

Exercise your way to a healthier you

Learn how regular exercise can help you live your best life



Join our exercise program. This program includes a fitness assessment with an exercise physiologist and virtual classes. At no cost to you, we will give you the support and guidance you need to reach your best health and quality of life.



One-on-one care

As part of this program, you'll meet virtually with an exercise physiologist. They'll give advice about exercise to help prevent injuries and manage health conditions. During the virtual meeting, the exercise physiologist will go over your current health condition, exercise environment and goals.



Virtual class

Join us for 2-hour sessions, twice a week. Our experienced team of health care professionals and exercise physiologists will lead the classes. The following exercise components are covered during class:

- Aerobic exercise
- Resistance exercise
- Balance exercise
- Stretching and flexibility exercise
- Goal-setting
- Peer support and encouragement

A working device (computer, laptop or tablet) with a camera and email address are required to participate in classes. Clearance is needed by your doctor to attend the class.



Sign up for the Exercise program

1-800-335-3362, TTY 711

healthenhancement@optum.com*

Learn more

Optum Patient Resource Center resources.optum.com

Or scan this code



optum.com

Any person depicted in the stock image is a model.

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ATENCIÓN: Si habla español (Spanish), hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al 1-800-403-4160, TTY 711.

請注意：如果您說中文 (Chinese)，我們免費為您提供語言協助服務。請致電：1-800-403-4160, TTY 711。

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