



# All Savers<sup>®</sup> Alternate Funding UnitedHealthcare Motion<sup>®</sup> Walk to earn over \$1,000 a year.

## What is it?

An innovative, web-based activity program that works with your activity tracker and an app. All Savers Alternate Funding recognizes the value of your steps; you can wear your tracker to earn rewards that reimburse qualified out-of-pocket medical expenses. Walking is not only good for your physical health, it may be one of the best medicines for mental health, too.

## How does it work?

After you set up the tracker and sync it with your computer or smartphone, wear it daily—and walk—paying attention to its helpful reminders. Log in to a personal dashboard for near-real-time feedback on your progress and rewards earned. You can earn over \$1,000 to help reduce your annual health care costs. Your tracker measures how often you walk, how fast you walk and the number of steps you take. The research used to develop this program proved it's significantly more beneficial to your health to 1) get up and move multiple times a day, 2) include one moderately intense walk and 3) reach a step-count goal. It's called FIT because Frequency, Intensity and Tenacity matter.

## How to sign up:

- 1 Log in to your account at [myallsaversconnect.com](http://myallsaversconnect.com) and click the UnitedHealthcare Motion<sup>®</sup> link.
- 2 Create your UnitedHealthcare Motion account, and receive a \$55 credit just for registering.
- 3 Select an activity tracker of your choice using the \$55 registration credit to be shipped to your home. If you already have a FIT-compatible activity, you can save the registration credit for reimbursement of qualified out-of-pocket medical expenses.
- 4 Follow the instructions to set up your activity tracker and sync it with your computer or smartphone.



## For the maximum benefit, meet these daily goals:

- Take six brief walks, at least 1 hour apart (each 500 steps taking less than 7 minutes).
- Take 1 brisk walk (3,000 steps within 30 minutes).
- Walk at least 10,000 steps total.



**Questions?** Call **1-855-256-8669** or email  
[unitedhealthcaremotion@uhc.com](mailto:unitedhealthcaremotion@uhc.com).



This program is not insurance.

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 certain credits 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 certain credits 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 or [unitedhealthcaremotion@uhc.com](mailto:unitedhealthcaremotion@uhc.com) 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.

Administrative services provided by United HealthCare Services, Inc. or their affiliates. Stop-loss insurance is underwritten by All Savers Insurance Company in all states (except MA, MN and NJ), UnitedHealthcare Insurance Company in MA and MN, and UnitedHealthcare Life Insurance Company in NJ. 3100 AMS Blvd., Green Bay, WI 54313, 1-800-291-2634.

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