



Your business moves fast to adapt to change. So do we.

Now offering discounts on health coverage to Pittsburgh Technology Council (PTC) members.

For January 2019 coverage, the PTC has entered into a collaboration with UnitedHealthcare to offer the Pittsburgh Technology Council Motion plans to eligible 51–100 employee group members whose businesses are headquartered in Pennsylvania.

Motion plans offer more of what Pittsburgh-area employers want:

- **Plan designs that may help you save money.** UnitedHealth Group is the top-ranking company in the insurance and managed care sector by *Fortune* magazine for innovation!
- **Access to all Western Pennsylvania hospitals** and to over 900,000 doctors and 5,600 hospitals nationwide.
- **Discounts on monthly premium rates** offered to eligible Pittsburgh Technology Council members. **Plus, all 51–100 plans offered to eligible PTC members come with a \$5,000 plan year wellness budget.**

UnitedHealthcare Motion — the power of a simple walking program.

The Motion program helps motivate employees and covered spouses to do more of what they already do: walk. It's convenient, provides immediate feedback on goal achievement and rewards participants with deposits into their health reimbursement account (HRA) or health savings account (HSA).

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Motion plans offer more of what Pittsburgh-area employers want:

- **Plan designs** that encourage a culture of wellness.
- **Access to all Western Pennsylvania hospitals.**
- **Discounts on monthly premium rates** offered to eligible Pittsburgh Technology Council members.
- **A \$5,000 plan year wellness budget** that can be used by eligible groups toward qualified wellness expenses (e.g., office treadmill, etc.).
- **The only plans made available by the Pittsburgh Technology Council** and insured by UnitedHealthcare.

UnitedHealthcare Motion is designed to help your employees:

- Lose weight.
- Improve cholesterol and blood sugar.
- Reduce the risk of diabetes and heart disease.
- Decrease symptoms of depression and anxiety.
- Increase energy and productivity.

Three ways to earn

		HRA	HSA
F	Frequency. 500 steps in seven minutes; six times a day, at least one hour apart.	\$1.50	\$1.00
I	Intensity. 3,000 steps in 30 minutes.	\$1.25	\$1.00
T	Tenacity. 10,000+ total daily steps.	\$1.25	\$1.00
		\$4/day \$1,460/year	\$3/day \$1,095/year



UnitedHealthcare Motion produces results:²

On average, participants take **8,000–10,000** steps daily.

65% of participants sustain engagement over 18 months.

68% of those eligible to participate in Motion registered for the program.

Here's how it works:

- 1 Eligible employees and covered spouses create an account on unitedhealthcaremotion.com and select an activity tracker from the website or use a Motion-compatible activity tracker they already own.
- 2 An “activation credit” can be applied to purchased devices or taken as a reward if they use their own device. Purchased devices are delivered to the employee's home.
- 3 Participants set up their device, begin walking to meet daily FIT (Frequency, Intensity, Tenacity) goals and sync their device weekly.
- 4 Every day, participants can earn a \$3–\$4 incentive, deposited quarterly into their HRA or HSA. All they have to do is walk to earn up to \$1,095 or \$1,460 per year.

Help employees maintain their health while you manage health care costs.

Employees and covered spouses can have over \$1,000 per year deposited into their HSA or HRA. This may enable you to implement a higher deductible plan with employees reducing their out-of-pocket costs if they meet their daily FIT goals. Healthier employees may also mean lower absenteeism and higher productivity, along with improved employee morale.



Contact your broker or the
PTC Corporate Coverage Group
at 855-717-2864 or
pghtech-ccg@jrgadvisors.net



* Maximum renewal for 1st Renewal (Year 2) will be based on aggregate consumer activity results. Loss Ratio will be defined as Incurred Claims divided by the Earned Premium for the applicable Measurement Period. Measurement Period will have a minimum of 6 months of incurred claims experience from the original effective date.

¹ <https://www.unitedhealthgroup.com/newsroom/awards-recognition.html>

² Based on the Key Accounts Motion book of business from 7/1/16 to 6/30/17.

UnitedHealthcare Motion is a voluntary program. 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 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 may have tax implications. You should consult an appropriate tax professional to determine if you have any tax obligations from receiving an activity tracker and/or certain credits 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. Contact us 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.

Employers are responsible for ensuring that any wellness programs they offer to their employees comply with applicable state and/or federal law, including, but not limited to, GINA, ADA and HIPAA wellness regulations, which in many circumstances contain maximum incentive threshold limits for all wellness programs combined that are generally limited to 30 percent of the cost of self-only coverage of the lowest-cost plan and prohibitions on incentives to dependent children, as well as obligations for employers to provide certain notices to their employees. Employers should discuss these issues with their own legal counsel.

Administrative services provided by United HealthCare Services, Inc. or their affiliates. Stop-loss insurance is underwritten by All Savers Insurance Company (except MA, MN, and NJ), UnitedHealthcare Insurance Company in MA and MN, and UnitedHealthcare Life Insurance Company in NJ. 3100 AMS Blvd., Green Bay, WI 54313 (800) 291-2634.

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