



Make today the day

Focus on well-being



Complete healthy activities for a chance to win

State of Florida employees, retirees and covered spouses have access to a variety of resources and programs designed to support and guide you toward your wellness goals. Because, when you make healthy choices, your body and mind benefit. And when you do select activities like completing a health survey or getting an annual physical, your wallet could benefit too.

In 2026, you have a couple chances to win rewards.*

- For a chance to win 1 of 300 reward cards worth \$100, register or log in to **UnitedHealthcare Rewards** and complete the Health Survey between Jan. 1, 2026 and Dec. 31, 2026
- For a chance to win 1 of 300 reward cards worth \$100, in addition to completing the Health Survey on **UHC Rewards** as described above, you must complete an annual preventive care exam with a network provider between Jan. 1, 2026 and Dec. 31, 2026

UHC Rewards

New for 2026! Get in on an experience that's designed to help inspire healthier habits. Get more out of your health plan with UHC Rewards, where you can complete wellness actions such as personal missions or public challenges. Use UHC Rewards to track your wellness activities on **myuhc.com**® or in the UnitedHealthcare® app.

To get started on the UnitedHealthcare app or myuhc.com:

- Sign in or register
- Select **UHC Rewards**
- Activate UHC Rewards
- Complete your Health Survey



Get regular preventive care to help stay healthier

When it comes to your health, there's no such thing as starting too early. Eating nutritious foods, staying active, limiting alcohol, managing stress and getting routine checkups are all part of your preventive care.

Your health plan covers eligible preventive care medical services, which means you'll pay \$0 out of pocket when you see a network provider.

Preventive care can help you avoid potentially serious health conditions and/or obtain early diagnosis and treatment. Generally, the sooner your doctor can identify and treat a medical condition, the better the outcome.

Need a doctor?

Here are 3 ways to find a doctor in your network:



Download the **UnitedHealthcare® app** and tap Find Care



Sign in to **myuhc.com**® and use the Find a Doctor tool



Call **1-877-614-0581**, to speak with a health advocate



United
Healthcare®



*For sweepstakes rules, go to FL2026wellnessrewardsrules.uhc4health.com. Winners will be notified by April 30, 2027.

Certain preventive care items and services, including immunizations, are provided as specified by applicable law, including the Patient Protection and Affordable Care Act (ACA), with no cost-sharing to you. These services may be based on your age and other health factors. Other routine services may be covered under your plan, and some plans may require copayments, coinsurance or deductibles for these benefits. Always review your benefit plan documents to determine your specific coverage details.

UnitedHealthcare Rewards is a voluntary program. 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 an appropriate health care professional before beginning any exercise program and/or to determine what may be right for you. Receiving an activity tracker, certain credits and/or rewards and/or purchasing an activity tracker with earnings may have tax implications. You should consult with an appropriate tax professional to determine if you have any tax obligations under this program, as applicable. If any fraudulent activity is detected (e.g., misrepresented physical activity), you may be suspended and/or terminated from the program. If you are unable to meet a standard related to health factor to receive a reward under this program, you might qualify for an opportunity to receive the reward by different means. You may call us toll-free at 1-866-230-2505 or at the number on your health plan ID card, and we will work with you (and, if necessary, your doctor) to find another way for you to earn the same reward. Rewards may be limited due to incentive limits under applicable law. Components subject to change. This program is not available for fully insured members in Hawaii, Vermont and Puerto Rico nor available to level funded members in District of Columbia, Hawaii, Vermont and Puerto Rico.

The UnitedHealthcare® app is available for download for iPhone® or Android®. iPhone is a registered trademark of Apple, Inc. Android is a registered trademark of Google LLC.

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