



P.O. Box 421369
Houston, TX 77242-1369

Renew Active

by UnitedHealthcare

Exercise your ability to stay active at the gym or at home

<MAIL_TO_[MR./MS.]_FULL_NAME>
<MAIL_TO_ADDRESS_LINE_1>
<MAIL_TO_ADDRESS_LINE_2>
<MAIL_TO_CITY> <STATE> <ZIP>

FOLD

FOLD

Stay fit. Stay focused. Stay you.

Great news — you’re getting a new fitness program! Renew Active® is the gold standard in Medicare fitness programs for body and mind. And it’s available with your UnitedHealthcare® Medicare Advantage plan at no additional cost.

Dear [Mr./Ms.] <Last Name>,

Starting January 1, 2023, your SilverSneakers® fitness program will change to Renew Active¹. Your confirmation code is key to accessing the fitness program. Once you are eligible, you will receive this unique code by mail or to obtain the code, you can call customer service or log into your health plan website. We’re committed to helping protect your health. That’s why Renew Active offers many ways to stay active — at the gym or wherever it is convenient for you. Renew Active includes:

FOLD

FOLD



Stay active

Work out where you want — either at the gym or from the comfort of your home.

- Receive a free gym membership
- Access to Medicare Advantage’s largest national gym network,* including access to many premium gyms
- Obtain an annual personalized fitness plan
- Bring a family member or friend to the gym to assist in your workout, at no additional cost
- Access thousands of digital on-demand workout videos and live stream fitness classes

(over, please)

Client Alts catchfire	Internal & External Team Date: 07.19.22 Client Contact: Becky Pelant Art Director/Designer: catchfire	Project Details Depot #: SPRJ75316 Name: Renew Active Mid-Year Transition DM Stage: In review Reading level: 7.2 File Name: SPRJ75316.indd	Color CMYK 	Dimensions Flat: 8.5" x 11" Folded: 8.5" x 5.5" Software: InDesign CC	Notes
-------------------------------------	---	--	--------------------------	---	--------------



Stay connected

Connect with other health-minded members.

- Try social activities at local health and wellness classes and events
- Access the online Fitbit® Community for Renew Active – no Fitbit device is needed



Stay focused

Explore an online brain health program from AARP® Staying Sharp® with exclusive content for Renew Active members.

- Brain Health Assessment
- Interactive brain health challenges
- Guide to Music and Brain Health, videos, games and more

FOLD

FOLD



To learn more, visit UHCRenewActive.com



Call the Customer Service number on your member ID card with any questions or to get your confirmation code once you're eligible

We look forward to helping you make next year one of your healthiest years yet.

In good health,

The UnitedHealthcare® Team

FOLD

FOLD

¹Participation in the Renew Active® program is voluntary. Consult your primary care provider 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.

AARP Staying Sharp is the registered trademark of AARP.

* Access to gym and fitness location network may vary by location and plan. Medicare Advantage's largest gym network is based upon comparison of competitors' website data as of March 2022.

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. The Renew Active program varies by plan/area. Access to gym and fitness location network may vary by location and plan. Other gym and fitness locations are available in the Renew Active network.

SilverSneakers is a registered trademark of Tivity Health, Inc. ©2022 Tivity Health, Inc. All rights reserved.

© 2022 United HealthCare Services, Inc. All Rights Reserved.

Y0066_SPRJ75316_041522_C

SPRJ75316