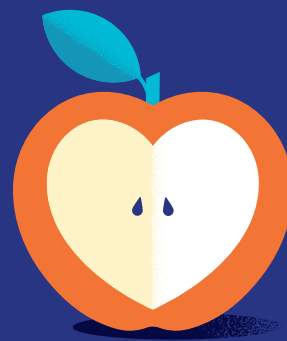


# Your health. Your happiness. Take charge of it.



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.



## Brain games

Play games to test your memory, reaction time and problem solving.



## 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.



## Renew Magazine

Access health tips, current health trends, exercises, games and more online.



## Caregiver resources

Find resources and tips to support caring for others.



## Interactive quizzes and tools

Take a quiz or use a tool to help you reach your health goals.



## And so much more!



## 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, you can visit your plan website and select **Rewards** on the right side of the home page to learn more.



# Here are a few tips that may help improve 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 can improve both your physical health and mental health. When it comes to your mental health, self-care can help you manage stress, lower risk of illness and increase energy.<sup>1</sup>



### 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

Just 30 minutes of walking every day can help boost your mood and improve your health.<sup>2</sup> Don’t worry if you can’t do 30 minutes all at once. Even small amounts of physical activity add up.



### Sleep well, feel good

Getting 7–8 hours of shut-eye is a key ingredient to a happier outlook.<sup>3</sup>



### Look on the bright side

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

## Find health & 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.

<sup>1</sup>National Institute of Mental Health; Caring for Your Mental Health; April 2021.

<sup>2</sup>Physical Activity Guidelines for Americans. 2nd ed. U.S. Department of Health and Human Services. 2018.

<sup>3</sup>How Much Sleep Do You Really Need? National Sleep Foundation. 2020.

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.