



Renew Active™ gives Medicare Advantage members more ways to help them stay healthy. Renew Active is focused on helping the 65+ population maintain functional mobility and cognitive health through:

- Broad access to participating fitness locations
- In-person fitness orientations
- Group exercise classes
- Online brain exercises and activities
- Digital resources
- Private Renew Active Fitbit digital community
- Plan-specific incentives through Renew Rewards

**What?**

**What does this benefit offer members?**

- Access to an extensive list of participating local and national gyms fitness locations including YMCAs, 24 Hour Fitness, Gold’s Gyms, LA Fitness, Life Time, Snap Fitness, and more
- Online brain exercises and activities designed to help keep the mind active through a partnership with AARP Staying Sharp
- An in-person fitness orientation to help get members started reaching their fitness-related goals
- Private, Renew Active digital community within the Fitbit mobile app to build social connections, grow conversations about health and wellness and engage in various fun, real-time step challenges
- A unique Renew Active digital experience designed to encourage participation, inform and educate members, and integrate with additional health and wellness content
- Digital integration with wearables to track progress and plan-specific incentives through Renew Rewards (specific to plans eligible for Renew Rewards)

**How?**

**How does the benefit work?**

- Fitness Location Benefit -
  1. Members visit [www.UHCRenewActive.com](http://www.UHCRenewActive.com) to find a list of participating gyms fitness locations in their area
  2. Members can create a profile or log-in on [www.UHCRenewActive.com](http://www.UHCRenewActive.com) to obtain their Renew Active confirmation code
    - Members can also call the Customer Service number on the back of their health plan member ID card to obtain their confirmation code
  3. Member presents their confirmation code at any in network location to begin using their fitness benefit
- At-Home Benefit - Members that do not have the ability to access a participating fitness location or brain games online can receive an At Home fitness and/or brain game offering. For more information or to order an At Home offering, members should call Customer Service toll-free at the number on the back of their health plan member ID card. Hours are 8 a.m. to 8 p.m. local time, 365 days/year
- AARP Staying Sharp - Simply visit the AARP Staying Sharp experience through the Renew Active website; [www.UHCRenewActive.com](http://www.UHCRenewActive.com). To register, members enter their Renew Active confirmation code. Members will be asked to complete a AARP Staying Sharp profile to get started and access the brain exercises and activities
- Renew Active Fitbit Community – join the Renew Active Fitbit Community through Renew Active website; [www.UHCRenewActive.com](http://www.UHCRenewActive.com). To register, member enter their Renew Active confirmation code. Member will be asked to complete a Fitbit profile to join the digital community

