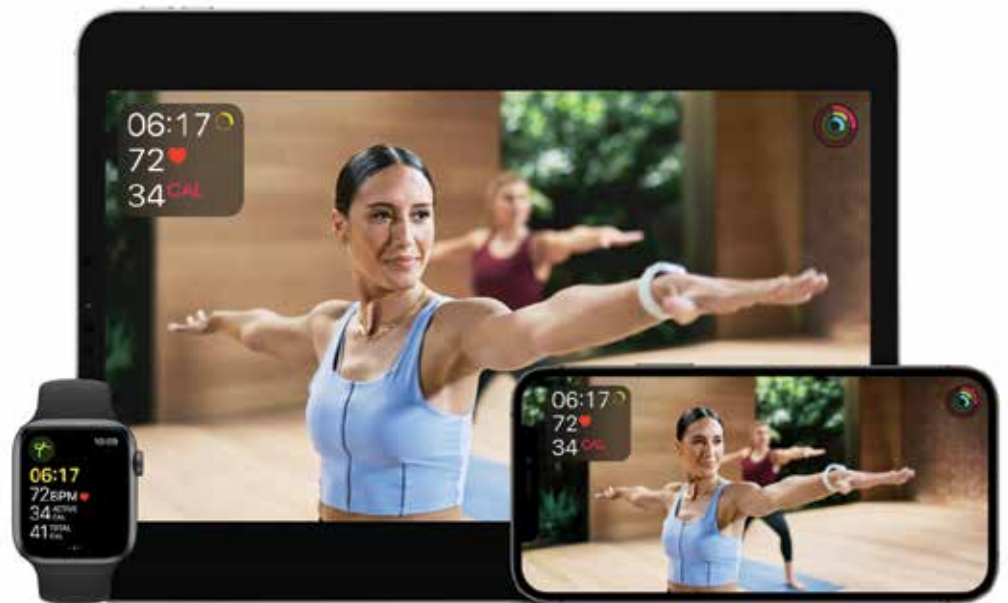




# Helping add value to your employee health plan at no additional cost

Eligible employees have access to a 1-year Apple Fitness+ subscription at no additional cost.\* The first fitness service powered by Apple Watch.



Adding value to your benefits may help inspire healthier behavior:

- \$79 value per employee can be shared with up to 5 family members\*\*
- A single, comprehensive offering for various fitness levels—powered by Apple Watch\*
- Access to on-demand workouts on iPhone, iPad and Apple TV, with new workouts and meditations added every week

\*NOTE: Apple Fitness+ requires Apple Watch Series 3 or later with watchOS 7.2 or later and one of the following Apple devices: iPhone 6s or later with iOS 14.3 or later, iPad with iPadOS 14.3 or later, or Apple TV with tvOS 14.3 or later. Available to applicable UnitedHealthcare plans for fully insured customers. Subject to state legal and regulatory review. Membership is \$9.99/month or \$79.99/year, if paid annually.

\*\*Must be 13 years of age or older and covered under applicable UnitedHealthcare health plan.

Only **50%** of adults get the exercise needed to help reduce and prevent chronic diseases<sup>1</sup>



## Quick access to workouts

- Choose the workout type
- Select a duration from 5–45 minutes
- Pick a favorite trainer and type of music

## Designed to meet employees' unique needs

Apple Fitness+ may help employees achieve their goals, regardless of fitness level. It offers:

- ✓ 11 workout types, including high-intensity interval training (HIIT), yoga, treadmill, rowing, dancing, cycling, core, strength, Pilates, walking and more
- ✓ Curated programs for specific interests (such as Workouts for Beginners, Workouts for Pregnancy and Workouts for Older Adults)
- ✓ New workouts and meditations added weekly
- ✓ Personal recommendations

## Designed to help keep employees engaged and motivated

Apple Watch personalizes the Apple Fitness+ experience by displaying personal metrics onscreen during every workout, such as heart rate and calories burned. To use Apple Fitness+, an Apple Watch Series 3 or later is required.

On certain workouts, the Burn Bar provides an added push, showing participants how they stack up against others who have participated in the same workout. Participants can listen to playlists chosen by trainers to complement the workout, and Apple Music subscribers can save and download Fitness+ playlists.

**Learn more**

Contact your UnitedHealthcare representative

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<sup>1</sup> Centers for Disease Control and Prevention. Physical Activity. [cdc.gov/physicalactivity/about-physical-activity/why-it-matters.html](https://cdc.gov/physicalactivity/about-physical-activity/why-it-matters.html). Accessed September 2021.

Available to applicable UnitedHealthcare plans for fully insured customers. Subject to state legal and regulatory availability. Policies/certificates with situs in the state of Kansas may neither advertise nor include this offer in any pre-sale promotion of the policy/certificate, nor shall it be promoted as an inducement for member enrollment in plans.

The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. You should consult with an appropriate health care professional before beginning any exercise program and/or to determine what may be right for you. The value of the application may be taxable. You should consult with an appropriate tax professional to determine if you have any tax obligations from having access to this application at no additional cost.

Apple Fitness+, Apple Watch, iPhone, iPad, Apple Music and Apple TV are trademarks of Apple Inc.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates.