myuhc.com

SimplyEngaged® Incentive Overview

Take control of your health and be rewarded

SimplyEngaged® is a personal health and wellness program which allows you to earn valuable rewards for your activity. Your participation in the health and wellness program allows you to earn valuable gift cards valid at hundreds of national retailers when you complete these wellness activities.

Follow these steps for your personal health and wellness program

It's easy to get started

1. Attend an upcoming health screening event at your work location.

Learn more about the important health numbers such as your cholesterol, blood pressure and Body Mass Index (BMI).

2. Complete an online health assessment and get a $75 gift card[A,B,C]

- Go to **myuhc.com®**
- If you already registered, log in to your account with your user name and password. If you are not registered, you must register with **myuhc.com** to access the Online Health Assessment. Follow the easy steps under *"Register Now"*.
- After you are logged into **myuhc.com**, click on the *"Health Assessment"* button, and follow the instructions to get started.

3. Complete an Online Program and get a $25 gift card

- Following completion of the Online Health Assessment you can visit **myuhc.com** to access the Online Program.
- Click the *"Health and Wellness"* tab, then select *"I Do"* and *"Add Programs"* to get started. Completing a Health Assessment may auto-enroll you in a coaching program, based on your personalized needs.

4. Complete a telephone-based Health Coaching program and get a $75 gift card[A,B,C]

- You must complete the Health Assessment* first in order to participate in the Health Coaching program.
- Once you've completed the Health Assessment, call the Health Coach at 1-800-478-1057 to begin working on your personal health improvement plan.

Please call **1-877-818-5826** if you have questions about your rewards.

UnitedHealthcare®

UnitedHealthcare understands the importance of protecting your privacy.

We care about the relationship we have with you. The services we provide require that we receive personal information and we know it is critical to protect your privacy.

Our business practices are in compliance with the privacy requirements under the Health Insurance Portability and Accountability Act (HIPAA).

Your personal information will not be shared with your employer. Your personal information will be used only by UnitedHealthcare and its wellness program affiliates to provide individualized health information that may help you improve your health practices.

Remember, your health and well-being begins with you.
So take control of your health today and be rewarded.

A Maximum reward per employee $175; Maximum reward per family $350. Each member is eligible to receive a maximum of one reward for completing the wellness activity listed in each category. This includes a maximum of one reward per person for completing the Health Assessment, one for online coaching and one for telephone-based coaching.

B Children may not participate in the reward program.

C Incentives can be earned only once every plan year. This also pertains to the online and telephonic coaching rewards.

* Members should refer to their ID card and log into the UnitedHealthcare health and wellness website listed on their ID card.

UnitedHealth Wellness® is a collection of programs and services offered to UnitedHealthcare enrollees to help them stay healthy. It is not an insurance product but is offered to existing enrollees of certain products underwritten or provided by UnitedHealthcare Insurance Company or its affiliates to encourage their participation in wellness programs. Health care professional availability for certain services may be dependent on licensure, scope of practice restrictions or other requirements in the state. Some UnitedHealth Wellness programs and services may not be available in all states or for all group sizes. Components subject to change.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

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