

APPLE WATCH

NOW SYNCs WITH UHC MOTION

After November 15th, UnitedHealthcare Motion customers will be able to track their FIT goals using the Apple Watch. UnitedHealthcare Motion is a wellness program offered through UHC.

UHC is also allowing customers to purchase the Apple Watch through their store using their new “Walk-It-Off” payment option, which lets members “walk off” the cost of the device rather than paying for it up front. Additional details on this program can be found in this flyer:

UnitedHealthcare Motion Walk-It-Off Payment Option flyer:
<http://files.constantcontact.com/9701cdba401/1922ed4e-8754-46c7-a308-3a8669a1a58f.pdf>

FIT stands for Frequency, Intensity, and Tenacity and refers to the three daily walking goals that are connected with incentives through UnitedHealthcare Motion:

- **Frequency:** 500 steps in 7 minutes; six times a day, at least one hour apart
- **Intensity:** 3,000 steps in 30 minutes
- **Tenacity:** 10,000 steps in one day

For More Information

For more information or assistance, please contact our Employee Benefit Services team at **210-640-1789**, toll-free at **1-888-757-2104**, or **EmployeeBenefits@BFGonline.com**.



BusinessFinancialGroup.com

210-495-8474 / 1-888-757-2104

Business Financial Group provides corporate services, including human resources consulting, compliance and administration support, payroll and employee benefit program development and maintenance. We also provide group retirement and personal financial planning services, to which the disclosures below apply.

Securities and advisory services offered through Commonwealth Financial Network®, Member FINRA/SIPC, a Registered Investment Adviser. Human resources services and consulting, payroll processing services, employee program development and maintenance services, fixed insurance products and services offered by Business Financial Group are separate and unrelated to Commonwealth. Business Financial Group is located at 500 North Loop 1604 East, Suite 250, San Antonio, Texas 78232.