Unlock your unique potential and live your best life with health and wellness resources from Renew. Let Renew by UnitedHealthcare guide, inspire and inform you every day — all at no additional cost.

- **Brain Games**
  Play games to test your memory, reaction time and problem-solving.

- **Recipe Library**
  Find dozens of fresh, healthy and tasty recipes.

- **Health Topic Library**
  Explore hundreds of health topics, articles, videos and news.

- **Renew Magazine**
  Browse wellness tips, the latest health trends and recipe ideas.

- **Learning Courses**
  Take online lessons on a variety of topics such as eating healthy and fitness.

- **Renew Positivity**
  Find inspiring articles, images, music and other fun activities.

- **Interactive Quizzes & Tools**
  Take a quiz or use a tool to help you reach your goals.

- **Renew Rewards**
  Earn rewards for completing certain health care activities.

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Go to your plan website and create a username and password to sign in. When you’re signed in, click on the Health & Wellness tab to learn more about Renew by UnitedHealthcare.
Here’s a sample of what you can enjoy with Renew by UnitedHealthcare:

Blueberry Lemon Zucchini Muffins

This is a healthy twist on the classic blueberry muffin. Moist and tangy, these whole-grain treats pack lots of flavor.

**Ingredients:**
- 2 c. whole-wheat pastry flour
- 1 tbsp. baking powder
- 1 tsp. salt
- 1 tbsp. lemon zest
- ½ c. unsweetened applesauce
- 2 eggs, lightly beaten
- ½ c. low-fat buttermilk
- 3 tbsp. olive oil
- 1 c. zucchini, grated
- 1 c. blueberries, fresh or frozen

**Directions:**
Preheat oven to 400 degrees. Grease each cup in a standard 12-cup muffin pan, or use paper muffin liners. In a large bowl, combine flour, baking powder, salt and lemon zest. In a medium bowl, combine applesauce, eggs, buttermilk and olive oil. Add wet applesauce mixture to the flour mixture, stirring gently until barely combined. Stir in zucchini and blueberries. Divide batter evenly between muffin cups. Bake for 15–18 minutes or until golden brown.

Yields 12. Calories: 128, Total fat: 4.8g, Saturated fat: 0.9g, Cholesterol: 31.4mg, Sodium: 67.3mg, Carbs: 18.3g, Dietary fiber: 2.9g, Sugars: 3.2g, Protein: 4.2g

Renew by UnitedHealthcare is not available in all plans.
Renew Rewards is not available in all plans with Renew by UnitedHealthcare.

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