



Let's Move

by UnitedHealthcare



Taking strides toward better health

Designed specifically for Group Medicare Advantage members, Let's Move by UnitedHealthcare offers an exceptional wellness experience — helping retirees keep their mind, body and social life active.

With coordinated resources, helpful tools, fun events and personalized support, Let's Move helps retirees explore ways to eat well, be active, improve mental health, stay connected, and learn strategies for financial well-being — at no additional cost to the member. What's more, Let's Move seamlessly complements your existing suite of UnitedHealthcare wellness programs and resources.

Engaging retirees in their own well-being

Let's Move works to integrate self-support, virtual and in-person wellness programs into your health plan by:

- Providing opportunities for members to participate in interactive wellness activities
- Promoting healthy lifestyle choices — to help optimize overall health and well-being
- Educating, supporting and empowering members with the knowledge and tools to maintain healthy behaviors

This custom-designed, value-added solution offers your retirees a less-fragmented health care experience, while addressing their holistic care needs. Its whole-person approach directs members to the resources they need to address important wellness factors such as:

- Health status
- Physical ability
- Lifestyle choices
- Physical environment
- Emotional state
- Cognitive status
- Mind, body and spirit issues

A holistic approach to health

Let's Move by UnitedHealthcare is easily accessed via the member web portal and includes:



Nutrition

- Virtual cooking demonstrations
- Articles and resources
- Recipes
- Wellness challenge



Physical activity

- Virtual and in-person fitness classes/demonstrations
- Local fitness events and classes
- Self-service fitness classes
- Wellness challenges
- Articles and resources



Mental health

- Virtual behavior health visits and ongoing support services
- Articles and resources on meditation, mindfulness, better sleep, etc.



Social well-being

- Volunteer opportunities – AARP Foundation Connect2Affect, AARP Virtual Volunteering (home-based)¹
- Online and local classes and events
- Articles and resources



Caregiver well-being

- Caregiver telephonic series
- Articles and resources



Financial wellness

- Financial education and literacy articles and webinars

Contact your UnitedHealthcare representative for more information

¹ AARP® Foundation per <https://www.aarp.org/aarp-foundation/>

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.

This information is for educational purposes only and is not a substitute for the advice of a medical provider. Consult your provider prior to beginning an exercise program or making changes to your lifestyle or health care routine.

The products and services described are neither offered nor guaranteed under our contract with the Medicare program. In addition, they are not subject to the Medicare appeals process. Any disputes regarding these products and services may be subject to the plan grievance process.