

# Renew by UnitedHealthcare

Encourage participation to help promote preventive care.



We recognize your efforts to encourage your patients who are UnitedHealthcare Medicare Advantage and Prescription Drug plan members<sup>1</sup> to take a more active role in their health care. We're always looking for opportunities to help so we can meet quality care standards and improve health outcomes — together. One of the ways we've had success with member engagement is through our Renew by UnitedHealthcare Health & Wellness Experience.<sup>2</sup>

## What is Renew by UnitedHealthcare?

Renew's goal is to help inspire, educate and reward plan members for taking charge of their health, while reinforcing the care you provide. It's offered at no additional cost to members in most UnitedHealthcare Medicare Advantage plans, and provides access to a wide range of online tools and resources including:

- Educational health and wellness news, articles and videos
- Interactive quizzes, tools and brain games
- Healthy recipe library
- Renew Active™ fitness program for body and mind<sup>3</sup>
- Online learning courses and lessons on topics such as eating healthy, finding happiness and managing chronic conditions like diabetes
- Renew Positivity website that has inspiring articles, images, music and more

Plan members also receive *Renew* magazine with even more health and wellness information, and can earn rewards<sup>4</sup> for completing certain health care activities.

Our materials can help plan members take an active role in their health and wellness, know the importance of getting their preventive screenings and tests, better understand their health conditions and much more.



## How can plan members access Renew?

It's easy — to get started, all they need to do is sign in to their health plan website listed on their member ID card. Once there, plan members can click on “Health & Wellness” at the top of the home page.



<sup>1</sup> UnitedHealthcare Medicare Advantage members who meet certain criteria defined by UnitedHealthcare. For more information about a specific member's eligibility, please call the Customer Service number on their member ID card.

<sup>2</sup> Renew by UnitedHealthcare is not available in all plans. Renew Rewards is not available on all plans with Renew by UnitedHealthcare. Resources may vary.

<sup>3</sup> 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. Equipment, classes, personalized fitness plans, and events may vary by location. Certain services, classes and events are provided by affiliates of UnitedHealthcare Insurance Company or other third parties not affiliated with UnitedHealthcare. Participation in AARP® Staying Sharp and the Fitbit® Community for Renew Active is 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. The Renew Active program varies by plan/area.

<sup>4</sup> Available in select UnitedHealthcare Medicare Advantage plans. For more information about the Renew Rewards program, please contact your UnitedHealthcare representative.

## How does Renew help me?

When your patients understand the importance of taking charge of their health, it can make it easier for you to schedule them for necessary preventive care. Ultimately, this can help you meet or exceed Healthcare Effectiveness Data and Information Set (HEDIS®) and Consumer Assessment of Healthcare Providers and Systems (CAHPS®) quality of care performance measures.

For care providers participating in an incentive program, that may translate to a bonus for your practice.

**Contact us to learn more.** For more information about how our programs can help support your patients who are UnitedHealthcare Medicare Advantage plan members, please contact your UnitedHealthcare representative. Thank you.

