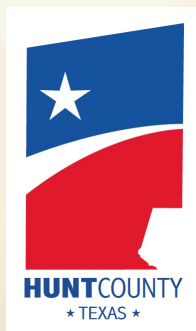


FIND YOUR HEALTHY PLACE



A UnitedHealthcare Company

Better health is a journey, not a destination. Before we can reach our personal goals, we need to know where we're starting from, and where we want to go.

With UMR's Live Well Reward\$, you have an opportunity to receive financial rewards for taking a few simple steps toward living a healthier life. Your participation is completely voluntary, and all resources are available at no cost to you. Keep reading to learn how you can start earning today.

Employees covered under the UMR medical plan through Hunt County are eligible to earn up to **\$100** in total rewards for completing all qualifying activities, which you must have fully completed by **9/30/2023**. You will receive your rewards in the form a reloadable prepaid reward card*. **Here's how:**

YOUR GOALS:	COMPLETE BY:	EARN:
Take your CHRA	09/30/2023	\$25
Complete your biometric screening	09/30/2023	\$25
Complete a UMR Action Plan (2)	09/30/2023	\$25/each

*Prepaid reloadable reward cards are good for three years from the issue date. Please do not discard as they can be used for future rewards in 2024.



LIVE WELL GOAL 1:

TAKE YOUR CHRA

UMR's clinical health risk assessment (CHRA) is a series of questions designed to build a picture of your overall health status. Your answers to these questions will help you see where you might have room for improvement, so you can focus on your personal health goals.

COMPLETE YOUR SCREENINGS

Certain numbers can tell you a lot about your odds for developing health problems in the future. To find out where you stand, we use a basic screening to measure your height and weight and check for conditions such as high blood pressure, high cholesterol or diabetes.

These important numbers will be added to your CHRA information to give you a more detailed picture of your overall health. Make sure to review your results on umr.com. Then talk to your health care provider about what your numbers mean for your health.

COMPLETE A UMR ACTION PLAN

Throughout the year, you will be eligible to earn \$25 for completing an 8-week UMR Action Plan (up to 2 years for a maximum of \$50) Action plans can encourage and motivate you to lose weight, eat better improve your stress, be more physically active, and more. You can enroll in more than one Action Plan at a time. See the Action Plan flyer included in this packet for more information.

Review your rewards and track your progress in your Live Well Reward\$ Wellness Activity Center

You can also check your progress in the Live Well Reward\$ program anytime at umr.com. Simply log into umr.com and click on the **Live Well Reward\$ tile** to visit the LWR\$ Wellness Activity Center to complete your CHRA, review your biometric screening results and complete UMR Action Plans. If you have questions regarding your LWR\$, please call UMR at **1-800-826-9781**.



GOAL

COMPLETE YOUR CHRA

WHAT'S A CHRA?

UMR's clinical health risk assessment (CHRA) is a series of questions to help you see your current health status. It takes about 20 minutes to complete the questionnaire online.

STEP 1 - CREATE AN ACCOUNT ON UMR.COM

To get started, visit **umr.com** and select **Login/Register**. Choose **Member** from the dropdown menu to register or log in as a member. Enter your username and password, or if it's your first time visiting us, click **Register now** to open an account.

Helpful hints:

- When you register to use your online services for the first time, make sure you have your UMR member ID card handy. You will need your **member ID number** and **group number (76415594)** to enroll, and you can find this information on the front of your ID card.
- You will need to provide a valid email address when you register. We may use email to send you important information or reminders about your benefits.

Make sure you select a username and password you can remember. You will need these when you log in again in the future. If you can't remember your login information, you can use the "Forgot username or password?" links to recover your username or reset your password.

continued on back »

STEP 2 - COMPLETE YOUR CHRA

After you've successfully logged in to your online services on **umr.com**, you can complete your CHRA at any time that is convenient to you. But remember, you must submit your completed CHRA between **03/01/2023** and **09/30/2023** to be eligible for **\$25** on your reloadable prepaid reward card.

To begin your CHRA:

1. Select **Take a CHRA** from your member home page.
2. Select the **Get started!** button from the wellness activity center landing page; if you are not redirected, please check to see if a new tab or page has opened.
3. Under **Clinical health risk assessment**, press the **Complete** button.
4. After answering all the questions in the CHRA, make sure to press **Submit**. Your CHRA is considered incomplete until it is submitted, and we will be unable to process your results.

Note: You can also complete your CHRA on your mobile device. Simply log in to **umr.com**, select **Health center** from the main menu and choose the **Wellness activity center** button.

When you are done, it's time to view your report. Your results will tell you your personal wellness score, health status and risk for developing a disease in the future.

If you experience technical issues, such as difficulties with your browser or pop-up blocker settings, please call our technical support team at 866-922-8266.

If you need help registering for umr.com or completing your CHRA, you can reach us in the following ways:

1. Log in to **umr.com** and select **Contact us** to send a message to the **Wellness CARE** program. A specialist will contact you within two business days.
2. Call us at **800-207-7680**.





GOAL

RECEIVE YOUR BIOMETRIC SCREENING

Hunt County and UMR are providing physician lab forms to give employees a way to complete your annual biometric health screenings through your doctor's office. You must complete your screenings and work with your health care provider to make sure your form is submitted to UMR by **09/30/2023** to be eligible for **\$25** on your reloadable prepaid reward card.

We use a basic set of screenings to check for conditions such as high blood pressure, high cholesterol or diabetes. These important numbers will be added to your online clinical health risk assessment (CHRA) to give you a more detailed picture of your overall health.

TO DOWNLOAD YOUR PERSONALIZED FORM:

1. Log in to your online services on **umr.com**.
2. Select "Health center" from the myMenu on your home page.
3. Choose the "Wellness activity center" shortcut tile and then click the "Get started" button.
4. Look for "Physician Lab Forms" in the resources area and click the "Download" button.

IMPORTANT FASTING INFORMATION:

For the most accurate results, fast 10-12 hours prior to your appointment time and drink an adequate amount of water. Take nothing by mouth except water and medications. If you are diabetic, hypoglycemic, or have any other medical conditions that affect your ability to fast, please follow your doctor's instructions regarding fasting.



Put your healthy plans into action



It doesn't matter how healthy you are. Anyone can benefit from focusing on making healthy choices.

We all could use some direction for reaching our personal health goals. If you're ready to quit smoking, get more active or eat better to lose weight and feel your best, there's free resources waiting for you at [umr.com](https://www.umar.com).

Our online health center includes interactive action plans to guide you in building healthy habits. Log in whenever you're ready to make a change and use the self-service tools to stay on track.

Work through a personalized lesson that helps you overcome your barriers and achieve your goals.

Simply choose the action plan that matches your health needs and interests:

- Healthy eating
- Weight management
- Quit smoking
- Physical activity
- Stress management
- Diabetes prevention
- Diabetes management
- Heart disease prevention
- Heart disease management
- Depression
- Risky drinking
- Financial wellness
- Back care

**Enroll
by
8/5/23**



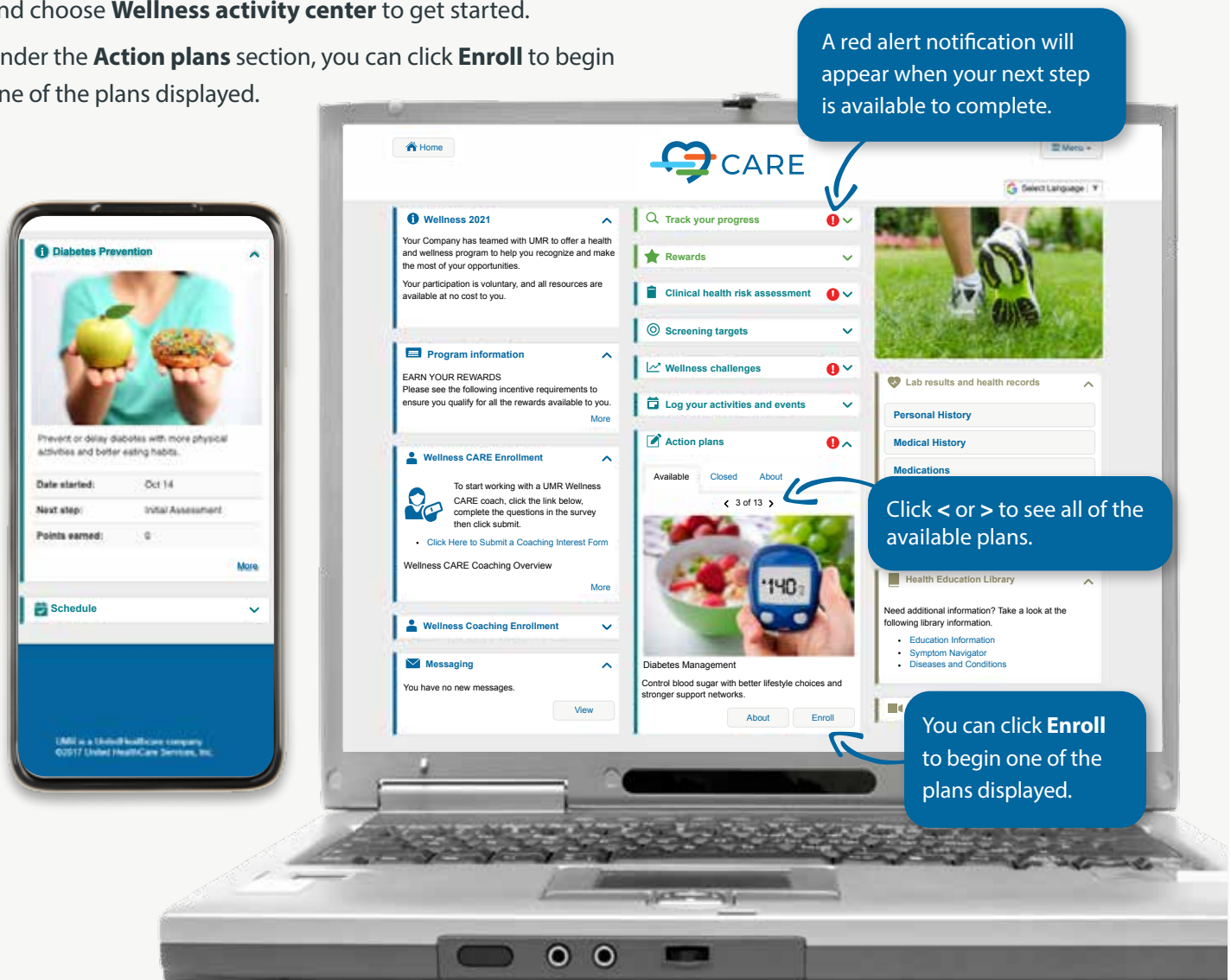
TURN OVER TO LEARN HOW TO GET STARTED



How to complete an action plan

Log in to **umr.com**, select **Health center** from the myMenu and choose **Wellness activity center** to get started.

Under the **Action plans** section, you can click **Enroll** to begin one of the plans displayed.



Complete the steps in the action plan

- 1 Set up your profile:** Start by profiling your current behaviors and readiness to make changes.
- 2 Make a plan:** Select the goals you want to work on and the barriers that might block your progress.
- 3 Take action:** Work through a personalized lesson that helps you overcome your barriers and achieve your goals.
- 4 Measure your progress:** See how far you have come and what more you might do.
- 5 Stay on track:** You will receive reminder messages when it is time to complete the next step in your action plan. You may complete one step per week.



Reward yourself with better health



Hunt County and UMR are committed to helping you live a healthier life.

This year, as part of the health care benefits available to you, **Hunt County** is sponsoring up to **\$100** on a prepaid reloadable reward card to eligible plan members who:

Complete their CHRA (clinical health risk assessment) (\$25), Biometric Screening (\$25), Complete an Action Plan (\$25 each; up to 2 max per year for rewards; \$50 maximum for Action Plan completion).

You will receive your reloadable prepaid reward card within 45-90 days once you have earned a minimum of \$25 in Live Well Reward\$. Any subsequent reloads onto your reloadable reward card are distributed 45-90 days after Live Well Reward\$ activities are completed.

Consider this extra motivation for focusing on being well!

Best of all, you can use your prepaid reward card at any store or restaurant that accepts Mastercard®. So how you choose to spend your reward is up to you.*

A healthier future is its own reward

* Merchant categories are restricted for the purchase of alcohol, tobacco or gaming. The value of the card could be considered taxable income.

UMR's prepaid reward cards come with a toll-free customer service number and cardholder website, where you can activate your card, check your current balance and see previous transactions. The reloadable prepaid reward card expires 36 months after date of issuance.



TIME TO CASH IN

Don't miss out on the chance to receive up to **\$100** on a prepaid reloadable reward card.



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