Renew Active
by UnitedHealthcare

Fitness for body and mind

Renew Active® is the gold standard in Medicare fitness programs for body and mind. And it's available with your UnitedHealthcare® Medicare Advantage plan at no additional cost.

Stay fit

Work out where you want, whether that's at a gym or fitness location or from your home.

- A free gym membership
- Access to our nationwide network of gyms and fitness locations. It's the largest of all Medicare fitness programs, including many premium gyms
- An annual personalized fitness plan
- Allows you to bring a family member or friend to the gym with you to assist in your workout, at no additional cost
- Access to thousands of on-demand workout videos and live streaming fitness classes

Stay focused

An online brain health program from AARP® Staying Sharp® with exclusive content for Renew Active members.

- Brain health assessment
- Interactive brain health challenges
- Guide to Music and Brain Health, videos, fun games and more

Stay connected

Connect with other health-minded members.

- Social activities at local health and wellness classes and events
- Step challenges with other members through the Fitbit® Community for Renew Active — no Fitbit device is needed. Joining the community also provides access to Fitbit Premium™.

Living Healthier with Renew

Renew Active is a key part of Renew by UnitedHealthcare®, which offers a wide variety of health and wellness resources and activities that help inspire you to take charge of your health every day.

Your code is key

Every Renew Active member has a unique confirmation code

Write it down and use it to access your gym membership, create an account on AARP® Staying Sharp®, join the Fitbit® Community for Renew Active and gain access to Fitbit Premium™.

How to find your unique Renew Active confirmation code:

1. Sign in to your plan website
2. Click **Health & Wellness** in the upper right-hand corner
3. Look for **Renew Active**
4. Your Renew Active Confirmation Code will start with a letter, followed by 9 digits.
5. If you are unable to log in to your plan website or if you have any questions, please call Customer Service at the number on the back of your member ID card

UnitedHealthcare

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 and other offerings. Fitness membership equipment, classes, personalized fitness plans, caregiver access and events may vary by location. Certain services, discounts, classes events, and online fitness offerings are provided by affiliates of UnitedHealthcare Insurance Company or other third parties not affiliated with UnitedHealthcare. Participation in these third-party services are subject to your acceptance of their respective terms and policies. AARP Staying Sharp is the registered trademark of AARP. The largest gym network of all Medicare fitness programs is based upon comparison of competitors' website data as of March, 2021. 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. Access to gym and fitness location network may vary by location and plan. Renew Active premium gym and fitness location network only available with certain plans.

Renew by UnitedHealthcare is not available in all plans. Resources may vary.

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a Medicare-approved Part D sponsor. Enrollment in the plan depends on the plan's contract renewal with Medicare.

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