



# 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, get fit, beat the blues and stay connected.



### Let's eat well

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



### Let's beat the blues

Take time to care for your mental health with support services and online tools and resources.



### Let's get fit

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



### Let's make friends

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

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 is here to help keep your mind, body and social life active. With resources, events and support, we'll help you find ways to eat well, get fit, beat the blues 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, recipes, articles and resources, wellness challenges, support for financial well-being, 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, you'll sign in with your member login. If you are new to the member website, please register then select the Health & Wellness tab (top right), and then select the Let's Move button (bottom left).

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

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Consult a health care professional before beginning any exercise program. SilverSneakers is a registered trademark of Tivity Health, Inc. © 2023 Tivity Health, Inc. All Rights Reserved.

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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