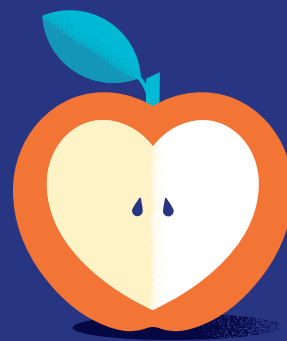


# Your health. Your happiness. Take charge of it with Renew.



Renew by UnitedHealthcare® helps inspire you to take charge of your health and wellness every day by providing a wide variety of resources and activities — all at no additional cost.



## Recipe library

Try healthy breakfast, lunch, dinner, dessert, snack and drink recipes.



## Renew magazine

Find health tips, current health trends, exercises, games and more.



## Workout videos

Get moving with workout videos that focus on balance, strength, stretching and cardio.



## Brain games

Play games to test your memory, reaction time and problem solving.



## Renew Active®

Stay active, focused and connected with a fitness program for body and mind, including a free gym membership.



## Health topic library

Explore hundreds of health and wellness articles and videos.



## Interactive quizzes and tools

Take a quiz or use a tool to help you reach your health goals.



## Caregiver resources

Find resources and tips to support caring for others.



## And so much more!



## Renew Rewards

You can earn a reward for completing certain health care activities, such as your annual physical or wellness visit. After the plan's effective date, you can visit your plan website and select Renew Rewards to learn more.

## Every day is an opportunity to get more from life. Renew can help.

When you become a member, explore all Renew has to offer. Just sign in to your plan website and go to **Health & Wellness**.

# Here are a few tips that may help improve your health



## Tips to help you get started with self-care

Self-care means taking the time to do things that help you live well and can improve both your physical health and mental health. When it comes to your mental health, self-care can help you manage stress, lower risk of illness and increase energy.<sup>1</sup>



### Eat natural food

Feed your body right with “clean eating.” That means eating foods such as fruits, vegetables and whole grains. It’s also good to steer clear of foods with added sugars, salt and preservatives.



### Get regular exercise

Just 30 minutes of walking every day can help boost your mood and improve your health.<sup>2</sup> Don’t worry if you can’t do 30 minutes all at once. Even small amounts of physical activity add up.



### Sleep well, feel good

Getting 7–8 hours of shut-eye is a key ingredient to a happier outlook.<sup>3</sup>



### Look on the bright side

Practicing gratitude and optimism can help improve your overall well-being.

## Find Renew resources and activities on your plan website

Sign in to your plan website, go to **Health & Wellness** and explore all Renew has to offer.

<sup>1</sup>National Institute of Mental Health; Caring for Your Mental Health; April 2021.

<sup>2</sup>Physical Activity Guidelines for Americans. 2nd ed. U.S. Department of Health and Human Services. 2018.

<sup>3</sup>How Much Sleep Do You Really Need? National Sleep Foundation. 2020.

Renew by UnitedHealthcare® is not available in all plans. Resources may vary.

Reward offerings will vary by member and terms of participation apply. Rewards are not available in all plans.

Participation in the Renew Active® program is voluntary. Consult your doctor prior to beginning an exercise program or making changes to your lifestyle or health care routine. Renew Active includes standard fitness membership and other offerings. Fitness membership equipment, classes, personalized fitness plans, caregiver access and events may vary by location. Certain services, discounts, classes, events, and online fitness offerings are provided by affiliates of UnitedHealthcare Insurance Company or other third parties not affiliated with UnitedHealthcare. Participation in these third-party services are subject to your acceptance of their respective terms and policies. UnitedHealthcare is not responsible for the services or information provided by third parties. The information provided through these services is for informational purposes only and is not a substitute for the advice of a doctor. Gym network may vary in local market.

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.

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