Your business moves fast to adapt to change. So do we.

Now offering health coverage to eligible Pittsburgh Technology Council (PTC) members.

The PTC has entered into a collaboration with UnitedHealthcare to offer the Pittsburgh Technology Council Motion plans to eligible 51–100 employee group members whose businesses are headquartered in Pennsylvania.

**Motion plans offer more of what Pittsburgh-area employers want:**

- **Plan designs that may help you save money.** UnitedHealth Group is the top-ranking company in the insurance and managed care sector by *Fortune* magazine for innovation.¹
- **Access to all Western Pennsylvania hospitals** and to over 960,000 doctors and 5,800 hospitals nationwide.
- **All 51–100 plans offered to eligible PTC members are eligible for a $5,000 plan year wellness stipend.**

**UnitedHealthcare Motion — the power of a simple walking program.**

The Motion program helps motivate employees and covered spouses to do more of what they already do: walk. It’s convenient, provides immediate feedback on goal achievement and rewards participants with deposits into their health reimbursement account (HRA) or health savings account (HSA).

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**UnitedHealthcare plans offer more of what Pittsburgh-area employers want:**

- **Plan designs** that encourage a culture of wellness.
- **Access to all Western Pennsylvania hospitals.**
- **A $5,000 plan year wellness stipend** that can be used by eligible groups toward qualified wellness expenses (e.g., office treadmill, etc.).
- **The only plans made available by the Pittsburgh Technology Council and insured by UnitedHealthcare.**

CONTINUED
UnitedHealthcare Motion is designed to help your employees:

- Lose weight.
- Improve cholesterol and blood sugar.
- Reduce the risk of diabetes and heart disease.
- Decrease symptoms of depression and anxiety.
- Increase energy and productivity.

Three ways to earn

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<tr>
<th>F</th>
<th>Frequency. 500 steps in seven minutes; six times a day, at least one hour apart.</th>
<th>HRA</th>
<th>HSA</th>
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<td></td>
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<td>$1.50</td>
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<th>I</th>
<th>Intensity. 3,000 steps in 30 minutes.</th>
<th>HRA</th>
<th>HSA</th>
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<tr>
<th>T</th>
<th>Tenacity. 10,000+ total daily steps.</th>
<th>HRA</th>
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$4/day $1,460/year $3/day $1,095/year

Here’s how it works:

1. Eligible employees and covered spouses create an account on unitedhealthcaremotion.com and select an activity tracker from the website or use a Motion-compatible activity tracker they already own.

2. An “activation credit” can be applied to purchased devices or taken as a reward if they use their own device. Purchased devices are delivered to the employee’s home.

3. Participants set up their device, begin walking to meet daily FIT (Frequency, Intensity, Tenacity) goals and sync their device weekly.

4. Every day, participants can earn a $3–$4 incentive, deposited quarterly into their HRA or HSA. All they have to do is walk to earn up to $1,095 or $1,460 per year.

Help employees maintain their health while you manage health care costs.

Employees and covered spouses can have over $1,000 per year deposited into their HSA or HRA. This may enable you to implement a higher deductible plan with employees reducing their out-of-pocket costs if they meet their daily FIT goals. Healthier employees may also mean lower absenteeism and higher productivity, along with improved employee morale.

Contact your broker or the PTC Corporate Coverage Group at 855-717-2864 or pgtech-ccg@jrgadvisors.net

UnitedHealthcare Motion produces results:

- On average, participants take 8,000–10,000 steps daily.
- 65% of participants sustain engagement over 18 months.
- 68% of those eligible to participate in Motion registered for the program.

Administrative services provided by United Healthcare Services, Inc. or their affiliates. Stop-loss insurance is underwritten by All Savers Insurance Company (except MA, MN, and NJ), UnitedHealthcare Insurance Company in MA and MN, and UnitedHealthcare Life Insurance Company in NJ. 3100 AMIS Blvd., Green Bay, WI 54313 (800) 291-2634.