

# Complete healthy behaviors and be rewarded.



SimplyEngaged is an innovative incentive program that may help you and your covered spouse meet personal health and wellness goals. Through this program, you can learn how to make more informed health care decisions, create a personalized action plan and complete specific health actions — all while getting rewarded along the way.

## Here's how to earn and access rewards.

Access [myuhc.com](http://myuhc.com)® and find the SimplyEngaged Reward Program in Rally®, a user-friendly digital experience that supports your engagement throughout your health journey.

You can earn up to **\$200<sup>1</sup>** by completing any combination of activities below:

Health Action	Reward	Description
<b>Health Survey</b>	<b>\$25 + Rally Coins</b>	Complete this Health Survey to earn rewards and get your Rally Age <sup>SM</sup> . This Rally Age helps you assess your current health and how it compares to your actual age. The Health Survey includes feedback and recommendations to help you set goals that may be important to you.
<b>Biometric Screening</b>	<b>\$75 + Rally Coins</b>	Participate in a confidential screening to earn rewards and learn more about your important health numbers (total cholesterol, body mass index, blood pressure and blood sugar). <b>Complete one of three options:</b> 1. Employer onsite event (if available). <sup>2</sup> 2. Doctor's office or convenience care clinic. (Provider must complete a Provider Results Form.) 3. Participating Quest Diagnostics <sup>TM</sup> provider. (Provider must complete a Lab Screening Form.)
<b>Missions<sup>3</sup></b>	<b>\$50 + Rally Coins</b>	Complete at least three Missions to earn rewards. After finishing your Health Survey, Rally will suggest Missions based on your survey results to help you reach your personal goals and health needs. <b>Note:</b> Missions may take up to four weeks to complete.
<b>Health Coaching</b>	<b>\$75 + Rally Coins</b>	Work one-on-one with a health coach to complete a specific program. Coaches are here to help you lose weight, eat healthier, handle stress or manage a health condition. Enroll early; some programs may take up to 12 weeks to complete. To join, call <b>1-800-478-1057</b> .
<b>Fitness Action</b>	<b>\$20/mo. + Rally Coins</b>	Earn a monthly reward when you visit a participating fitness center or local YMCA <sup>®</sup> at least 12 times per month. Register by selecting a fitness location online and providing the center with your program activity code. Your attendance will be tracked every time you go to the gym.
<b>Health Care Cost Estimate</b>	<b>\$25 + Rally Coins</b>	Perform a cost estimate for a condition, treatment or procedure to earn your reward. You'll get estimates for health care costs to help you make more informed decisions and help avoid any surprises.

### Maximum Incentive:

**\$200 per person** (employees and covered spouses or domestic partners).<sup>4</sup>

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## Start earning and access your rewards today.

1. Log in or register on **myuhc.com**.
2. Click the link to Rally under Health Resources.
3. Register on Rally to view and track your activities and start earning your SimplyEngaged rewards.

**Questions? Call 1-855-215-0230.**



<sup>1</sup> The reward type is determined by your employer. The opportunity to select an earned gift card will expire 120 days from the last day of the incentive period. Rally Coins can also be earned under Rally Health.

<sup>2</sup> The employer onsite biometric event is only available for employees.

<sup>3</sup> Additional completed Missions will not be financially rewarded.

<sup>4</sup> 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.

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<sup>®</sup> 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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