



Fitness rewards

Stay in shape and save

Get money back on your fitness membership

You can get up to \$150 per family, per benefit year for fitness center membership fees and/or exercise classes.

Reimbursement Rules:

- 1 You're eligible for the reimbursement once you've been a member of UnitedHealthcare Freedom Plans and the gym for at least 4 consecutive months in the applicable benefit year
- 2 The fitness center must offer cardio and strength-training machines and other programs for improved physical fitness. The reimbursement does not include martial arts centers, gymnastics centers, country clubs, or pool-only centers, sports teams and leagues, social clubs and tennis clubs, personal trainers, sports coaches, or the purchase of personal or at home exercise machines.
- 3 Exercise classes include, but are not limited to: Pilates, Zumba, yoga, aerobics, and kickboxing. Classes held in a residential setting or dance classes are not included.



Reimbursement form on back

United
Healthcare

Products underwritten by UnitedHealthcare Freedom Insurance Company.

In this document, the term "member" refers to the UnitedHealthcare plan subscriber of a fully insured UnitedHealthcare medical plan, as well as the subscriber's covered spouse or domestic partner. For the spouse or domestic partner to be eligible for this benefit, they must also be enrolled in the UnitedHealthcare product.

To be eligible for reimbursement under the program, the qualifying facility, class or organized group fitness class that you choose must be available to the general public and promote cardiovascular wellness, as determined by us, and have staff supervision. Memberships in tennis clubs, country clubs, social clubs, sports teams, weight loss clinics or spas or any other similar organizations, leagues or facilities will not be reimbursed. You will not be reimbursed for lessons, equipment, clothing, vitamins or other services that may be offered by the facility (e.g., massages). Physical and rehabilitative therapies do not apply.

This 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.

If any fraudulent activity is detected (e.g., misrepresented physical activity), you may be suspended and/or terminated from the program.

The total annual reward amount for your participation in incentive-based programs cannot generally exceed 30% of the cost of coverage.

UnitedHealthcare does not discriminate on the basis of race, color, national origin, ancestry, religion, sex, marital status, gender, gender identity, sexual orientation, age or disability in health programs and activities. We provide free services to help you communicate with us. Such as, letters in other languages or large print. You can also ask for an interpreter. To ask for help, please call the toll-free phone number listed on your UnitedHealthcare health plan ID card, Monday through Friday, 8 a.m. to 6 p.m., ET. TTY users, dial 711.

ATENCIÓN: Si habla español (Spanish), hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al número de teléfono gratuito que aparece en su tarjeta de identificación.

