

Renew You CHALLENGE

20 Inspiring Ideas. 4 Weeks. 1 Happier, Healthier You.

Take charge of your well-being with **Renew by UnitedHealthcare®**.
Members can enjoy access to inspiring ideas, activities and tools to help them live healthier every day.

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WEEK 1	FITNESS Strengthen Your Core <input type="checkbox"/> DID IT!	NUTRITION Eat More Real Food Today <input type="checkbox"/> DID IT!	WELLNESS Do These 6 Important Health Checks <input type="checkbox"/> DID IT!	FITNESS Help Your Hips <input type="checkbox"/> DID IT!	MENTAL HEALTH Reframe a Negative Thought <input type="checkbox"/> DID IT!
WEEK 2	FITNESS Help Improve Your Posture <input type="checkbox"/> DID IT!	LIFESTYLE Create a Wish List <input type="checkbox"/> DID IT!	WELLNESS Check Your Heart Health in 60 Seconds <input type="checkbox"/> DID IT!	FITNESS Help Prevent Falls <input type="checkbox"/> DID IT!	MENTAL HEALTH Give Your Brain a Workout <input type="checkbox"/> DID IT!
WEEK 3	FITNESS Tone Your Upper Body <input type="checkbox"/> DID IT!	NUTRITION Have a 10% Less Day <input type="checkbox"/> DID IT!	WELLNESS Give Yourself a Massage <input type="checkbox"/> DID IT!	FITNESS Strengthen Your Total Body <input type="checkbox"/> DID IT!	MENTAL HEALTH Have a Different Conversation — With Yourself <input type="checkbox"/> DID IT!
WEEK 4	FITNESS Loosen Up Your Tight Muscles <input type="checkbox"/> DID IT!	LIFESTYLE Reach Out to Someone Younger <input type="checkbox"/> DID IT!	WELLNESS Head Back to (Virtual) School <input type="checkbox"/> DID IT!	FITNESS Break a Sweat <input type="checkbox"/> DID IT!	MENTAL HEALTH Do a Favor for a Friend <input type="checkbox"/> DID IT!