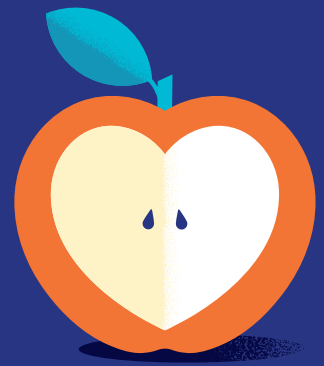


# Your health. Your happiness. Take charge of it.



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.



## Renew Active®

Stay active, focused and connected with a fitness program for body and mind, including a free gym membership.



## 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

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



### Sleep well, feel good

Getting 7–8 hours of shut-eye is a key ingredient to a happier outlook.<sup>4</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 Benefits for Adults 65 or Older, <https://www.cdc.gov/physical-activity-basics/health-benefits/older-adults.html>. 2024.

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

<sup>4</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.

Participation in the Renew Active® program is voluntary. Consult your doctor prior to beginning an exercise program or making changes to your lifestyle or health care routine. Renew Active includes standard fitness membership and other offerings. Fitness membership equipment, classes, personalized fitness plans, caregiver access and events may vary by location. Certain services, discounts, classes, events, and online fitness offerings are provided by affiliates of UnitedHealthcare Insurance Company or other third parties not affiliated with UnitedHealthcare. Participation in these third-party services are subject to your acceptance of their respective terms and policies. UnitedHealthcare is not responsible for the services or information provided by third parties. The information provided through these services is for informational purposes only and is not a substitute for the advice of a doctor. Gym network may vary in local market.

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.