



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® Digital 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

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 diseases¹

\$117B
per year

is spent on health care costs associated with inadequate physical activity¹

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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:

- 93% annual retention rate among subscribers²
- Average of 25 workouts per month³
- Peloton App rating of 4.9/5 stars by over 502,000 users⁴



Helping to deliver more for you and your employees

Help support your employees in their wellness journey with 1-year Peloton Digital 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



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

Learn more

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

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* Available to fully insured customers in applicable health plans who register for an account with Peloton. Subject to state legal and regulatory availability. UnitedHealthcare members that own a Peloton Bike or Tread can receive equivalent value (\$155) to be credited to an All-Access Membership. Credit to All-Access Membership limited to 1 per family. ** Must be 18+ years of age and covered under applicable UnitedHealthcare health plan. Peloton offers its services directly to consumers pursuant to an agreement between Peloton and the consumer.

¹ Centers for Disease Control and Prevention. "Physical Activity." cdc.gov/physicalactivity/about-physical-activity/why-it-matters.html. Accessed August 2020. ² Peloton Investor & Analyst Session, Sept. 15, 2020.

³ Peloton analysis among connected fitness members and includes all types of workouts (bike, treadmill, app). April–June 2020. ⁴ App Store average rating as of April 7, 2021.

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. You should consult with appropriate health care professional before beginning any exercise program and/or to determine what may be right for you. The value of the application may be taxable. You should consult with an appropriate tax professional to determine if you have any tax obligations from having access to this application at no additional cost.

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Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates.

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