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United HealthCare Says Walking Could Lower Insurance Rates

by Mark Friedman on Monday, Apr. 4, 2016 12:00 am

United HealthCare of Minnetonka, Minnesota, became the latest company to reward people for exercising.

United announced last month that it was starting a wellness program in Arkansas and other states that could save both the employers money in premium and employees who wear the insurer's device to earn up to \$4 a day for their health savings accounts by hitting certain fitness goals tied to walking.

The program is being offered to companies with between 101 and 300 employees who have a fully insured health plan that has a \$1,500 deductible, said Steve Beecy, vice president of United HealthCare.

United worked with Qualcomm Inc. of San Diego on the program. Dr. Jim Mault, chief medical officer, said the program is designed to help employees...

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