

# REGISTER FOR **MOTION** TODAY!



**If you are enrolled in a medical plan through Europa Sports Products, you are eligible to participate in the Motion Plan Wellness Program – FIT!**

Shortly, you'll be receiving your walking device called a TRIO. When you wear the TRIO and hit walking goals you can earn reward credits to help lower your health care costs.

## **Steps to Take to Start Participating:**

1. Go online to [www.myuhc.com](http://www.myuhc.com) and register.
2. After you complete registration and have received your TRIO, pair your TRIO to the site and get walking!
3. Walk 300 steps in a 24-hour period within 30 days of August 1st!
4. You've just earned your first \$40 into your account!

*Make sure to register for [myuhc.com](http://myuhc.com) and pair your device to continue to earn your dollars for meeting your FIT goals.*

## **Questions?**

UHC will be on site August 21st through August 25th to officially kickoff our plan year and provide more details, answer questions and assist with getting set up!



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