

Stride Facebook Group Getting Started Guide

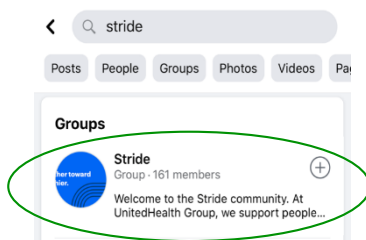


The Stride Facebook group is a private community for UnitedHealth Group, UnitedHealthcare, Optum and our affiliate company employees to talk, listen, share and uplift each other on our journeys toward better health.

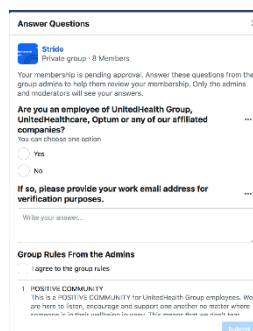
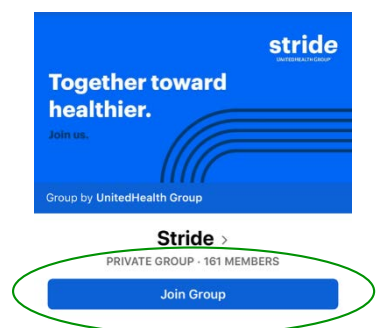
Join the Group

1. To get started, access **Facebook** from your personal device.

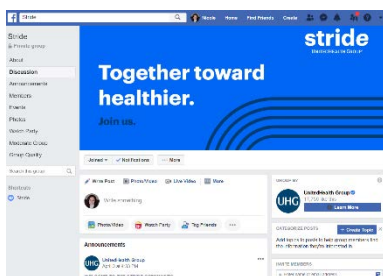
2. Search **Stride**, and select the group.



3. Click **Join Group**, answer the three questions and click **Submit**.



4. A group admin will review your responses and approve your access to the group. You will receive a notification once you become a member of the group.



All employees are responsible for adhering to our company [Social Media Guidelines](#).