



UnitedHealthcare Rewards

United
Healthcare

EI232189651.1



Get in on UHC Rewards

With UHC Rewards, you can earn dollars by completing a variety of actions – including things you may already be doing, like tracking your steps and sleep or getting an annual checkup.

With UnitedHealthcare Rewards, you get to choose:

- ✓ The reward activities you complete
- ✓ How your earnings are redeemed



How does UHC Rewards work?



Get in

Create an account in the UnitedHealthcare® app

Get started

Select and activate UHC Rewards



Get going

Choose the reward activities you'd like to complete

Get rewarded

Start earning dollars

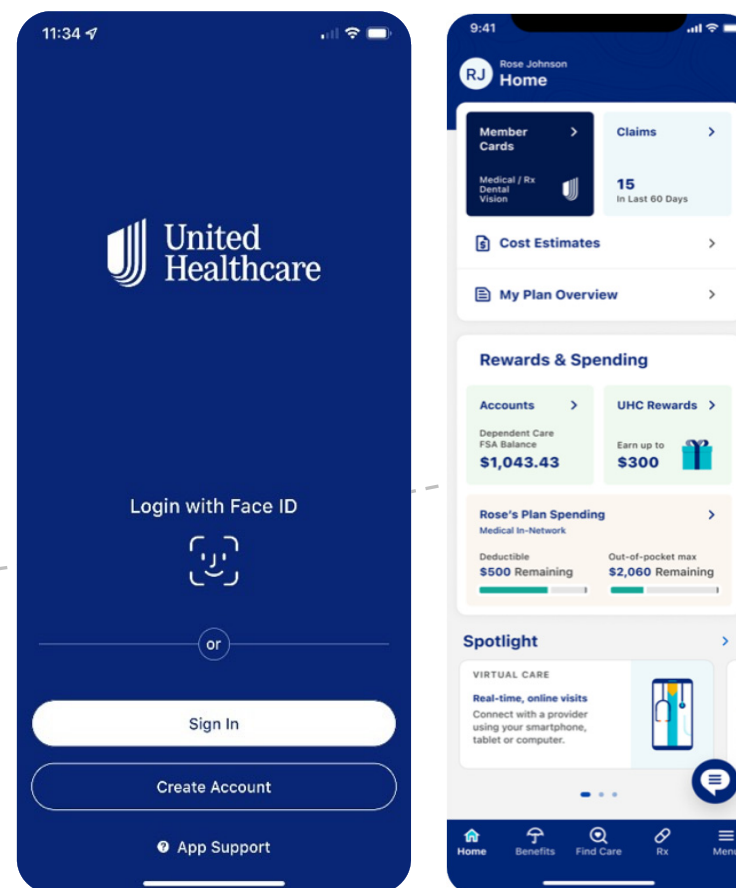


Accessing UHC Rewards



Get in

- Create an account in the UnitedHealthcare app
- Select **UHC Rewards** on the home page



For illustrative purposes only. Dollar value may vary by plan type.



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Activating UHC Rewards

Agree to the terms and conditions and
view **GINA** authorization

Get started



9:41

Cancel

UHC Rewards

1 of 2

1

Activate UHC Rewards
Please review the Terms of Use, Privacy Policy and the GINA authorization to get started.

2

Get earning
Earn up to \$300 by completing simple activities like getting your annual checkup, tracking your steps or sleep and more. Earn your first dollar today.

3

Redeem rewards
Depending on your plan, you may use your earnings to buy an activity tracker or add them to a digital Visa® gift card or health-related expense account.

Please check the box to agree to the UHC Rewards Terms of Use and Privacy Policy statements.

☐ [Terms of Use](#) and [Privacy Policy](#)

View GINA authorization

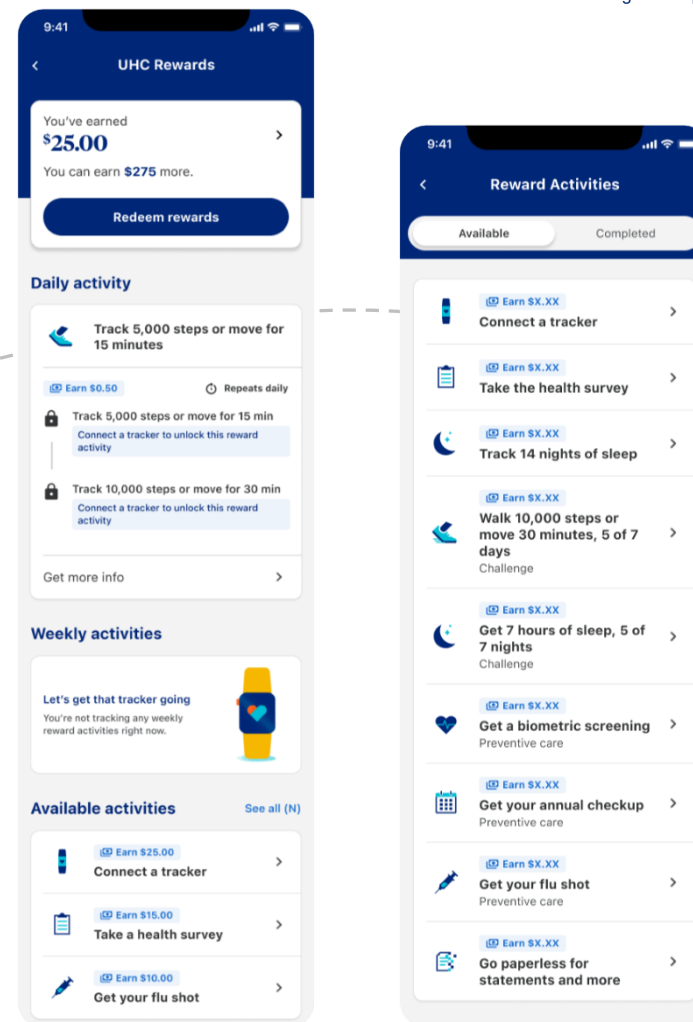


Viewing reward activities

Get going by choosing the activities you'd like to complete and start earning dollars. Visit UHC Rewards for the full list of rewardable activities available to you.



Get going



Available activities and dollar values may vary by health plan.



Ways to earn rewards

Get rewarded when you:

Dollars earned:

Connect a tracker	\$25
Daily activity — goal 1: Track 15 active minutes or 5K steps per day	\$0.25
Daily activity — goal 2: Track 30 active minutes or 10K steps per day	\$0.50
Fitness challenge: Track 30 active minutes or 10K steps, 5 out of 7 days	\$2.50
Track 14 nights of sleep	\$5
Sleep challenge: Get 7 hours of sleep, 5 of 7 nights	\$2.50
Take a health survey	\$15
Get a biometric screening	\$50
Go paperless	\$2.50
Complete a 24/7 Virtual Visit	\$10
Get a flu shot	\$10
Get an annual checkup	\$25
Get a cervical cancer screening	\$50
Get a breast cancer screening	\$50
Get a cost estimate	\$20
Maximum annual incentive	\$300

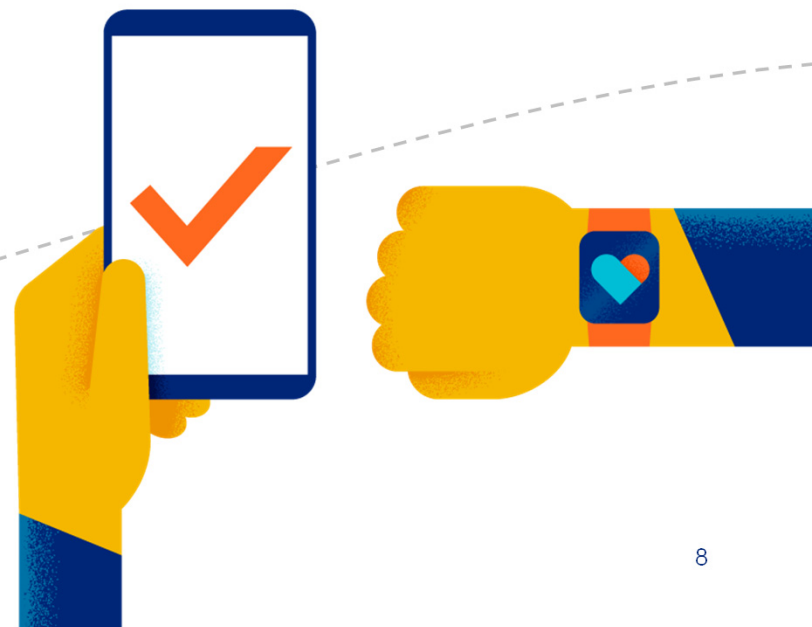


Connecting a tracker

By connecting a tracker to UHC Rewards, you can earn rewards and unlock more reward activities.

Some things to know:

- ✓ The program works with most trackers, including Apple Watch, Fitbit®, Garmin®, Apple Health via iPhone® and Google Fit via Android® phone*
- ✓ You can connect multiple trackers to UHC Rewards; for the best experience, remember to sync daily



*Compatible devices as of 1/1/2025. Please visit UHC Rewards for current list of trackers. All trademarks property of their respective owners.



Redeeming rewards

With UHC Rewards, you choose how your earnings are spent. Once you've earned \$5 or more, log in to UHC Rewards and select **Redeem Rewards** to view your options, including:

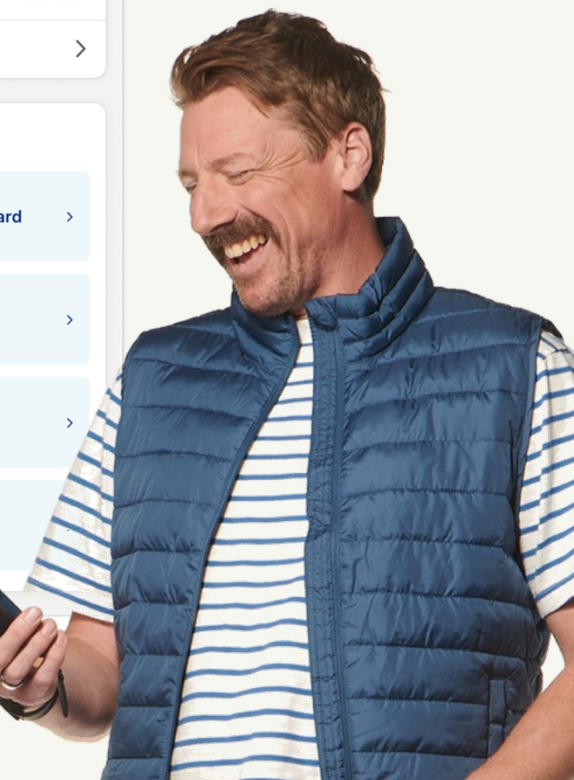
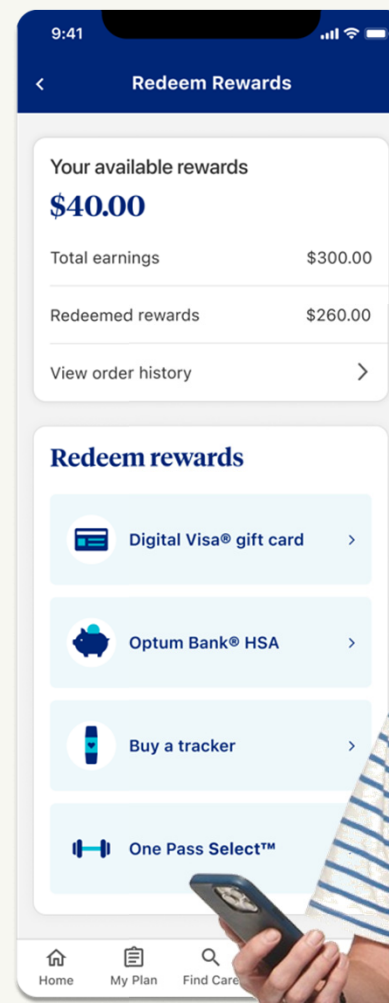
-  A digital Visa® gift card
-  An HSA or HRA deposit
-  To use toward the purchase of a tracker
-  To use toward a OnePassSelect® membership

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Redeeming rewards

With UHC Rewards, the dollars you earn can be redeemed for a digital Visa® gift card. Once you've earned \$5 or more, log in to UHC Rewards and follow these steps:



Select **Redeem rewards**, then **Digital Visa® gift card**



Enter the dollar amount you'd like to redeem, select **Redeem rewards** and confirm your transaction



Your digital Visa gift card redemption code will be available in your order history

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Through the Earn It Off payment option, you:

Health Management | UHC Rewards

Get an Apple Watch with Earn It Off

- 1 Choose an Apple Watch and pay a low — or \$0 — upfront cost
- 2 Put your UHC Rewards earnings toward the remaining balance
- 3 Pay it off over the next 12 months



APPLE WATCH
SERIES 10

APPLE WATCH
ULTRA 2

APPLE WATCH
SE



Ready to get in?



To access UHC Rewards:

1. Scan the QR code to download the **UnitedHealthcare app**
2. Sign in or register
3. Select and activate UHC Rewards
4. Start earning



Questions?

Call UHC Rewards Customer Service at **1-866-230-2505**

UnitedHealthcare Rewards 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, certain credits and/or rewards and/or purchasing an activity tracker with earnings may have tax implications. You should consult with an appropriate tax professional to determine if you have any tax obligations 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. You may call us toll-free at 1-866-230-2505 or at the number on your health plan ID card, and we will work with you (and, if necessary, your doctor) to find another way for you to earn the same reward. Rewards may be limited due to incentive limits under applicable law. Components subject to change. This program is not available for fully insured members in Hawaii, Vermont and Puerto Rico nor available to level funded members in District of Columbia, Hawaii, Vermont and Puerto Rico.

The UnitedHealthcare® app is available for download for iPhone® or Android®. iPhone is a registered trademark of Apple, Inc. Android is a registered trademark of Google LLC.

Visa is a registered trademark of Visa International Service Association.

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