



## Adding value and inspiring healthier behavior

Discover a wellness offering designed to help make fitness more accessible for your employees. It adds value to your benefits and may help them take ownership of their health and well-being.

UnitedHealthcare is bringing quality digital fitness classes right to your employees' fingertips. It's a program that helps them lead more active lives—and it's available at no additional cost to them.

- UnitedHealthcare plans include 1 year of Peloton® App Membership\*
- \$155 value per employee and each covered family member\*
- Single, comprehensive offering for various fitness levels, no equipment required
- Access to Peloton's engaging digital fitness and meditation classes
- Members and participants may purchase Peloton Bike, Bike+ or Tread at special pricing\*

### Taking exercise to a new level

Peloton's immersive live and on-demand digital classes may help employees of all fitness levels get motivated to achieve their health goals. The digital experience makes it convenient to jump into a workout anywhere, anytime, from a phone, tablet or TV.

- Engaging variety of classes to choose from
- Flexibility that may fit any schedule with classes from 5 to 90 minutes
- Exciting workouts led by expert instructors who bring their knowledge, personality and curated playlists
- Help for achieving goals through progress tracking with workout metrics
- Motivating challenges and training programs
- Engaging social features to connect with others

### The reality of inactivity



of adults get the exercise needed to help reduce and prevent chronic diseases<sup>1</sup>

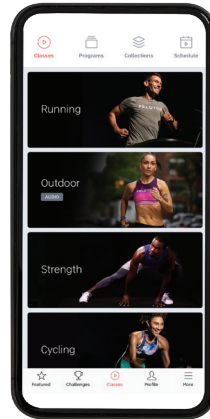
**\$117B**  
per year

is spent on health care costs associated with inadequate physical activity<sup>1</sup>

# A truly engaging experience

Employees get access to Peloton's library of classes. Engaging options for strength, yoga, cardio, meditation, stretching, walking, running, cycling and more have resulted in:

- 92% annual retention rate among subscribers<sup>2</sup>
- Average of 19 workouts per month<sup>3</sup>
- Peloton App rating of 4.9/5 stars by over 502,000 users<sup>4</sup>



## High praise



**"This app has single-handedly motivated me to work out every day!"**

Google Play® review



**"...This app makes it so much easier to work out on my own time."**

App Store® review

# Helping to deliver more for you and your employees

Help support your employees in their wellness journey with 1-year Peloton App Membership at no additional cost to them. It's another way our health plans are aiming to bring you and your employees greater value through better benefits.

## For your employees

- An exciting, convenient way to help fit exercise into their day
- Engaging support to help them reach their health and well-being goals
- Potential to help them get healthier and lower their out-of-pocket costs
- Convenient to get started

## For you

- Employee satisfaction through access to a top fitness brand
- Opportunity to help increase employee engagement and health ownership
- Potential for increased productivity through improved health and well-being
- May reduce health care costs

## Learn more

For questions or more information about this exciting offering, contact your broker or UnitedHealthcare representative

United  
Healthcare



\*For a limited time, the Peloton offering is available to members enrolled in applicable fully insured UnitedHealthcare plans and participants enrolled in UnitedHealthcare Level Funded NavigateNOW, UnitedHealthcare self-funded plans and UnitedHealthcare Level Funded plans whose employer purchases the offering. Additional details, including offer expiration date and equipment discount availability, are on [myuhc.com/peloton](https://myuhc.com/peloton). Members and participants must be 18+ years of age and register for an account with Peloton. Members and participants that own a Peloton Bike, Bike+ or Tread can redeem a 3-month All-Access Membership. Limit 1 code redemption per member or participant. All services provided by Peloton directly to consumers are governed by Peloton's Membership Terms, located at [onepeloton.com/membershipterms](https://onepeloton.com/membershipterms). Equipment offer void in Maryland, New York, New Jersey, Pennsylvania and Washington D.C. for members enrolled in applicable fully insured UnitedHealthcare plans. Peloton Bike, Bike+ or Tread purchase requires an All-Access Membership to access content. All prices are exclusive of applicable taxes. Offer applied at checkout. No substitutions. Peloton equipment discount is limited to a purchase of 1 unit of each equipment type per member or participant. Void where prohibited. Not transferable. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. Members and participants should consult with an appropriate health care professional before beginning any exercise program and/or to determine what may be right for them. The value of this offering may be taxable. Members and participants should consult with an appropriate tax professional to determine if they have any tax obligations from having access to this offering at no additional cost.

<sup>1</sup> Centers for Disease Control and Prevention. "Physical Activity." [cdc.gov/physicalactivity/about-physical-activity/why-it-matters.html](https://cdc.gov/physicalactivity/about-physical-activity/why-it-matters.html). Accessed August 2020.

<sup>2</sup> Peloton analysis among connected fitness members, July 2020–June 2021. <https://investor.onepeloton.com/static-files/0160c736-f0d2-400a-8a20-6f6c3f85659>. Accessed August 2022.

<sup>3</sup> Peloton analysis among connected fitness members, January–March 2022. <https://investor.onepeloton.com/static-files/6fc0b035-ea15-4617-9558-8ebd348c1169>. Accessed August 2022.

<sup>4</sup> App Store® average rating as of April 7, 2021.

App Store is a registered trademark of Apple Inc. Google Play is a registered trademark of Google LLC.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates, and UnitedHealthcare Service LLC in NY. Stop-loss insurance is underwritten by All Savers Insurance Company (except CA, MA, MN, NJ and NY), UnitedHealthcare Insurance Company in MA and MN, UnitedHealthcare Life Insurance Company in NJ, UnitedHealthcare Insurance Company of New York in NY, and All Savers Life Insurance Company of California in CA.

B2B EI20302762.7 8/22 © 2022 United HealthCare Services, Inc. All Rights Reserved. 22-1361074