion.com) and select an activity tracker from the website or use a Motion-compatible activity tracker they already own.
- 2 An "activation credit" can be applied to purchased devices or taken as a reward if they use their own device. Purchased devices are delivered to the member's home.
- 3 Members set up their device, begin walking to meet daily FIT (Frequency, Intensity, Tenacity) goals and sync their device weekly.
- 4 Every day, participants can earn a \$3 incentive, deposited quarterly into their HSA. All they have to do is walk to earn up to \$1,095 per year.

Employers spend  an estimated **\$160 billion** annually on modifiable health risks.<sup>4</sup>

## Help employees maintain their health while you manage health care costs.

Employees and covered spouses can have over \$1,000 per year deposited into their HSA. This may enable you to implement a higher deductible plan with employees reducing their out-of-pocket costs if they meet their daily FIT goals. Healthier employees may also mean lower absenteeism and higher productivity, along with improved employee morale.



- Easy to understand and use.
- Builds better health through positive habits.
- Draws awareness toward healthy lifestyles.
- Incentivizes positive actions.
- Inspires friendly competition.



- Simple to explain to employees.
- Motivates employees.
- Supports a higher deductible plan.
- May reduce medical claims.
- Provides reporting that helps influence usage.

## Motion is simply effective.

The program design makes it easy for employees and covered spouses to participate.



Contact your UnitedHealthcare representative.



<sup>1</sup> World Health Organization, Fact Sheet: Obesity and Overweight; updated June 2016.

<sup>2</sup> Soeren, M., Li, H., et al. (2013). Workplace Wellness Programs Study: Final Report (Rep.). Santa Monica, CA: Rand Corporation.

<sup>3</sup> Based on the Key Accounts Motion book of business from 10/1/15 to 12/31/16.

<sup>4</sup> O'Donnell, M. P., Schultz, A. B., and Yen, L. (2015). The UM-HMRC Study. *JOEM*, 57(12), 1284-1290, <https://www.cms.gov/research-statistics-data-and-systems/statistics-trends-and-reports/nationalhealthexpenddata/downloads/highlights.pdf>.

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. 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 activation credit may have tax implications. You should consult an appropriate tax professional to determine if you have any tax obligations from receiving an activity tracker and/or activation credit 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. Contact us at 1-855-256-8669 and we will work with you (and, if necessary, your doctor) to find another way for you to earn the same reward.

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MT-1146973.0 8/17 ©2017 United HealthCare Services, Inc. 17-5173