



Simple and convenient: Employees walk, earn money and get healthier, which may help increase engagement and control costs.

Approximately **two out of three Americans** are sedentary, overweight or obese.¹ Your employees who have a sedentary lifestyle are at an increased risk for heart disease, stroke, type 2 diabetes, cancer, depression and other serious health conditions. In fact, seven out of 10 employers say poor health habits are one of their top challenges in controlling health coverage costs.²

Motion — the power of a simple walking program.

The Motion program helps motivate employees to do more of what they already do: walk. It's convenient, provides immediate feedback on goal achievement and rewards members with deposits into their health reimbursement account (HRA) or health savings account (HSA).

Motion is designed to help your employees:

- Lose weight.
- Improve cholesterol and blood sugar.
- Reduce the risk of diabetes and heart disease.
- Decrease symptoms of depression and anxiety.
- Increase energy and productivity.

Three ways to earn

		HRA	HSA
F	Frequency. 500 steps in seven minutes; six times a day, at least one hour apart.	\$1.50	\$1.00
I	Intensity. 3,000 steps in 30 minutes.	\$1.25	\$1.00
T	Tenacity. 10,000+ total daily steps.	\$1.25	\$1.00
		\$4/day \$1,460/year	\$3/day \$1,095/year

Motion
produces
results.³



On average, participants take
8,000–10,000
steps daily.

80% of participants sustain
engagement over 18 months.

56% of those eligible to
participate in Motion registered
for the program.

Here's how it works:

- 1 Eligible employees and covered spouses create an account on **unitedhealthcaremotion.com** and select an activity tracker from a list of options.
- 2 Members receive devices, set them up and begin walking to meet daily FIT (Frequency, Intensity, Tenacity) goals.
- 3 Every day, participants can earn a \$3–\$4 incentive, deposited quarterly into their HRA or HSA. All they have to do is walk to earn up to \$1,095 or \$1,460 per year.

Help employees maintain their health while you manage health care costs.

As your employees become healthier, they may incur fewer medical expenses while still earning an incentive into their tax-advantaged HSA or HRA. With an incentive of over \$1,000 per year, you can implement a higher deductible plan and your employees can still reduce their total out-of-pocket costs by meeting their daily FIT goals. Healthier employees may also mean lower absenteeism and higher productivity, along with improved employee morale.



Employee benefits:

- Easy to understand and use.
- Builds better health through positive habits.
- Draws awareness toward healthy lifestyles.
- Incentivizes positive actions.
- Inspires friendly competition.



Employer benefits:

- Simple to explain to employees and to administer.
- Motivates employees.
- Supports a higher deductible plan.
- May reduce medical claims.
- Provides reporting that helps influence usage.

Motion is simply effective.

The program's design makes it easier to implement, administer and participate.



Contact your UnitedHealthcare representative.



Employers spend an estimated **\$160 billion** annually on modifiable health risks.⁴

1. World Health Organization, Fact Sheet: Obesity and Overweight; updated June 2016.
2. Soeren, M., Li, H., et al. (2013). Workplace Wellness Programs Study: Final Report (Rep.). Santa Monica, CA: Rand Corporation.
3. Based on the Key Accounts Motion book of business from 10/1/15 to 12/31/16.
4. O'Donnell, M. P., Schultz, A. B., and Yen, L. (2015). The UM-HMRC Study. *JOEM*, 57(12), 1284-1290, <https://www.cms.gov/research-statistics-data-and-systems/statistics-trends-and-reports/nationalhealthexpenddata/downloads/highlights.pdf>.