



TRACK ACTIVITIES

Earn once per plan year:

|                          |      |
|--------------------------|------|
| Connect a tracker        | \$10 |
| Track 14 nights of sleep | \$5  |

Earn Daily:

|                                                                       |        |
|-----------------------------------------------------------------------|--------|
| 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 |

Earn Weekly:

|                                                                          |        |
|--------------------------------------------------------------------------|--------|
| Fitness challenge: Track 30 active minutes or 10k steps, 5 out of 7 days | \$2.50 |
| Sleep challenge: Get 7 hours of sleep, 5 of 7 nights                     | \$2.50 |



PREVENTIVE CARE ACTIVITIES

Earn once per plan year:

|                                   |      |
|-----------------------------------|------|
| Get a flu shot                    | \$15 |
| Get an annual checkup             | \$75 |
| Get a cervical cancer screening   | \$25 |
| Get a breast cancer screening     | \$25 |
| Get a colorectal cancer screening | \$25 |
| Get a biometric screening         | \$25 |



ADDITIONAL ACTIVITIES

Earn once per plan year:

|                               |      |
|-------------------------------|------|
| Complete a 24/7 Virtual Visit | \$25 |
| Take a health survey          | \$25 |



- On the UnitedHealthcare® app
- Scan this code to download the app
  - Sign in or register
  - Select **UHC Rewards**
  - Activate UHC Rewards and start earning

- On myuhc.com®
- Sign in or register
  - Select **UHC Rewards**
  - Activate UHC Rewards
  - Choose reward activities that inspire you - and start earning

\$200

maximum annual incentive

[Complete your actions by December 31 - Redeem by April 30](#)

GOT  
QUESTIONS?

Your UHC Rewards customer service representative is ready to help  
Call 866-230-2505 | Monday - Friday 8:00 AM - 7:00 PM EST