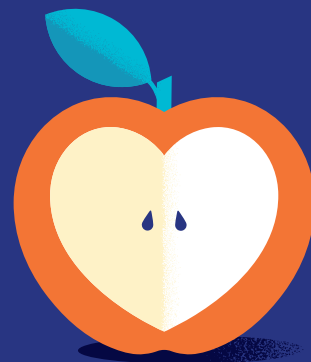


Your health. Your happiness. Take charge of it.



UnitedHealthcare® helps inspire you to take charge of your health and wellness every day by providing a wide variety of resources and activities – all at no additional cost. Visit your plan website today.



Recipe library

Try healthy breakfast, lunch, dinner, dessert, snack and drink recipes.



Renew Magazine

Find health tips, current health trends, exercises, videos and more.



Workout videos

Get moving with workout videos that focus on balance, strength, stretching and cardio.



Health topic library

Explore hundreds of health and wellness articles and videos.



SilverSneakers®*

Access to a gym membership at participating locations at no cost. Plus ways to improve your health, gain confidence and connect with your community.



Caregiver resources

Find resources and tips to support caring for others.



And so much more!



Brain health

Get tools and resources to support mental health.



Medicare with more. More benefits. More rewards.

Imagine being rewarded simply for doing things that can help you live healthier. You may be eligible to earn rewards for completing and reporting eligible health-related activities such as your annual physical or wellness visit. After the plan's effective date, visit your plan website and select **Rewards** on the right side of the homepage to learn more.

Here are a few tips that may help support your health

Tips to help you get started with self-care

Self-care means taking the time to do things that help you live well and may support both your physical health and mental health. When it comes to mental health, self-care can help you manage stress, lower risk of illness and increase energy.¹



Eat natural food

Feed your body right with “clean eating.” That means eating foods such as fruits, vegetables and whole grains. It’s also good to steer clear of foods with added sugars, salt and preservatives.



Get regular exercise

Moderate to vigorous physical activity may provide immediate benefits such as improving sleep quality, and reducing anxiety and blood pressure.² Research suggests physical activity may also help boost immune function.³



Sleep well, feel good

Getting 7–8 hours of shut-eye is a key ingredient to a happier outlook.⁴



Look on the bright side

Practicing gratitude and optimism may help improve your overall well-being.

Find health and wellness resources and activities on your plan website

Sign in to your plan website, go to **Health & Wellness** and explore all UnitedHealthcare has to offer.

*Always talk with your doctor before starting an exercise program. Participating locations (“PL”) are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities are limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location. SilverSneakers is a registered trademark of Tivity Health, Inc. © 2025 Tivity Health, Inc. All rights reserved.

¹National Institute of Mental Health; Caring for Your Mental Health; April 2025.

²Physical Activity Benefits for Adults 65 or Older, <https://www.cdc.gov/physical-activity-basics/health-benefits/older-adults.html>. 2024.

³Nieman, “The Compelling Link,” 201–217. Jones, “Exercise, Immunity, and Illness,” 317–344.

⁴How Much Sleep Do You Really Need? National Sleep Foundation. 2025.

Reward offerings may vary by plan and are not available in all plans. Reward program Terms of Service apply.

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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