



# Let's Move

by UnitedHealthcare

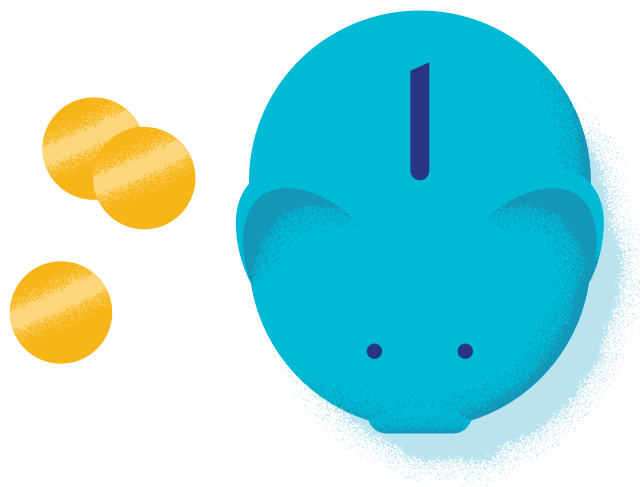
**Let's Move supports your wellness, which includes your financial well-being.**

Financial well-being is when you can meet current and ongoing financial needs, feel secure in your financial future and are able to make choices that allow you to enjoy life. Financial wellness describes how finances can impact your physical, mental and social health — maintaining your day-to-day lifestyle and having reserves for the unexpected. Talk with your financial adviser, bank, credit union, or other financial institution to learn more.

## **Feeling stressed?**

Visit **[AbleTo.com/begin](https://www.ableto.com/begin)** for on-demand help with Self Care from AbleTo<sup>1</sup>.

**United  
Healthcare**



## **Basic steps for financial well-being:**

### **Budget**

Live within your financial means — set a budget and stick to it.

### **Save**

Maintain an emergency cash reserve — plan for the unexpected.

### **Repay**

Avoid, reduce or eliminate debt whenever possible.

### **Plan**

Review and update plans for long-term savings or investments.

### **Learn**

Increase financial literacy — continue to develop skills and knowledge to make informed financial decisions.

<sup>1</sup>AbleTo should not be used for urgent care needs. If you are experiencing a crisis or need emergency care, call 911 or go to the nearest emergency room. The information contained within Self Care is for educational purposes only; it is not intended to diagnose problems or provide treatment and should not be used on its own as a substitute for care from a provider. Self Care is available to members at no additional cost as part of your benefit plan. Participation in the program is voluntary and subject to the Self Care terms of use.

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

Benefits, features and/or devices vary by plan/area. Limitations and exclusions apply.

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