



A UnitedHealthcare Company

It's time to make your choices count

Better health exists in the choices we make every day. When we make our health a priority, our good choices add up.

With UMR's Live Well Reward\$, you and your spouse have an opportunity to receive financial rewards for taking a few simple steps toward living a healthier life. Your participation is completely voluntary, and all resources are available at no cost to you. Keep reading to learn how you can start earning today. This year, you can receive up to \$150 in rewards.

Here's how:

Your goals:	Complete by:	Earn:
Complete a clinical health risk assessment (CHRA) (1x/year)	12/31/2026	\$20 (20pts)
Get a yearly check-up* (1x/year)	12/31/2026	\$50 (50pts)
Dental Visits (2x/year)	12/31/2026	\$10 (up to 20pts)
Join wellness events & challenges (quarterly)	12/31/2026	\$15 (up to 60pts)

**We strongly encourage you to receive these services no later than 60 days prior to the completion deadline, in order to ensure adequate claim processing time.*

LIVE WELL REWARD\$ GOAL 1: COMPLETE YOUR CHRA TO UNLOCK YOUR REWARD OPPORTUNITIES

You must complete UMR's CHRA to be eligible to receive rewards for additional qualifying activities throughout the year.

The CHRA is a series of questions designed to build a picture of your overall health status.

LIVE WELL REWARD\$ GOAL 2: GET A YEARLY HEALTH CHECK-UP

Seeing your primary care provider for an **annual wellness visit** will help you stay up-to-date with recommended preventive care and catch potential problems early, when they are most treatable.

LIVE WELL REWARD\$ GOAL 3: GET A DENTAL VISIT

Visit your local dentist to complete recommended routine teeth cleanings to catch potential problems early.

LIVE WELL REWARD\$ GOAL 4: JOIN EVENTS & CHALLENGES

Throughout the year, you will be eligible to earn reward points for participating in scheduled events at work. Each quarter, you will have an opportunity to join fellow members in wellness challenges, so you can encourage and motivate each other to lose weight, eat better or be more physically active.

Watch your mail for updates on the rewards you earn throughout the year.

At the end of the program year, you'll receive a summary of your final results. You can also check your progress anytime at umr.com. Simply log in and visit the **Wellness activity center** to find out how many rewards points you've earned.

