



Taking strides toward better health

Designed specifically for Group Medicare Advantage members, Let's Move by UnitedHealthcare offers an exceptional wellness experience — helping retirees keep their mind, body and social life active.

With coordinated resources, helpful tools, fun events and personalized support, Let's Move helps retirees explore ways to eat well, be active, improve mental health, stay connected, and learn strategies for financial well-being — at no additional cost

A holistic approach to health

Let's Move by UnitedHealthcare is easily accessed via the member web portal and includes:

Nutrition

- Virtual cooking demonstrations
- Articles and resources
- Recipes
- Wellness challenge

Physical activity

- Virtual and in-person fitness classes/
demonstrations
-

Contact your UnitedHealthcare representative for more information

