

Setting up your fitness tracker

Your fitness tracker is the key to earning rewards through UnitedHealthcare Motion®, and it's easy to get started!

This guide makes device setup simple, so you can focus on moving with purpose

Check to make sure you're ready for setup:

- Have you completed Motion registration at unitedhealthcaremotion.com?
- Is your Bluetooth® wireless technology turned on?
- Do you have an internet connection through Wi-Fi or cellular?
- Is your fitness tracker battery at least 25% full?

If you already have the Motion app on your phone, make sure you have the most recent version. Check the App Store® (iPhone®) or Google Play® (Android®) for available updates.

Meet program goals for approved activities and rewards may be around the corner

Follow the remaining steps to sync your fitness tracker to your phone and start making moves.



A few steps and you're on your way

Download the UnitedHealthcare Motion app on your phone. Go to the App Store (iPhone) or Google Play (Android) and search "UHC Motion" to install.



Garmin® setup

1. Link your Garmin to your Motion account

- a. Open the Motion app on your phone and log in with the email and password you set for your Motion profile. When you open the app, it brings you to either a new device setup page or your dashboard
 - If you see an I'm Ready button, select it
 - If the app opens to your dashboard, tap More (iPhone) or the 3-bar, hamburger icon (Android), and then Set up a New Tracker
- b. Select Garmin brand, your fitness tracker model, and follow prompts to link
- c. Find FIT goals screens on your Garmin:
 - Wake your fitness tracker
 - Swipe up on the screen once and wait for the UHC logo and FIT rings to display



2. Confirm connection

- a. Once the Motion app indicates linking is complete, take a test walk wearing your Garmin
- b. After your walk, initiate a sync from your phone. Tap More (iPhone) or the 3-bar, hamburger icon (Android) on the Motion dashboard, and press Sync Now
- c. Check the Motion dashboard on your phone to be sure your test-walk steps are shown. You may need to swipe down on your phone screen to update FIT

Note: The steps from your test walk display as Tenacity progress

Important: Do not turn off Activity Tracking on your fitness tracker or in the Garmin Connect app; it will disable FIT screens and the activity tracker's ability to count steps.

Initiating a sync

It's best to sync Motion activity daily

1. Open your Motion app and log in with your fitness tracker nearby
2. Tap the menu icon on your Motion dashboard: More (iPhone) or the 3-bar, hamburger icon (Android), and then Sync Now
3. Watch for the app to indicate the sync is complete
4. Check your Motion dashboard to be sure your progress is accurately displayed. You may need to swipe down on your phone screen to update FIT progress on your dashboard after the sync is complete (or when reopening the Motion app on your phone)

Note: Your earnings and achievements are only displayed on Motion dashboards. View your dashboards when logged in to UnitedHealthcare Motion on your phone or from a computer at unitedhealthcaremotion.com.

Basic navigation

- To wake up the digital display: Tap the side of your tracker twice quickly and firmly, or just tilt the screen by raising your wrist
- To get to the FIT-ring overview display: From the watch face/home screen, swipe your finger the length of the screen
- To view your progress toward Frequency, Intensity or Tenacity goals: Tap individual F, I or T circles
- To go back: Tap the arrow at the top of any FIT screen

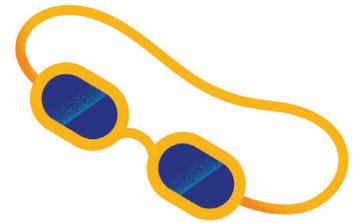
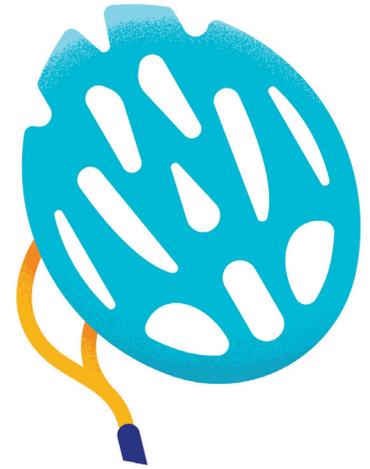
Get credit for your achievements

It's a good idea to sync your activity data with your UnitedHealthcare Motion account every day, so make sure:

- Your fitness tracker app is open or running in the background on your smartphone
- Your smartphone's Bluetooth is turned on
- Your fitness tracker battery is at least 25% full
- Your fitness tracker is within 30 feet of your smartphone (the closer, the better)
- You initiate a sync daily if the above conditions are not met

Remember, Motion rewards you for meeting program goals with many types of movement. If your device tracks it, Motion rewards it. So get moving to start racking up rewards.

The more you move, the more you make



Questions?

Email unitedhealthcaremotion@uhc.com or call **1-855-256-8669**, TTY 711



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UnitedHealthcare Motion is a voluntary program. The information provided is for general informational purposes only and is not intended to be nor should be construed as medical advice. You should consult an appropriate health care professional before beginning any exercise program and/or to determine what may be right for you. Receiving an activity tracker and/or certain credits and/or purchasing an activity tracker with earnings may have tax implications. You should consult an appropriate tax professional to determine if you have any tax obligations under this program, as applicable.

If any fraudulent activity is detected (e.g., misrepresented physical activity), you may be suspended and/or terminated from the program. If you are unable to meet a standard related to health factor to receive a reward under this program, you might qualify for an opportunity to receive the reward by different means. You may call us toll-free at 1-855-256-8669 or at the number on your health plan ID card, and we will work with you (and, if necessary, your doctor) to find another way for you to earn the same reward. Rewards may be limited due to incentive limits under applicable law. Subject to HSA eligibility, as applicable.

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