

# UHC Wellness Programs

UHC Rewards	Calm Health	Quit for Life
A <b>wellness program</b> that allows members and covered spouses can earn dollars(\$300 each) for reaching daily goals and completing one-time activities.	<b>Mental health support</b> including personalized recommendations, reaching well-being goals and improving mindfulness.	Multi-pronged approach to <b>smoking cessation</b> including nicotine replacement
Real Appeal	Virtual Care	One Pass Select
An interactive step-by-step program for <b>weight loss</b> , with personal coaching support along the way.	Connect to a provider anytime, anywhere with <b>24/7 Virtual Visits</b> .	A subscription-based <b>fitness and well-being</b> program that helps support a healthier lifestyle.

For additional information on these programs, visit [www.myuhc.com](http://www.myuhc.com) or download the UnitedHealthcare App.

