



Earn up to \$200* for completing health and wellness activities.

SimplyEngaged®

**Take healthier actions,
get rewarded.**



Earning up to \$200* can feel pretty good.¹

Here's how SimplyEngaged works:

Complete the specific health and wellness activities listed below (Health Actions) to earn financial incentives and rewards*. Your earned financial incentives will be provided through gift cards, health account deposits, or premium reductions.

You can track your activities and rewards through Rally®, a user-friendly digital experience that supports your program with online tools. As you complete health actions on the Rally website, in addition to financial incentives, you can also earn Rally Coins that can be used for sweepstakes, discounts, donations and more.

To get started:

- 1 Visit myuhc.com®.
- 2 Click on the **Health Resources** tab to find and link to Rally website.
- 3 View **Rewards** on the Rally website to track your earned incentives.

* Earnings are per person and include covered spouse or domestic partner.

Health Actions:

Reward:

Complete the Health Survey.

The Health Survey takes about 15 minutes to complete through the Rally website. Once completed, you'll receive:

- Your Rally AgeSM—an assessment of your current health compared to your actual age.
- Personalized and interactive results and recommendations to help you set personal health goals.



**\$25 +
Rally Coins**

Complete a Biometric Health Screening.

A Biometric Health Screening may help you better understand your health numbers and help you and your doctor make more informed decisions about your health.

Know your numbers for:

- Total cholesterol.
- Blood pressure.
- Blood sugar (glucose)
- Body mass index (BMI).

You have 3 options to participate in the Biometric Health Screening:

- 1 Employer on-site event, if available.¹
- 2 Doctor's office or convenience care clinic. (Provider Results form must be completed.)
- 2 Participating Quest Diagnostics® provider.



**\$75 +
Rally Coins**

Health Actions:

Reward:

Complete 3 Rally Missions.²

After you complete your Health Survey, Rally will suggest **Missions**—daily actions you can complete to help you reach your personal health and wellness goals.



**\$50 +
Rally Coins**

Complete a Wellness coaching program.

Once you've completed your Health Survey and received your Biometric Health Screening results, you will receive recommendations for coaching programs to help improve your health and wellness.

There are 2 ways you can complete your coaching program¹:

- 1 Log in to myuhc.com and click on the **Health Resources** tab to begin working on your personal health improvement plan.
- 2 Call the wellness coach at **1-800-478-1057 (TTY: 711)**. Your coach will work with you to track your progress and help you reach your goals.

Allow an average of 2–5 months to complete the coaching program.

Wellness coaching provides:



Life Coaching



Peer-to-peer Discussions



Online Learning



**\$75 +
Rally Coins**

Complete a Gym Check-In.

Visit and check in to a participating fitness center at least 12 days per month on the Rally mobile app for iOS or Android. Select from a network of leading fitness centers, including: boxing, climbing, cycling, yoga, Pilates, traditional gyms and more.



**\$20/mo. +
Rally Coins**

Complete a Cost Estimate.

Use the cost estimator tool once you log in to myuhc.com to perform a final cost estimate for a condition, treatment or procedure. You'll get estimates for health care costs to help you make more informed decisions about your treatment to help avoid any surprises.



**\$25 +
Rally Coins**



Visit myuhc.com and register on Rally to earn up to \$200* SimplyEngaged rewards today.



¹ The reward type is determined by your employer. Rally Coins can be earned under Rally Health.

A reward can only be earned once per incentive year per health action, with the exception of the Gym Check-In, up to the maximum incentive amount. Rally Coins may be used to enter sweepstakes for additional rewards.

² Additional completed Missions will not be financially rewarded.

* Earnings are per person and include covered spouse or domestic partner.

UnitedHealthcare understands the importance of protecting your privacy. We care about the relationship we have with you. Our business practices are in compliance with the Health Insurance Portability and Accountability Act (HIPAA) and other applicable privacy and security requirements.

Quest Diagnostics is a registered trademark of Quest Diagnostics.

Rally Health provides health and well-being information and support as part of your health plan. It does not provide medical advice or other health services, and is not a substitute for your doctor's care. If you have specific health care needs, consult an appropriate health care professional. Participation in the Health Survey is voluntary. Your responses will be kept confidential in accordance with the law and will only be used to provide health and wellness recommendations or conduct other plan activities.

SimplyEngaged® is a voluntary program. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. You should consult with an appropriate health care professional to determine what may be right for you. Rewards may be taxable. You should consult with an appropriate tax professional to determine if you have any tax obligations from receiving rewards under this program. If you are unable to meet a standard related to a health factor to obtain a reward under this program, you might qualify for an opportunity to earn the same reward by different means. Contact us at 1-855-215-0230 and we will work with you (and, if necessary, your doctor) to find another way for you to earn the same reward. YMCA is a registered trademark of YMCA of the USA.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

[Facebook.com/UnitedHealthcare](https://www.facebook.com/UnitedHealthcare) [Twitter.com/UHC](https://twitter.com/UHC) [Instagram.com/UnitedHealthcare](https://www.instagram.com/UnitedHealthcare) [YouTube.com/UnitedHealthcare](https://www.youtube.com/UnitedHealthcare)

Earn up to \$200* for completing health and wellness activities.

With SimplyEngaged, you can get rewarded for taking healthier actions.

Here's how SimplyEngaged works.

With Rally®, you can access the SimplyEngaged® health and wellness activities available to you. For each Health Action you complete, you'll earn Rally Coins,** which you can redeem for rewards. Plus, you can earn financial incentives provided through gift cards, health account deposits or premium reductions. Rally's digital experience gives you one place to track your activities and rewards.

To get started, go to myuhc.com® > **Health Resources** > **Rally**.

Health Actions:

Reward:

Complete the Health Survey and watch the video.

The Health Survey takes about 15 minutes and upon completion you'll receive personalized suggestions to help you set health goals. Pair this with a short Health Actions video to see your opportunities to earn rewards.



**\$25 +
Rally Coins**

Complete a coaching program.

The results of your Health Survey will provide recommendations for coaching programs that may help improve your health and wellness. These programs are available at no additional cost as part of your health plan benefits. Complete one of the following programs to earn more rewards:



**\$100 +
Rally Coins**

Wellness Coaching provides access to expert coaches and digital tools to help you reach your health goals. It's all about getting and staying healthy—your way—anytime. Choose from a variety of programs, like sleeping better, eating smarter and getting fit.

Real Appeal® may help you start living a healthier life with online weight loss tools to help you achieve lifelong results, one small step at a time. Real Appeal delivers the support to help you lose weight through online coaching, a Success Kit delivered to your door and a community of members to keep you motivated.

Quit For Life® has helped 4 million members quit smoking or using tobacco.¹ It provides the tools, 1-on-1 support and a personalized plan to help you quit your way.

Complete a Biometric screening.

A Biometric health screening may help you and your doctor make more informed decisions about your health.

Get screened for:

- Total cholesterol.
- Blood pressure.
- Tobacco attestation.
- Body mass index (BMI).

You have 3 options to participate in the Biometric health screening:

- 1 Employer on-site event, if available.
- 2 Doctor’s office or convenience care clinic. (Provider Results form must be completed.)
- 3 Participating Quest Diagnostics® provider.



**\$75 +
Rally Coins**

Complete a Virtual Visit.

Virtual Visits may be a convenient option when you need care. You can talk to a doctor—24/7—by phone or video for conditions like the flu, allergies, rashes, migraines and many more.



**\$25 +
Rally Coins**

Complete a Gym Check-In.

Check in to a participating fitness center at least 12 days per month on the Rally Health app. Select from a network of leading fitness centers, where you’ll find boxing, climbing, cycling, yoga, Pilates, traditional gyms and more.



**\$20/mo. +
Rally Coins**



To get started, go to myuhc.com > **Health Resources** > **Rally**.



¹ Quit For Life Employer Book of Business Survey results, cumulative from 2006 to 2018.

*Earnings are per person and include covered spouse or domestic partner.

** Rally Coins can be earned under Rally Health. A reward can only be earned once per incentive year per health action, with the exception of the Fitness Action, up to the maximum incentive amount. Rally Coins may be used to enter sweepstakes for additional rewards.

Virtual Visits phone and video chat with a doctor are not an insurance product, health care provider or a health plan. Unless otherwise required, benefits are available only when services are delivered through a Designated Virtual Network Provider. Virtual Visits are not intended to address emergency or life-threatening medical conditions and should not be used in those circumstances. Services may not be available at all times, or in all locations, or for all members. Check your benefit plan to determine if these services are available.

Real Appeal is a voluntary weight loss program that is offered to eligible participants as part of their benefit plan. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical and/or nutritional advice. Participants should consult an appropriate health care professional to determine what may be right for them. Any items/tools that are provided may be taxable and participants should consult an appropriate tax professional to determine any tax obligations they may have from receiving items/tools under the program.

UnitedHealthcare understands the importance of protecting your privacy. We care about the relationship we have with you. Our business practices are in compliance with the Health Insurance Portability and Accountability Act (HIPAA) and other applicable privacy and security requirements.

The Quit For Life Program provides information regarding tobacco cessation methods and related well-being support. Any health information provided by you is kept confidential in accordance with the law. The Quit For Life Program does not provide clinical treatment or medical services and should not be considered a substitute for your doctor’s care. Please discuss with your doctor how the information provided is right for you. Participation in this program is voluntary. If you have specific health care needs or questions, consult an appropriate health care professional. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.

Quest Diagnostics is a registered trademark of Quest Diagnostics.

Rally Health provides health and well-being information and support as part of your health plan. It does not provide medical advice or other health services, and is not a substitute for your doctor’s care. If you have specific health care needs, consult an appropriate health care professional. Participation in the Health Survey is voluntary. Your responses will be kept confidential in accordance with the law and will only be used to provide health and wellness recommendations or conduct other plan activities.

SimplyEngaged® is a voluntary program. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. You should consult with an appropriate health care professional to determine what may be right for you. Rewards may be taxable. You should consult with an appropriate tax professional to determine if you have any tax obligations from receiving rewards under this program. If you are unable to meet a standard related to a health factor to obtain a reward under this program, you might qualify for an opportunity to earn the same reward by different means. Contact us at 1-855-215-0230 and we will work with you (and, if necessary, your doctor) to find another way for you to earn the same reward.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.