

# Physical Activity

## Description

This guideline provides information and guidance on the types and amounts of physical activity that provide substantial health benefits. UnitedHealthcare uses evidence-based clinical guidelines from nationally recognized sources during review of our quality and health management programs. Recommendations contained in clinical practice guidelines are not a guarantee of coverage. Members should consult their member-specific benefit plan document for information regarding covered benefits.

## To Review Guidelines

Guideline Title	Sources/Location
2018 Physical Activity Guidelines for Americans, 2 <sup>nd</sup> edition	U.S. Department of Health and Human Services: <a href="https://health.gov/our-work/physical-activity/current-guidelines">https://health.gov/our-work/physical-activity/current-guidelines</a>