



# Let's Move

by UnitedHealthcare®



## Join the healthy, happy movement

At no additional cost to you, Let's Move by UnitedHealthcare is here to help keep your mind, body and social life active. With simple resources, tools, fun events and personalized support, we'll help you explore ways to eat well, stay connected and be financially, physically and mentally fit.



### Let's eat well

Treat yourself to tasty recipes, fun cooking events and support.



### Let's be mentally fit

Support your mental health with services, online tools and resources.



### Let's get fit

Get free access to at-home workouts, participating gyms and local fitness events.



### Let's make friends

Find ways to connect through local and online events, classes, volunteering and more.



### Let's live well

Learn ways to help manage your financial well-being.



### Let's support

Find caregiver resources to help you support loved ones and yourself.

**Start today — visit [letsmovebyuhc.com](https://letsmovebyuhc.com)**



# Frequently asked questions

## What is Let's Move by UnitedHealthcare?

Let's Move by UnitedHealthcare is a wellness program for members of the UnitedHealthcare Group Medicare Advantage plans. Let's Move can help keep your mind, body and social life active. With resources, tools and events, we'll help you explore ways to eat well, get physically and mentally fit and stay connected.

## What is included in the program?

Let's Move by UnitedHealthcare includes resources, tools, fun events and personalized support focused on nutrition, physical activity, mental health, social well-being, caregiver well-being and financial wellness. The program provides education and resources and invites you to participate in health and wellness activities to help you live a healthy lifestyle.

You get access to virtual cooking demonstrations, exercise classes, wellness topic webinars, articles and resources, wellness challenges, volunteer opportunities and more.

## Who is eligible?

Let's Move by UnitedHealthcare is available to all Group Medicare Advantage members whose plan includes a fitness benefit.

## What is the cost for the program?

There's no additional cost.

## How can I learn more?

Sign in or register at [letsmovebyuhc.com](https://letsmovebyuhc.com). If you already have access to your member website, sign in with your member login. If you are new to the member website, register then select the **Health & Wellness tab** (top right), select the **Resources tab** (top right), select **Renew by UnitedHealthcare** and select the **Let's Move image** (center of screen).

You may get mailings and email throughout the year to tell you about featured wellness topics, the latest events and new resources.

This communication is going to eligible members and is not intended to imply the recipient has a specific condition or disease.

This information is for educational purposes only and is not a substitute for the advice of a doctor. Consult your doctor prior to beginning an exercise program or making changes to your lifestyle or health care routine.

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

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