



UnitedHealthcare Motion®

How Motion works.



Welcome.

Employee receives welcome email from employer and/or UnitedHealthcare.



Activation.

Employee creates an account and selects device (if applicable).*

Watch Video



Engagement.

Device is sent to employee's home. Employee sets up device, starts walking and syncs daily.



Reward.

Employee earns rewards that are deposited into their health savings account (HSA) or health reimbursement account (HRA),** as applicable.





Goal:


60% participation in the Motion program.
All employees have to do is walk!

*An activation credit may apply to eligible employees in the first year. After the second year renewal, a device renewal credit may be available for eligible employees who choose to update their device. **Rewards earned from eligible employees in the Walk-It-Off payment option will be applied monthly to outstanding device balance.

Register and Shop Motion Video

-  UnitedHealthcare Motion® members can now refer to the “Motion Sign Up & Select” video to assist them with program registration, as well as activity tracker selection and the purchase process.

-  In the video, members are walked through the following steps:
 1. Registration at www.unitedhealthcaremotion.com
 2. Motion login page creation
 3. Guidance on the use of the registration credit
 4. Activity tracker selection
 5. Device purchase options (including the Apple Walk-It-Off payment option)
 6. Bring-Your-Own Device (BYOD) setup

-  Please feel free to download the video, and distribute to your employees.