



## Clinical Guidelines: Physical Activity

### Description

This guideline provides information and guidance on the types and amounts of physical activity that provide substantial health benefits. Clinical guidelines are not used within UnitedHealthcare to decide benefit coverage. Benefit coverage decisions are based upon language in the member specific benefit plan document.

### To Review Guideline

Name of Guideline	Source/Location
2018 Physical Activity Guidelines for Americans, 2 <sup>nd</sup> edition	U.S. Department of Health and Human Services: <a href="https://health.gov/our-work/physical-activity/current-guidelines">https://health.gov/our-work/physical-activity/current-guidelines</a>