

# Fitness for body and mind



**Renew Active™ is the gold standard in Medicare fitness programs for body and mind. And it's available with your UnitedHealthcare® Medicare Advantage plan at no additional cost.**



## Stay Fit

Work out where you want, whether that's at a gym or fitness location or from your home.

- A free gym membership
- Access to our extensive, nationwide network of gyms and fitness locations. It's the largest of all Medicare fitness programs\*
- A personalized fitness plan
- Allows you to bring your caregiver to the gym with you, at no additional cost
- Access to thousands of workout videos with Fitbit Premium™ — no Fitbit® device is needed



## Stay Focused

An online brain health program from AARP® Staying Sharp® with exclusive content for Renew Active members.

- Online brain health assessment
- Brain health content and tools
- The Brain Health Staycation and Find Your Calm guides

## Your code is key

**Every Renew Active member has a unique confirmation code.**

Write it down and use it to access your gym membership, create an account on AARP® Staying Sharp®, join the Fitbit® Community for Renew Active and gain access to Fitbit Premium™.

**How to find your unique Renew Active confirmation code:**

1. Sign into your plan website.
2. Click **Health & Wellness** in the upper right-hand corner.
3. Look for **Renew Active** on the right side of the page.
4. Your Renew Active Confirmation Code will start with a letter, followed by 9 digits. You will see it at the bottom of the screen.
5. If you have any questions or to get your confirmation code, please call Customer Service at the number on the back of your member ID card.



<p><b>Client Aits</b></p> <p><b>1</b></p> <p>catchfire</p>	<p><b>Internal &amp; External Team</b></p> <p>Date: 01.25.21 Client Contact: Kate Mauzy Art Director/Designer: catchfire</p>	<p><b>Project Details</b></p> <p>Depot #: SPRJ61894 Name: GRR 2021 Renew Active Agent Toolkit Flier Group Stage: Final Reading Level: 6.6 File Name: SPRJ61894.indd</p>	<p><b>Color</b></p> <p>CMYK</p> <p></p>	<p><b>Dimensions</b></p> <p>Flat: 8.5" x 11" Software: InDesign CC</p>	<p><b>Notes</b></p> <p>Type Min: 12pt Sans</p>
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## Stay Connected

Connect with other health-minded members.

- Social activities at local health and wellness classes and events
- Step challenges with other members through the Fitbit Community for Renew Active — no Fitbit device is needed



## Living Healthier with Renew

Renew Active is a key part of Renew, which offers a wide variety of health and wellness resources and activities that help inspire you to take charge of your health every day. Renew includes brain games, healthy recipes, learning courses, fitness activities, *Renew* magazine and more.

\*Based on gym and fitness location network size.

Participation in the Renew Active™ program is voluntary. Consult your doctor prior to beginning an exercise program or making changes to your lifestyle or health care routine. Renew Active includes standard fitness membership. Equipment, classes, personalized fitness plans, caregiver access and events may vary by location. Certain services, classes and events are provided by affiliates of UnitedHealthcare Insurance Company or other third parties not affiliated with UnitedHealthcare. Participation in AARP® Staying Sharp® and the Fitbit® Community for Renew Active is subject to your acceptance of their respective terms and policies. AARP Staying Sharp is the registered trademark of AARP. UnitedHealthcare is not responsible for the services or information provided by third parties. The information provided through these services is for informational purposes only and is not a substitute for the advice of a doctor. The Renew Active program varies by plan/area. Access to gym and fitness location network may vary by location and plan. Renew Active premium gym and fitness location network only available with certain plans.

Renew by UnitedHealthcare is not available in all plans. Resources may vary.

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a Medicare-approved Part D sponsor. Enrollment in the plan depends on the plan's contract renewal with Medicare.

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