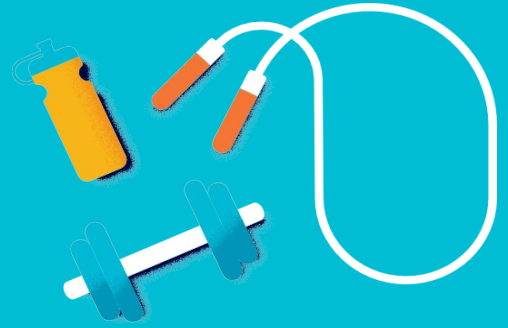


# 2024

## Renew Active®

For body and mind



### What is Renew Active?

Renew Active® is the gold standard in Medicare fitness programs for body and mind. Renew Active is focused on helping the Medicare population maintain functional mobility and cognitive health.

### What does the benefit offer members?

Free gym membership at more than 26,000 network locations. Use the UCard® the first visit to a participating gym to enroll into a gym membership using their Renew Active benefit. Members can use multiple gyms in the Renew Active network.

Thousands of on-demand workout videos and live streaming fitness classes.

- Connect with others at local classes and events, and through the online Fitbit® Community for Renew Active members. No Fitbit device is needed.
- Access to an online program offering content about brain health with exclusive content for Renew Active members from AARP® Staying Sharp®.
- An annual personalized fitness plan and access to a wide variety of fitness classes including classes outside of a gym setting
- Rewards for staying active (for certain plans)

### Where is the Renew Active benefit available?

- Varies by plan — check the Evidence of Coverage (EOC) for specific Renew Active benefits by plan
- Access a list of network gym locations from the Renew Active dashboard in the member website. Find over 26,000 locations like Life Time\*, YMCA, Orangetheory Fitness and many more.

\* Time Fitness may limit hours for members through a third-party like their insurance plan.

### How can I make it simple for my members?

- Free gym membership to a large network of gyms and fitness locations and thousands of on-demand workout videos and streaming fitness classes for home use.
- Many gyms allow members who need help to bring a workout assistant to the gym at no additional cost.
- Members get their **confirmation code online** in the welcome materials, on the health & wellness section of their UnitedHealthcare member plan website or by calling Customer Service on back of the ID card.
- The member takes confirmation code to access participating gym and fitness local classes or community classes and events.


Browse Gyms Near You

Provide your address or zip code to help us find services near you.

Address or Zip Code

Street Address, City & State, Zip Code

Save



The Renew Active® Program varies by plan/area and may not be available on all plans. Renew Active includes a standard fitness membership. Gym network may vary in local market.