

# Earn up to \$240\* for completing health and wellness activities.

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

## Here's how SimplyEngaged works:

Log in to [myuhc.com](https://myuhc.com) > **Health Resources** > **Rally**. Then, complete the health and wellness activities—called Health Actions—to earn financial incentives and Rally Coins. You can view and track your activities and rewards through Rally®—a digital experience that supports SimplyEngaged®. Your earned financial incentives will be provided through a bank account deposit.

Rally Coins can be used for for sweepstakes, discounts, donations and more.

### Health Actions:

### Reward:

#### Complete the Health Survey.

The Health Survey takes about 15 minutes through the Rally website.

Once completed, you'll receive personalized and interactive results and recommendations to help you set personal health goals.



Rally Coins

#### Complete 3 Rally Missions.\*\*\*

Once you finish your Health Survey, Rally will suggest **Missions**—daily actions designed to help you reach your personal health and wellness goals.



Rally Coins

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\*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.

\*\*\*Additional completed Missions will not be financially rewarded.

## Health Actions:

## Reward:

### Complete a wellness coaching program.

Based on results of your Health Survey, you'll receive recommendations for coaching programs to help improve your health and wellness.

#### 2 ways to complete your coaching program:\*

- 1 Log in to [myuhc.com](https://myuhc.com) > **Health Resources** to begin working on your personal health improvement plan.
- 2 Call a wellness coach at **1-800-478-1057**, TTY: **711**. He or she 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



Rally Coins

### Complete a gym check-in.

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



\$20/month +  
Rally Coins

### Complete a cost estimate.

Use the cost estimator tool on [myuhc.com](https://myuhc.com) to perform a final cost estimate for a condition, treatment or procedure. It's designed to help you make more informed decisions and help avoid cost surprises.



Rally Coins



Visit [myuhc.com](https://myuhc.com) and register on Rally to earn up to \$240\*\* SimplyEngaged rewards.



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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.

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.