

Feel better, get active and be healthier with your wellness program.

Don't miss out! Your wellness program includes:



ActiveHealth app:

Always on the go? No problem. The ActiveHealth app is ready for you wherever you are. Just search for "ActiveHealth" in your app store and download the app.



MyActiveHealth website:

Managing your health can be challenging. But the tools that help you don't have to be. That's why we've made it easy to track your activity, get wellness advice, find healthy recipes and more. Whatever gets you closer to achieving your health goals. You'll find it online at MyActiveHealth.com/UBS



Health Actions:

Small actions matter — especially when it comes to staying at your best health. You'll get letters from ActiveHealth with important steps to take to help you achieve your best health. We call these Health Actions.



Digital coaching:

What's your health goal? Digital coaching tools can help you achieve it. You can work on things like being more active, losing weight, eating better and more. You'll find daily activities to help keep you moving forward. And fun games, quizzes and videos.



Challenges:

Imagine exploring the world through fun adventure challenges. Like climbing Mount Fuji. Or swimming the Great Barrier Reef — right from your neighborhood. Imaginative adventure challenges can inspire you to reach new heights while you track your progress and work to achieve your health goals.

And you can earn a contribution to your health savings account (HSA) for working on your health and well-being. Just visit MyActiveHealth.com/UBS to learn more.

You can get started today. Call **855-256-0252**
or log on **MyActiveHealth.com/UBS**



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