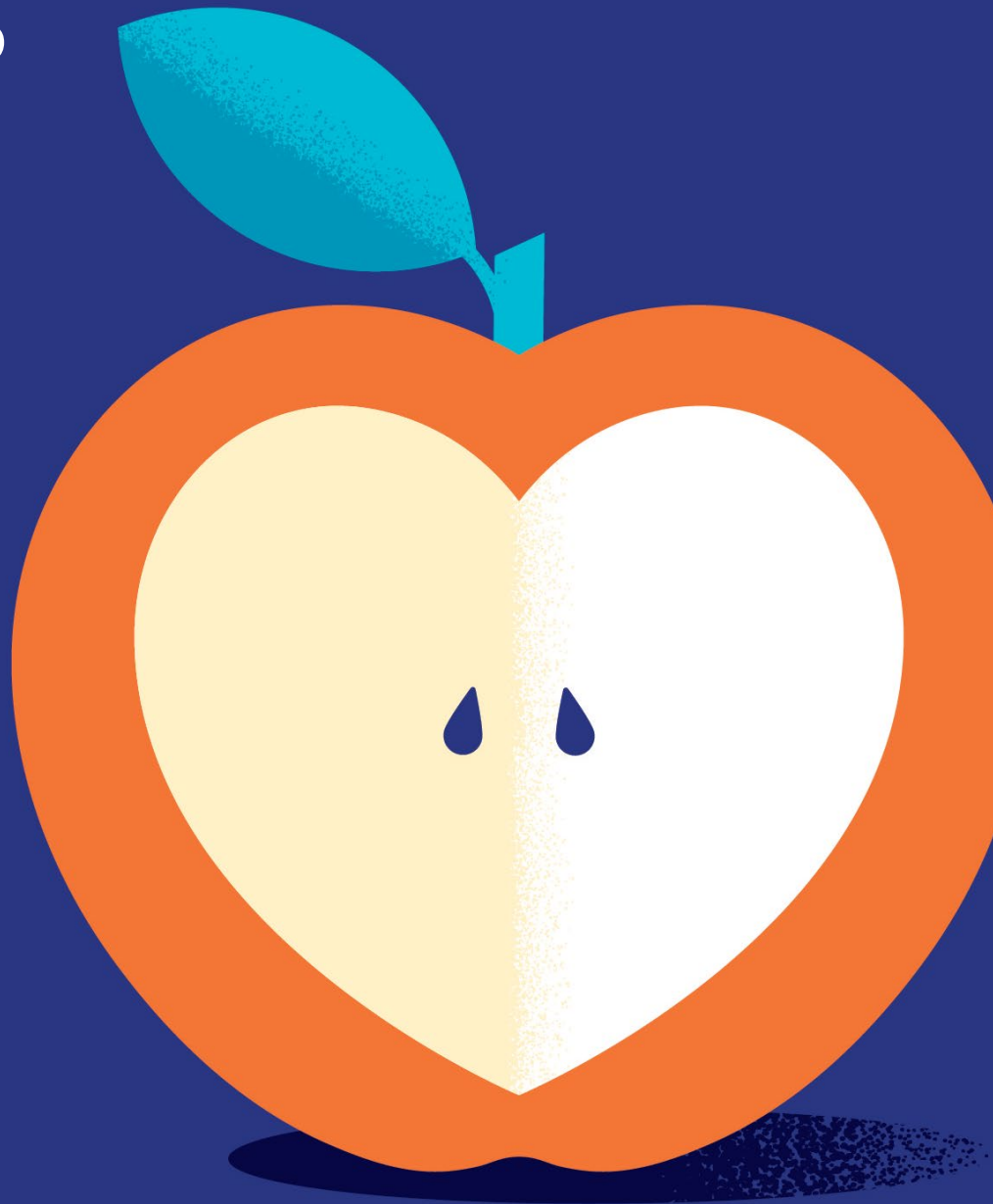




UnitedHealthcare Level Funded

# Welcome to Wellness



United  
Healthcare



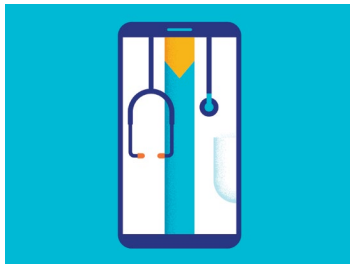
# Level Funded Wellness

Get started with Level Funded Wellness, programs included in your health plan and designed to help you with a healthier lifestyle — all at no extra cost to you.



## UnitedHealthcare Rewards

Earn rewards for reaching program goals and completing one-time activities



## HealthiestYou™ Virtual Care

**Virtual care from your mobile device or computer**  
Talk with medical doctors who can diagnose, treat and prescribe medication



## 24/7 Virtual Visits

**Connect with a doctor 24/7**  
Speak to a doctor by phone\* or video when you want care — anytime, anywhere

\* Data rates may apply.

# Get in on UHC Rewards



Good news — your health plan comes with a program where you may earn up to \$1,000. UnitedHealthcare Rewards is included in your health plan at no additional cost.

Earn up to  
**\$1,000**

## There may be so much good to get

With UHC Rewards, a variety of actions, including many things you may already be doing, may lead to rewards. The activities you go for are up to you. Here are some ways you can earn:

### Reach daily goals

- Track 5,000 steps or 15 active minutes each day, or double it for an even bigger reward
- Track 14 nights of sleep

### Complete one-time reward activities

- Go paperless
- Get a biometric screening
- Take a health survey
- Connect a tracker

Personalize your experience by selecting activities that may be right for you —and look for new ways of earning rewards that may be added throughout the year.

## There are 2 ways to get started



### On the UnitedHealthcare® app

- Scan this code to download the app
- Sign in or register
- Select the **Menu** tab and choose **UHC Rewards**
- Activate UHC Rewards and start earning
- Though not required, connect a tracker and get access to even more reward activities

### On myuhc.com®

- Sign in or register
- Select **UHC Rewards**
- Activate UHC Rewards
- Choose reward activities that inspire you — and start earning



### Your health

Get in on an experience that's designed to help inspire healthier habits

### Your goals

Personalize how you earn by choosing the activities that may be right for you

### Your rewards

You may earn up to \$1,000

## Key features:

- Plan participants and eligible spouses may be reimbursed up to \$1,000, subject to any applicable incentive limits
- Rewards are deposited into an Optum health savings account (HSA) or health Incentive account (HIA) as soon as \$5 in earnings is achieved. Earnings may take 14 days to appear.
- 50% plan year rollover of unreimbursed rewards for those on a non-HSA plan

## Considerations:

- Point tracking does not start until after your effective date
- All earned credits will be deposited into the plan participant's HSA or HIA to be used at your discretion
- Plan participants and spouses on a high deductible health plan will need to set up an Optum HSA, if they do not already have one, to receive reimbursement
- \$65 registration credit will be deposited into the plan participant's HSA or HIA

**HSA contribution limits for 2024:** Plan participants are responsible for ensuring that they do not exceed the 2024 HSA contribution limits imposed by the IRS. For 2024, the maximum contribution is \$4,150 for individual coverage and \$8,300 for family coverage. If you are age 55 or older, you may be eligible for an additional \$1,000 catch-up contribution. Please seek your own tax advice.

## Questions?

Call customer service at **1-866-230-2505**