



Get in on UHC Rewards



United
Healthcare

UHC Rewards payout structure


Action	Description	Dollars earned
		Premium
Connect a tracker	Automatically track activities	\$65
Daily activity – goal 1	Track 15 active minutes or 5K steps per day	\$0.75
Daily activity – goal 2	Track 30 active minutes or 10K steps per day	\$1.25
Fitness challenge – weekly goal	Complete the daily activity goals 5 out of 7 days (Sunday to Saturday)	\$5
Sleep tracking	Track sleep for 14 days	\$10
Sleep challenge – weekly goal	Track 7 hours of sleep for 5 out of 7 nights (Sunday to Saturday)	\$5
Complete health survey	Complete the health survey	\$25
Get a biometric screening	Complete annual bloodwork and measurements	\$75
Go paperless	Switch to paperless communications	\$5
24/7 Virtual Visit	Talk to a provider by video for common urgent care needs	\$30
Flu shot	Get an annual flu shot	\$30
Annual checkup	Complete an annual checkup to support health and prevent illness	\$50
Maximum annual incentive		\$1,000



One-time activities + Daily and weekly activities

Connect a tracker Automatically track activities	\$65
Sleep tracking Track sleep for 14 days (does not need to be consecutive)	\$10
Complete health survey Complete the health survey	\$25
Get a biometric screening Complete annual bloodwork and measurements through LetsGetChecked	\$75
Go paperless Switch to paperless communications	\$5
24/7 Virtual Visit Talk to a provider by video for common urgent care needs	\$30
Flu shot Get an annual flu shot	\$30
Annual checkup Complete an annual checkup to support health and prevent illness	\$50
Total rewards available through one-time actions	\$290

Daily activity – goal 1 Track 15 active minutes or 5K steps per day	\$0.75/day
Daily activity – goal 2 Track 30 active minutes or 10K steps per day	\$1.25/day
Fitness challenge – weekly goal Complete 30 active minutes or 10k steps 5 out of 7 days	\$5/week
Sleep challenge – weekly goal Track 7 hours of sleep for 5 out 7 nights	\$5/week
Total available through repeatable actions	\$1,250



You choose how you want to earn the maximum incentive of \$1000



Getting started



Get in

UHC Rewards is available in the **UnitedHealthcare app** and on **myuhc.com** — a HealthSafe ID® is required to register



Get started

Download the UnitedHealthcare app and activate UHC Rewards



Get going

Complete reward activities — earn rewards for reaching daily goals and completing one-time reward activities



Get rewarded

Earn it off or use toward a digital Visa® gift card



UHC Rewards - LetsGetChecked

Beginning 7/1/2023 Biometric Screening will be moving to LetsGetChecked as the primary vendor for all UnitedHealthcare Rewards new and renewing clients.



Upon transition to UHC Rewards, all biometrics will be serviced by LetsGetChecked



No cost to the employer for biometrics and on-site events.



On-site events require 30 participants. Require standard 90-day lead time



Shorter cancellation policy – 3 weeks prior to event date

