

HUMAN RESOURCES

March 2026

United Healthcare Rewards

Activate and earn \$1,000: Sign in to myuhc.com today to activate UHC Rewards and start getting paid for the healthy activities you're already doing!

United
Healthcare
There for what mattersSM



Get in on UHC Rewards

Good news—your health plan comes with a way to earn up to \$1,000. UnitedHealthcare Rewards is included in your health plan at no additional cost.



There's so much good to get

With UHC Rewards, a variety of actions—including things you may already be doing, like tracking your steps or sleep—lead to rewards. The activities you go for are up to you, and the same goes for ways to spend your earnings.

Here are just a few of the ways you can earn:

Connect a tracker	\$65
Take a health survey	\$25
Get an annual checkup	\$50
Get a biometric screening	\$75

Visit UHC Rewards for the full list of rewardable activities that are available to you—and look for new ways of earning rewards to be added throughout the year.

Earn up to **\$1,000**

continued

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There are 2 ways to get started



On the UnitedHealthcare® app

- Scan this code to download the app
- Sign in or register
- Select **UHC Rewards**
- Activate UHC Rewards and start earning
- Though not required, connect a tracker and get access to even more reward activities

On myuhc.com®

- Sign in or register
- Select **UHC Rewards**
- Activate UHC Rewards
- Choose reward activities that inspire you—and start earning



Your health

Get in on an experience that's designed to help inspire healthier habits

Your goals

Personalize how you earn by choosing the activities that are right for you

Your rewards

Earn up to \$1,000 for completing rewardable activities

Questions?

Call customer service at 1-866-230-2505

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National Nutrition & Colorectal Cancer Awareness

March's health observances are National Nutrition and National Colorectal Cancer Awareness Month. Check out the following UnitedHealthcare educational resources to learn more about these topics:

Nutrition tips for healthy eating

Are you looking for ways to make healthy eating a little easier? While there's lots of nutrition information out there, it may be hard to know fact from fiction — or how to start making healthy eating a habit. Let's take a look at some simple ways to help make healthy eating part of everyday life, whether that's learning nutrition basics, getting tips on mindful eating, or choosing foods to eat that may help boost your mood.

What is a healthy diet?

Healthy eating is about balance. Following a healthy diet may improve your mood, may give you more energy and might feed your body good nutrients. According to the CDC, a healthy eating plan:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
- Includes lean meats, poultry, fish, beans, eggs and nuts.
- Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars
- Stays within your daily calorie needs

You can enjoy your favorite comfort foods in moderation — even foods that might feel decadent, like desserts. However, the key may be to eat them only occasionally and balance them with healthy foods and physical activity.

Read more [HERE!](#)



Colon cancer

Our gut has been getting a lot of attention in recent years. It's a powerful, complicated system that can easily get out of balance. Nutrition, stress and lifestyle habits all help play an important role in our gut health. Speaking of important roles, our colon (large intestine) is a part of the digestive system that helps absorb water and minerals and eliminate waste. The colon is an essential part of our system. But, if cells grow abnormally in the colon or rectum, colon polyps may form. And, depending on the type of polyp, it might turn into colorectal cancer (colon cancer) over time (usually many years).

What are the types of colon cancer?

Most colon cancers are called adenocarcinomas. These tumors start in the cells that make mucus to lubricate the inside of the colon and rectum. **Other types of colon cancers** exist but are rare. They include:

- Carcinoid tumors
- Gastrointestinal stromal tumors
- Lymphomas
- Sarcomas

How is colon cancer diagnosed?

Did you know a polyp may take up to 15 years before it turns into cancer? Regular screenings may help spot polyps early and could even help prevent them from turning into cancer. So, even if you don't have symptoms, you may want to consider getting regular colon cancer screenings once you turn 50. (Some experts say 45.) If you have any risk factors (read [HERE](#) to learn more), talk to your doctor about getting screened before you turn 50 years old.





UnitedHealthcare Rewards

Premium Payout structure



1. **UHC Rewards makes it easy to get more from your health plan.** To start earning, download the UHC app or log in to myuhc.com & select "UHC Rewards" to "Activate" your account. You can earn up to \$1,000 for completing rewardable activities you may already be doing!
2. **Earn up to \$1,000 for your healthy habits.** Just log in to myuhc.com or the UHC app and click "Activate" to start winning!

	Action	Description	Dollars earned
One-time activities	Complete health survey	Learn how your health journey is going and offers to help improve your well-being	\$25
	Get a biometric screening	Complete annual bloodwork and measurements	\$75
	Go paperless	Switch to paperless communications	\$5
	Flu shot	Get an annual flu shot	\$30
	Annual checkup*	Complete an annual checkup to support health and prevent illness	\$50
	24/7 Virtual Visit*	Talk to a provider by video for common urgent care needs	\$30
	Get a cervical screening*	Regular screening tests may help find changes in the cervix that may be treated before they become cancer	\$75
	Get a breast screening*	A mammogram may usually find breast changes that could be cancer years before symptoms develop	\$75
	Get a cost estimate	A cost estimate explains the expected cost for an upcoming visit or service	\$40
Tracker-based	Connect a tracker	Automatically track activities	\$65
	Daily activity - goal 1	Track 15 active minutes or 5k steps per day	\$0.75
	Daily activity - goal 2	Track 30 active minutes or 10k steps per day	\$1.25
	Fitness challenge - weekly goal	Complete the daily activity goals 5 out of 7 days (Sunday to Saturday)	\$5
	Sleep tracking	Track sleep for 14 days	\$10
	Sleep challenge - weekly goal	Track 7 hours of sleep for 5 out 7 nights (Sunday to Saturday)	\$5
Maximum annual incentive			\$1,000

12-Month Payment Dates

School Closure	# of Days Paid	Paid On
Spring Break	5 Days	03/31/2026

Summer Break	Remainder of 12-month balance paid equally over 5 pay periods.	06/23/2026 07/07/2026 07/21/2026 08/04/2026 08/18/2026
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Important *March* Dates

March	Developmental Disabilities Awareness Month National Nutrition Month Women's History Month
March 1st	World Compliment Day
March 2nd	National Read Across America Day
March 3rd	World Hearing Day
March 8th	Daylight Saving Time
March 17th	St. Patrick's Day
March 19th	Certified Nurses Day
March 20th	First Day of Spring
March 21st	World Down Syndrome Day

HR is Here to Help

For Questions About:	Contact:
12-Month Pay Plan	Dusty, onboarding@commrehab.org
401k Information	Amber, humanresources@commrehab.org
Absence Request Form	Catherine, timesheets@commrehab.org
Who do I notify if I need time off?	Your Account Executive (Danielle or Molly)
Change of Address	Update in ADP - www.workforcenow.apd.com

Direct Deposit - update info	Update in ADP - www.workforcenow.apd.com
Benefits (other than H.S.A.)	Amber, humanresources@commrehab.org
Health Savings Account (H.S.A.)	Health Equity Customer Service (877) 223-5329
Employment Verification	Dusty, onboarding@commrehab.org
Name Change	Dusty, onboarding@commrehab.org
Referral Bonus Payment (if applicable)	Dusty, onboarding@commrehab.org
SpringAhead Timesheets	Catherine, timesheets@commrehab.org
W4 - Make a Change W2 - Request a Copy	ADP - www.workforcenow.apd.com



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