



# Get in on UHC Rewards

United  
Healthcare



## 2026 Biometrics -Scheduling Your Screening

A biometric screening measures numbers related to blood pressure, glucose, cholesterol, weight and more. The results may help identify current health issues — and reduce risk of future ones by helping focus your efforts for a healthier you.

To schedule a screening follow these steps:

- Click on the link
- You will be on the Home Page
- Click on the link that states “2026 UHC DC Gov Health Screenings”
- Find your date, time and location where you would like to be screened
- Complete the sign-up form & click “create appointment”
- Come to the screening on the day of the event

[Biometric Screenings for UnitedHealthcare members](#)



If you can't make the biometric screening event or your spouse would like to earn rewards for a biometric screening, you can get your rewards at a lab, Physician results form or At-Home screening

Here's how:

- **Ready, set, schedule**

- Sign in on the **UnitedHealthcare® app**
- Select **UHC Rewards**
- Scroll to **Available activities** and select **See all**
- Select **Biometric screening** and then **Get started**
- You'll arrive at the diagnostic vendor's site, where you can follow the prompts to finish your registration and choose how you want to complete your screening

## Choose the screening method that works for you

- **Lab**
  - Schedule online at one of the many available locations.
- **At-home screening**
  - Order the self-administered test and have it delivered directly to your home.
- **Physician results form**
  - Complete your screening with your provider or at a local clinic. Then, fax or upload the form.



Get a biometric screening and earn with UHC Rewards

Questions?

Call UHC Rewards customer service at **1-866-230-2505**

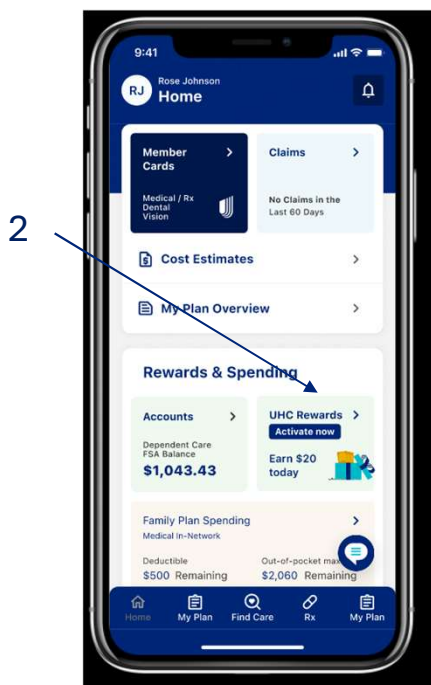


# Step by step instructions on how to log in and register to activate UHC Rewards for those Who have not activated their UHC Rewards

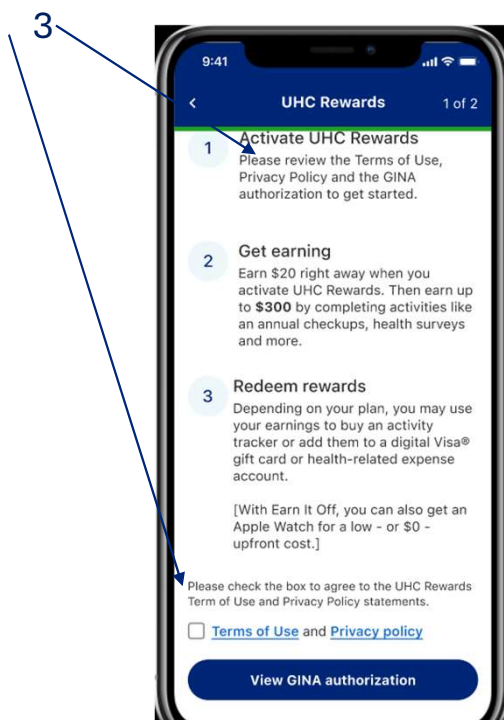
1. Log into the UHC App



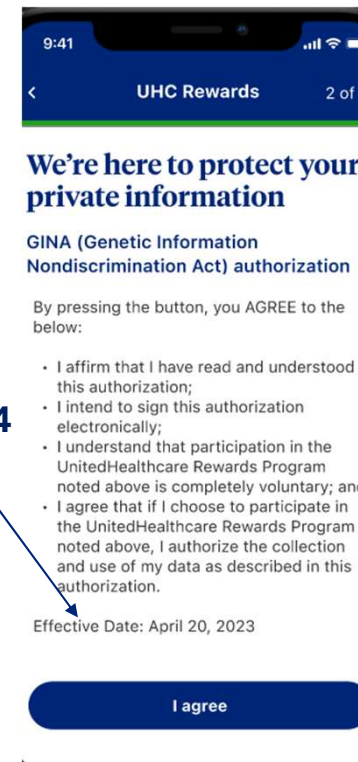
2. Click on the UHC Rewards



3. Activate UHC Rewards & accept the Terms of use & privacy policy then click View GINA authorization

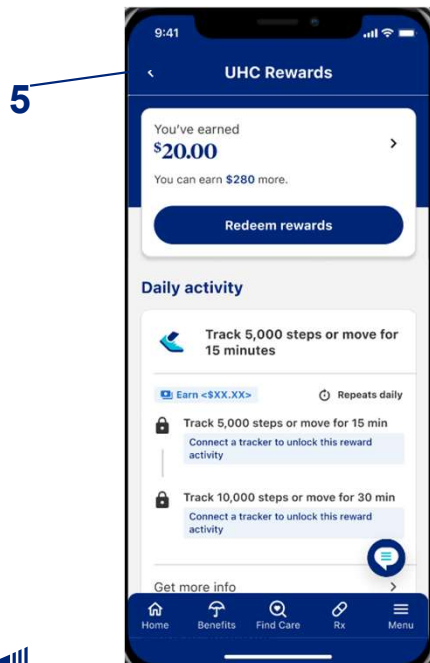


4. Read the GINA Authorization and click "I agree"

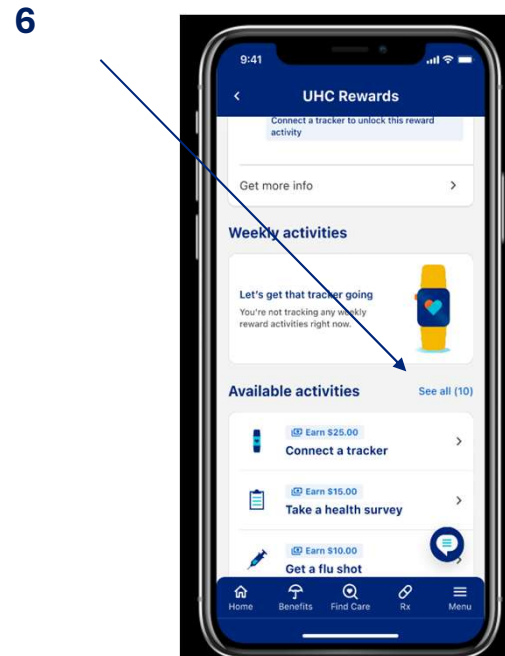


## Step 5 is where you would start if you had previously activated your rewards

5. You will reach the UHC rewards page.  
You can connect a tracker



6. Go to "Available activities" and click on "see all"  
Choose the activities you would like to do and earn rewards.



# Get in on UHC Rewards

With UnitedHealthcare Rewards, you can earn dollars by completing a variety of actions – including things you may already be doing, like tracking your steps and sleep or getting an annual checkup. And get this: you can earn your first \$20 today when you activate UHC Rewards.

## With UHC Rewards, you get to choose:

- ✓ The reward activities you complete
- ✓ How your earnings are redeemed



# How UHC Rewards works



## Get in

Create an account in the UnitedHealthcare® app



## Get started

Select and activate UHC Rewards



## Get going

Choose the reward activities you'd like to complete



## Get rewarded

Start earning rewards



# Accessing UHC Rewards



## Get in

- Create an account in the UnitedHealthcare app
- Select **UHC Rewards** on the homepage



For illustrative purposes only. Reward options and dollar value may vary by plan type.



# Activating UHC Rewards

**Agree** to the terms and conditions and **view GINA** authorization and earn \$20 for activating UHC Rewards.

**Get started**




For illustrative purposes only. Reward dollar value may vary by plan type.



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< UHC Rewards 1 of 2



- 1 Activate UHC Rewards**  
Please review the Terms of Use, Privacy Policy and the GINA authorization to get started.
- 2 Get earning**  
Earn \$20 right away when you activate UHC Rewards. Then earn up to **\$300** by completing activities like annual checkups, health surveys and more.
- 3 Redeem rewards**  
Depending on your plan, you may redeem your rewards earnings towards a digital Visa® gift card, health-related expense account, or eligible items.

Please check the box to agree to the UHC Rewards Term of Use and Privacy Policy statements.

[Terms of Use](#) and [Privacy policy](#)

**View GINA authorization**

# Viewing reward activities

Get going by choosing the activities you'd like to complete and start earning dollars. Visit UHC Rewards for the full list of rewardable activities available to you.



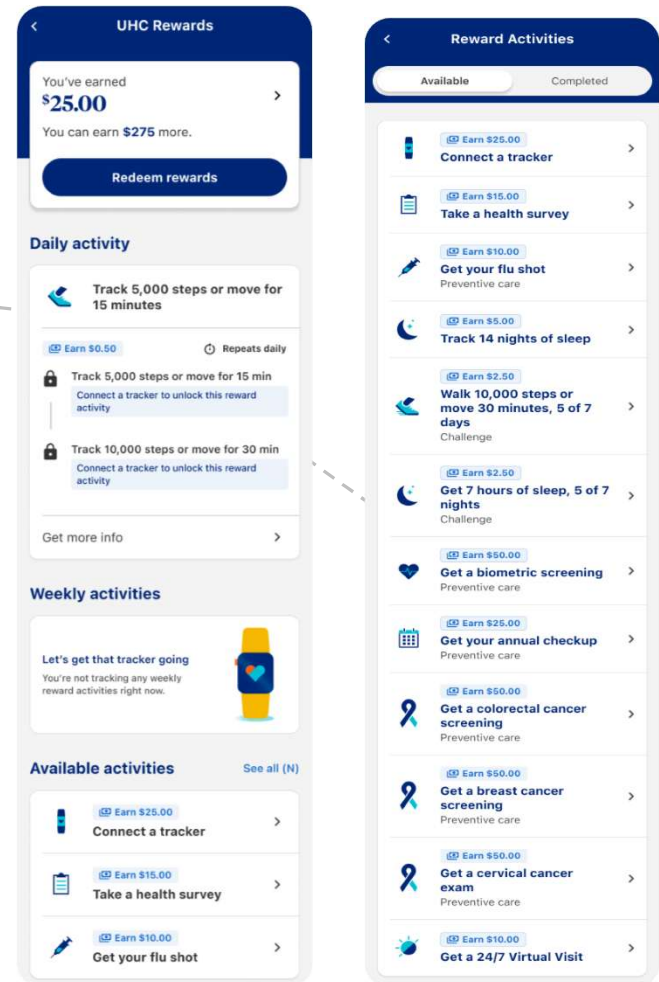
Get going

Available activities and dollar values may vary by health plan.



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# Ways to earn rewards

Start here: Activate UHC Rewards (earn only once)

Earn \$20



## Tracker activities:

### Earn once per plan year:

Connect a tracker	\$25
Track 14 nights of sleep	\$5

### Earn daily:

Daily activity – goal 1: Track 15 active minutes or 5K steps per day	\$0.25
Daily activity – goal 2: Track 30 active minutes or 10K steps per day	\$0.50

### Earn weekly:

Fitness challenge: Track 30 active minutes or 10K steps, 5 out of 7 days	\$2.50
Sleep challenge: Get 7 hours of sleep, 5 of 7 nights	\$2.50



## Preventive care activities:

### Earn once per plan year:

Get a flu shot	\$10
Get an annual checkup	\$25
Get a cervical cancer screening	\$50
Get a breast cancer screening	\$50
Get a colorectal cancer screening	\$50
Get a biometric screening	\$50



## Additional activities:

### Earn once per plan year:




Complete a 24/7 Virtual Visit	\$10
Take a health survey	\$15
Get a cost estimate	\$20

**\$300**  
maximum  
annual incentive



# Redeeming rewards

With UHC Rewards, you choose how your earnings are spent. Once you've earned \$5 or more, log in to UHC Rewards and select **Redeem Rewards** to view your options, including:

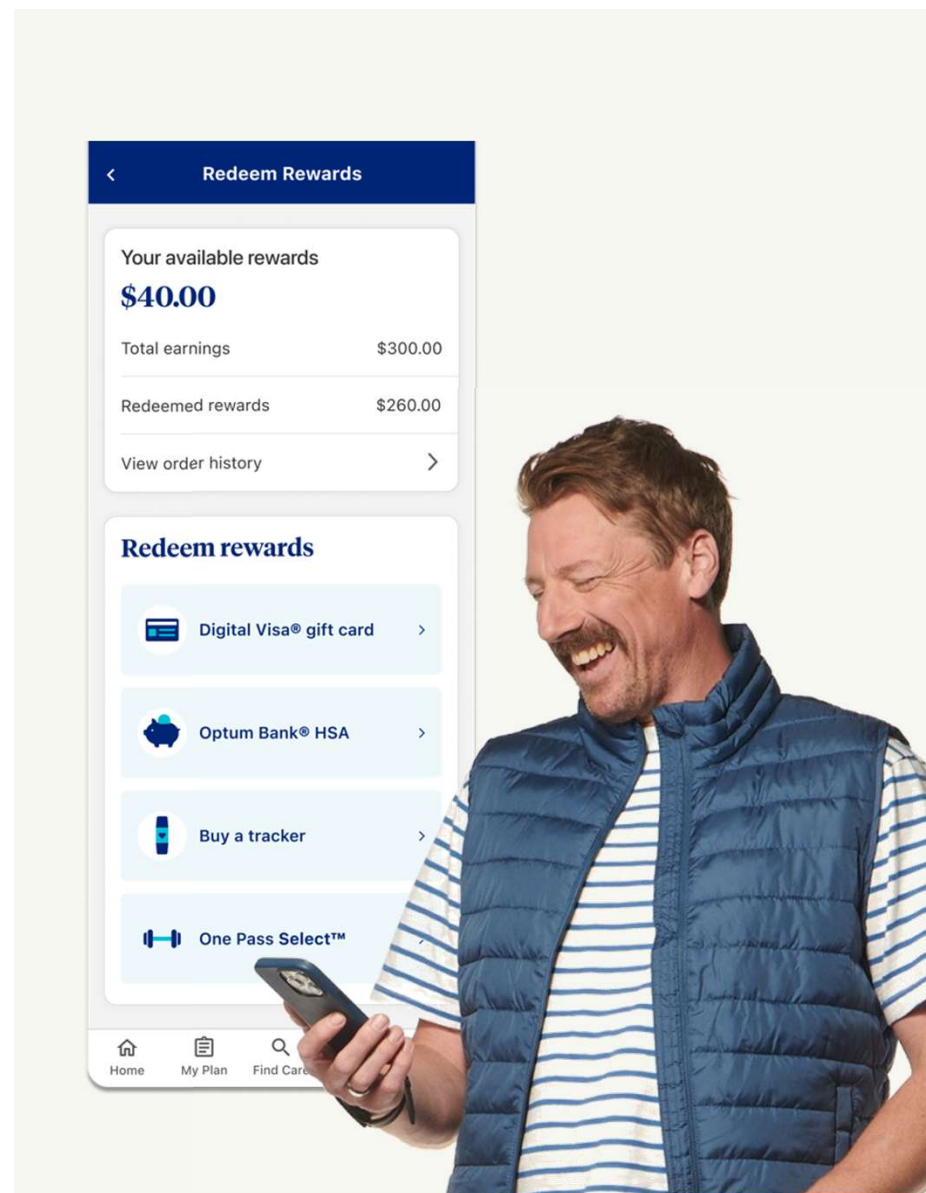
-  A digital Visa® gift card
-  To use toward the purchase of a tracker
-  To use toward a One Pass Select® membership

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# Get an Apple Watch with Earn It Off

Through the Earn It Off payment option, you:

- 1 Choose an Apple Watch® and pay a low – or \$0 – upfront cost
- 2 Every dollar you earn with UHC Rewards is put toward your Earn It Off total
- 3 Pay off the remaining cost of your Apple Watch over the next 12 months



**APPLE WATCH** SERIES 11      **APPLE WATCH** ULTRA 3      **APPLE WATCH** SE 3

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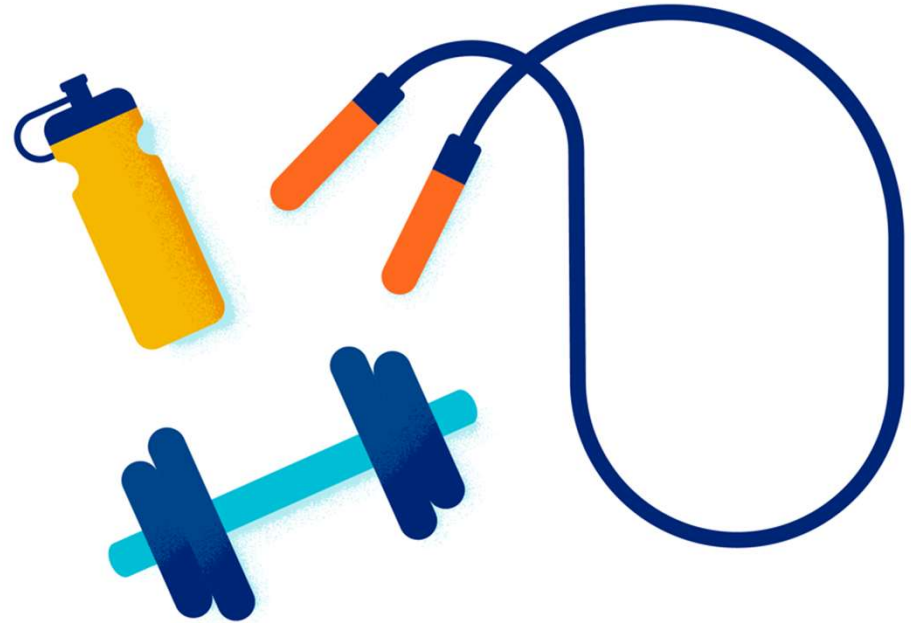
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# One Pass Select

## Flexible fitness options starting at less than \$1 per day

One Pass Select® is designed to help make fitness fun, with:

- 5 membership tiers to fit your lifestyle — with the option to change tiers or cancel monthly
- Access to a large gym network — any location in your membership tier
- Add unlimited friends and family members (18+) to an existing account



One Pass Select is a voluntary program that features a subscription-based nationwide gym network, digital fitness and grocery delivery service. For self-funded participants, there are no state restrictions. For fully insured participants, program availability varies by state: (i) the program is NOT available to members of accounts situated in HI, KS, VT and Puerto Rico; (ii) the grocery delivery service component of the program is not available in TX and is pending regulatory approval in CA and VA for select groups and lines of business – discuss with your UnitedHealthcare representative for details. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. Individuals should consult an appropriate health care professional before beginning any exercise program and/or to determine what may be right for them. Purchasing discounted gym and fitness studio memberships, digital fitness or grocery services may have tax implications. Employers and individuals should consult an appropriate tax professional to determine if they have any tax obligations with respect to the purchase of these discounted memberships or services under this program, as applicable. One Pass Select is a program offered by Optum. Subscription costs are payable to Optum.



# Ready to get in?



## To access UHC Rewards:

1. Scan the QR code to download the **UnitedHealthcare app**
2. Sign in or register
3. Select and activate UHC Rewards



## Questions?

Call UHC Rewards Customer Service at **1-866-230-2505**



UnitedHealthcare Rewards is a voluntary program. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. You should consult an appropriate health care professional before beginning any exercise program and/or to determine what may be right for you. Receiving an activity tracker, certain credits and/or rewards and/or purchasing an activity tracker with earnings may have tax implications. You should consult with an appropriate tax professional to determine if you have any tax obligations under this program, as applicable. If any fraudulent activity is detected (e.g., misrepresented physical activity), you may be suspended and/or terminated from the program. If you are unable to meet a standard related to health factor to receive a reward under this program, you might qualify for an opportunity to receive the reward by different means. You may call us toll-free at 1-866-230-2505 or at the number on your health plan ID card, and we will work with you (and, if necessary, your doctor) to find another way for you to earn the same reward. Rewards may be limited due to incentive limits under applicable law. Components subject to change. This program is not available for fully insured members in Hawaii, Vermont and Puerto Rico nor available to level funded members in District of Columbia, Hawaii, Vermont and Puerto Rico.

**{Disclaimer for use when One Pass Select is mentioned in presentation:}** One Pass Select is a voluntary program that features a subscription-based nationwide gym network, digital fitness and grocery delivery service. For self-funded participants, there are no state restrictions. For fully insured participants, program availability varies by state: (i) the program is NOT available to members of accounts situated in HI, KS, VT and Puerto Rico; (ii) the grocery delivery service component of the program is not available in TX and is pending regulatory approval in CA and VA for select groups and lines of business – discuss with your UnitedHealthcare representative for details. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. Individuals should consult an appropriate health care professional before beginning any exercise program and/or to determine what may be right for them. Purchasing discounted gym and fitness studio memberships, digital fitness or grocery services may have tax implications. Employers and individuals should consult an appropriate tax professional to determine if they have any tax obligations with respect to the purchase of these discounted memberships or services under this program, as applicable. One Pass Select is a program offered by One Pass Solutions, Inc. Subscription costs are payable to One Pass Solutions, Inc.

**{Disclaimer for use when Health Survey is mentioned in presentation:}** Participation in the health survey is voluntary. Your responses will be kept confidential in accordance with applicable law and will only be used to provide health and wellness information or conduct other plan activities.

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