

# Your health. Your happiness. Take charge of it with Renew.

Renew by UnitedHealthcare® helps inspire you to take charge of your health and wellness every day by providing a wide variety of useful resources and activities — all at no additional cost.



### **Brain games**

Play games to test your memory, reaction time and problem solving.



### **Interactive quizzes and tools**

Take a quiz or use a tool to help you reach your health goals.



### **Health topic library**

Explore hundreds of health and wellness articles, videos and news.



### **Renew Rewards**

Earn rewards for completing certain health care activities.



### **Learning courses**

Take online lessons on a variety of topics like eating healthy and fitness.



### **Renew magazine**

Find health tips, current health trends, exercises, games and more.



### **Renew Active®**

Stay fit with a free gym membership, online brain health program and more.



### **Workout videos**

Participate in workout videos that focus on balance, strength, stretching and cardio.



### **Recipe library**

Try healthy breakfast, lunch, dinner, dessert, snack and drink recipes.



### **And so much more!**

**Every day is an opportunity to get more from life. Renew can help.**

When you become a member, explore all Renew has to offer. Just sign in to your plan website and go to **Health & Wellness**.



**Renew**

Turn over →

# Here are a few tips that may help improve your health



## Tips to help you get started with self-care

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. When it comes to your mental health, self-care can help you manage stress, lower risk of illness and increase energy.<sup>1</sup>



### Get regular exercise

Just 30 minutes of walking every day can help boost your mood and improve your health. Small amounts add up, so don't be discouraged if you can't do 30 minutes at one time.



### Eat healthy, regular meals and stay hydrated

A balanced diet and plenty of water can improve your energy and focus throughout the day. Also, limit caffeinated beverages such as soft drinks or coffee.



### Make sleep a priority

Stick to a schedule and make sure you're getting enough sleep. Blue light from screens can make it harder to fall asleep, so reduce using a phone or computer before bed.



### Practice gratitude

Remind yourself daily of things you are thankful for. Be specific. Write them down at night or replay them in your mind.

## Find Renew resources and activities on your plan website

Sign in to your plan website, click **Health & Wellness** and explore all Renew has to offer.

<sup>1</sup>National Institute of Mental Health; Caring for Your Mental Health; April 2021.

Renew by UnitedHealthcare is not available in all plans. Resources may vary. Renew Rewards is not available in all plans with Renew by UnitedHealthcare. Renew Active is not available in all plans with Renew by UnitedHealthcare. 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 and other offerings. Fitness membership, equipment, classes, personalized fitness plans, caregiver access and events may vary by location. Certain services, classes, events and online fitness offerings are provided by affiliates of UnitedHealthcare Insurance Company or other third parties not affiliated with UnitedHealthcare. Participation in these third-party services are 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. Access to gym and fitness location network may vary by location and plan. Renew Active premium gym and fitness location network only available with certain plans.

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare.