



## **Video transcript: Rally**

### **Approximate time: 1:01**

Hi, we're Rally, the starting point for getting healthy and staying healthy.

Whether you want to lose weight, work up a sweat, eat better, quit smoking, or just be happier, we can help you get started.

Take our quick health survey.

Find out your Rally Age.

We'll suggest healthy activities you can do every day.

Push yourself in a challenge.

Find a community and get connected.

Earn Rally Coins for chances to win prizes.

Track your progress and stay motivated.

No matter where you are, it's time to Rally.

Get started today at [myuhc.com](https://myuhc.com).