

Stay fit, sharp
and ready for
what's next.



Renew
Active™
by UnitedHealthcare

Meet Renew Active.™ The gold standard in fitness programs for body and mind from your UnitedHealthcare® Medicare Advantage plan.



Free gym membership

Access to an extensive network of gyms and fitness locations near you.

- ✓ A personalized fitness plan
- ✓ Access to a wide variety of fitness equipment, amenities and group classes



Brain health program

Support for a healthy brain lifestyle, exclusively from AARP® Staying Sharp.

- ✓ Online brain health assessment
- ✓ Engaging articles, brain exercises, activities and more



Health community

Connect with other health-minded people.

- ✓ Opportunities to socialize at health and wellness events
- ✓ Access to the Fitbit® Community for Renew Active members



Plus, Renew Active is part of Renew — our member-only Health & Wellness Experience that offers members access to a variety of resources, such as *Renew* magazine, brain games, recipes, learning courses, fitness activities, videos and more.

Renew
Rewards
by UnitedHealthcare

Earn gift card rewards for staying active and tracking your steps.

Learn more about all Renew Active has to offer. Visit UHCRenewActive.com. For more information, call the Customer Service number on the back of your member ID card.



UnitedHealthcare® Medicare

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. Equipment, classes, personalized fitness plans, and events may vary by location. Certain services, classes and events are provided by affiliates of UnitedHealthcare Insurance Company or other third parties not affiliated with UnitedHealthcare. Participation in AARP® Staying Sharp and the Fitbit® Community for Renew Active is 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.

Renew by UnitedHealthcare is not available in all plans.

Renew Rewards is not available in all plans with Renew by UnitedHealthcare.

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.

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