

# Get rewarded for taking healthier actions.

SimplyEngaged® is an innovative program that can help you meet personal health and wellness goals—while earning rewards and financial incentives\* along the way.



## Qualify for Rally Coins—and cash.

As you complete the first 4 Health Actions on the back and track your progress on the Rally® website, you'll earn Rally Coins that can be used for sweepstakes, discounts, donations and more. Complete the fifth Health Action—gym check-ins on the Rally app—and you could get \$20 deposited into your bank account every month.

### How to get started and track progress.

- Visit [myuhc.com](http://myuhc.com)® > [Health Resources](#) > [Rally](#).
- View Rewards on the Rally website to track your earned incentives.

### Where to start?

The Health Actions can be done in any order. However, we recommend taking the health survey and completing the biometric screening before completing the Rally Missions and wellness coaching, so we can more effectively direct you toward better health.

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### Alternative Health Actions.

If you are unable to meet a Health Action to obtain a reward under this program, you may still qualify to earn the same reward by a 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.

Health Actions:	Reward	Health Actions:	Reward
<p><b>Complete the health survey.</b> This will take about 15 minutes on the Rally website. Once finished, you'll receive:</p> <ul style="list-style-type: none"> <li>Your Rally Age<sup>SM</sup> to help you assess your current health compared to your actual age.</li> <li>Personalized and interactive results and recommendations to help you set personal health goals.</li> </ul>	 <b>\$25 + Rally Coins</b>	<p><b>Complete a wellness coaching program.<sup>2</sup></b> After you receive your biometric screening results, you'll receive recommendations for coaching programs to help improve your health and wellness. There are 2 options:</p> <ol style="list-style-type: none"> <li>Visit <a href="http://myuhc.com">myuhc.com</a> &gt; <b>Health Resources</b> to begin working on your personal health improvement action plan.</li> <li>Call <b>1-800-478-1057</b> (TTY: <b>711</b>) to connect with a wellness coach, who'll work with you to track your progress and help you reach your goals. Coaching programs take an average of 2–5 months to complete.</li> </ol> <p><b>Wellness coaching provides:</b></p> <ul style="list-style-type: none"> <li>Online learning.</li> <li>Peer-to-peer discussions.</li> <li>Life coaching.</li> </ul>	 <b>\$75 + Rally Coins</b>
<p><b>Complete a biometric health screening.</b> This screening may help you better understand your health numbers and help you and your doctor make more informed decisions about your health.</p> <p><b>Know your numbers for:</b></p> <ul style="list-style-type: none"> <li>Total cholesterol.</li> <li>Blood pressure.</li> <li>Blood sugar (glucose).</li> <li>Body mass index (BMI).</li> </ul> <p><b>To participate in the health screening:</b> Visit your doctor's office or convenience care clinic. Be sure to have your provider fill out the "Provider Results Form." It's available at <a href="http://myuhc.com">myuhc.com</a> &gt; <b>Health Resources</b> &gt; <b>Rally &gt; Screening Events and Forms.</b></p>	 <b>\$75 + Rally Coins</b>	<p><b>Complete a gym check-in.</b> Check into a fitness center at least 12 days per month on the Rally mobile app for iOS or Android®. See the app for participating gyms.</p>	 <b>\$20/mo. + Rally Coins</b>
<p><b>Complete 3 Rally Missions.<sup>1</sup></b> Rally will suggest Missions based on your Rally Age. They're daily actions designed to help improve your health and wellness.</p>	 <b>\$50 + Rally Coins</b>		



Visit [myuhc.com](http://myuhc.com) to start earning your SimplyEngaged rewards today.



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

<sup>1</sup> Additional completed Missions will not be financially rewarded. 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.

<sup>2</sup> 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.

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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.

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