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How to Log In to Rally
1 Log in at myuhc.com.

2 Select Rally link.

NOTE: Employees who opt out of health plan coverage may log in to Rally at https://werally.com/client/pinellas/register.
FIRST TIMER: Create a Rally account (email and password):

Let’s create your Rally account!
Choose an email and password.

Email

Confirm Email

Password

Confirm Password

Password must be at least 8 characters. Include at least one special character (@#%$&*), one uppercase letter, one lowercase letter, and one number.

Yes, I am over 13 years old and accept the Rally Terms of Service and Privacy Policy.

Next
FIRST TIMER: Click the optional data access check box if you choose. Click *Submit*.

Keep your Rally data, wherever you go.

You have the option to access Rally with all your personal health data even if you change jobs or insurance. You can agree by checking the box below.

Optional Authorization

This authorization is *optional*. By agreeing, you authorize Rally to retain and use and disclose your health information that we receive through Services so that we can continue to provide you Services if:

1. you no longer receive Services through a particular Rally Partner; or

2. the contractual relationship between two Rally Partners or between Rally and a Rally Partner changes or terminates.

Yes, by checking the box, I acknowledge having read, and hereby sign the above HIPAA Authorization as of today’s date. (Optional)

Submit
FIRST TIMER: Create a username and avatar. Select *Let’s Go!*

Step 3

You're in!

Let's create your identity. This is how folks will see you. Pick an image and permanent username.

Username

We recommend you pick a username that doesn't include your real name or otherwise identify you. It must be between 6 and 20 characters. Pick a name you really like, as you can't change it later.
RETURN VISITOR: Enter your email and password.

TIP: Can’t remember your password? Select “Forgot Password”
Biometric Screening
What is a Biometric Screening (or Health Screening)?

• A biometric screening is a short health exam and lab work to measure your blood pressure, cholesterol, height, weight, etc.

• Get a biometric screening at your in-network physician’s office or go to a convenience care clinic.

• Enter the biometric screening data in your Rally health survey (see page 13).

• Complete the biometric screening and health survey by December 31, 2020 to save $500 on your premium charges for health coverage in 2021.
Verify Biometric Screening is Completed

1. In Rally, select Rewards tab

2. Select Current Plan

3. Scroll down to verify if your screening is listed in Rally as Available (not done) or Completed (done) with a date. See examples:

   - **Example #1: Screening not done**
     - Get a Biometric Screening
     - 10 Rally Coins
     - Get a Biometric Screening
     - Ends 12/31/20
     - Did it already? Great, we should get confirmation within 4 weeks of your screening.

   - **Example #2: Screening done**
     - Get a Biometric Screening
     - 10 Rally Coins
     - Completed a Biometric Screening
     - Completed 07/11/20

4. If you don’t see a Completed date in Rally within 90 days of getting your biometric (health) screening, contact UnitedHealthcare at (888) 478-4752.
Access Your Health Survey in Rally
Where to Find the Health Survey

1. Scroll down to **Quick Links**, select **My Profile**.

2. Click **Health Profile**

*TIP: Before you begin the health survey, be sure you have your biometric screening data including **height**, **weight**, **total cholesterol**, and **blood pressure**.
Where to Find the Health Survey continued

TIP: If you’ve never logged into Rally in 2020, the first prompt after you log in will be the survey. Click **OK** to start the survey.
Take the Health Survey

Enter data from your biometric screening, including your cholesterol and blood pressure, and answer questions such as:

On average, how many hours of sleep do you get at night?

- Less than 6
- About 6 to 7
- About 7 to 8
- About 8 to 9
- 9 or more

A progress bar at the bottom indicates your progress through the health survey:
Stopping/Starting and Updating Health Survey

- If your survey is interrupted, you may log in later and continue at the point you stopped.
- If you complete the survey and need to add or change information later, you will need to retake the entire survey (see steps below). It is not possible to edit answers in a completed survey.

1. Scroll down to Quick Links, select My Profile.
2. Click Health Profile
3. Click Retake Survey

Health Profile
Health Records

Your Rally Age
Retake Survey
• When you complete the survey, Rally will generate your **Rally Age** which is a measure of your overall health.

**EXAMPLE:**

Here's a quick snapshot of your results.

50

Your Rally Age

Nice! Your Rally Age is **3 years below** your real age.

We look at your age, weight, and other key pieces of health data to figure out your Rally Age. We also factor in answers about your fitness, nutrition, stress, and preventive care.

• Rally uses your health survey results to **recommend missions (goals)**. For example, if you don’t exercise regularly, Rally might recommend missions such as stretching or weight training.
Verify Health Survey is Completed

1. In Rally, select **Rewards tab**

![Rally Rewards Tab](image)

2. Select **Current Plan**

![Current Plan Selection](image)

3. Scroll down to the Completed section. Verify that **Rally Health Survey** has a completed date in 2020.

**EXAMPLE:**

- Complete Rally Health Survey
- 10 Rally Coins
- Completed Rally Health Survey
- Completed 03/21/20
Health Survey Review

• To view your health survey data later, select:
  1. **My Profile** (scroll to the bottom of the screen)
  2. **Health Profile**
  3. **Your Numbers**

• Notice that **Your Numbers** includes the date that you entered your data (see example).

**EXAMPLE:**

**BMI**
We use your height and weight to calculate a number called body mass index (BMI).

**Height**
Updated: 03-06-2020
Source: Total Health Assessment
Check Your Reward Activities
1 Log in at myuhc.com.

2 Select Rally link.

NOTE: Employees who opt out of health plan coverage may log in to Rally at https://werally.com/client/pinellas/register.
Pinellas County Wellness Incentive Rewards

1. In Rally, select **Rewards tab**

2. Select **Current Plan**

3. Scroll down to **Program Activities** to view **Available** and **Completed** incentives. See the **chart** for point and cash equivalents (e.g. 25% = 12,500 points or $50).

**EXAMPLE of Available Activity (not completed):**

- Complete a Get Fit Activity
  - 25% towards Reward Goal
  - Stay fit by exercising and tracking your activity for 8 weeks.

  *Ends 12/31/20*

**EXAMPLE of Completed Activity:**

- Complete the On-Site Wellness Program
  - 25% towards Reward Goal
  - Completed the on-site wellness program

  *Completed 06/9/20*
Pinellas County Wellness Incentive Rewards

You are eligible for up to 100% in Rally reward percentages which equates to 50,000 reward points or $200 cash if a cash election is made.

EXAMPLE:
Pinellas County Wellness Incentive Rewards

Rewards are available for the following activities that are part of the 2020 Wellness Incentive Program:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
<th>Rally %</th>
<th>Reward Points</th>
<th>Cash</th>
<th>Employee</th>
<th>Spouse (on County plan)</th>
<th>Opt Out</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preventive Screening</td>
<td>Colonoscopy or pap test or mammogram (reward limited to one screening/year)</td>
<td>25%</td>
<td>12,500</td>
<td>$50</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Fruit &amp; Veggie Challenge</td>
<td>8 weeks of eating fruits and vegetables</td>
<td>25%</td>
<td>12,500</td>
<td>$50</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Get Fit</td>
<td>8 weeks of physical activity commitment</td>
<td>25%</td>
<td>12,500</td>
<td>$50</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Nutrition Challenge</td>
<td>8 weeks of food tracking and portion guidance</td>
<td>25%</td>
<td>12,500</td>
<td>$50</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Wellness Coaching</td>
<td>Choose online classes, phone coaching, or a combo</td>
<td>25%</td>
<td>12,500</td>
<td>$50</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Wellness Learning Series</td>
<td>4 weeks of wellness education (reward limited to one series/year)</td>
<td>25%</td>
<td>12,500</td>
<td>$50</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Chronic Condition Management</td>
<td>Support to manage a chronic diagnosis such as diabetes</td>
<td>50%</td>
<td>25,000</td>
<td>$100</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Maternity Support</td>
<td>Access to nurses and healthy pregnancy resources</td>
<td>up to 100%</td>
<td>up to 50,000</td>
<td>up to $200</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
</tbody>
</table>

For more info, visit [www.pinellascounty.org/hr/incentive](http://www.pinellascounty.org/hr/incentive). All activities must be completed by December 31, 2020.
Wellness Incentive Rewards (points or cash) are processed semi-annually. See the payout schedule below.

At the end of the quarter, it takes 6 to 10 weeks for data processing before a Pinellas County Government activity is listed in Rally (including Fruit & Veggie Challenge, Get Fit, Nutrition Challenge, and Wellness Learning Series).

<table>
<thead>
<tr>
<th>Activities Completed</th>
<th>Cash Election Deadline (if desired)</th>
<th>Incentive Rewarded</th>
</tr>
</thead>
<tbody>
<tr>
<td>January to June 2020</td>
<td>June 30, 2020</td>
<td>September 2020</td>
</tr>
<tr>
<td>July to December 2020</td>
<td>December 31, 2020</td>
<td>March 2021</td>
</tr>
</tbody>
</table>
Rally Coins
Rally Coins

• To find your coin balance, look under your username in the top-right corner as shown below.

• Rally coins are virtual coins you earn by doing activities on the Rally site.

• Use your coins to enter sweepstakes for a chance to win prizes, or to bid on items at auctions such as a fitness mat.
Log in directly to the Rally website: https://werally.com/client/pinellas/register

Employees who opt out of the County’s health insurance plan do not need to complete a biometric screening or Rally health survey. They are still eligible for Wellness Rewards and may log in to Rally using the link shown above.
Questions?

Rally Help Desk
support@werally.com | (877) 818-5826

UnitedHealthcare
(888) 478-4752

Employee Wellness
wellness@pinellascounty.org | (727) 464-4049

Human Resources
Helping U Succeed

UnitedHealthcare