



Help Guide for RALLYSM

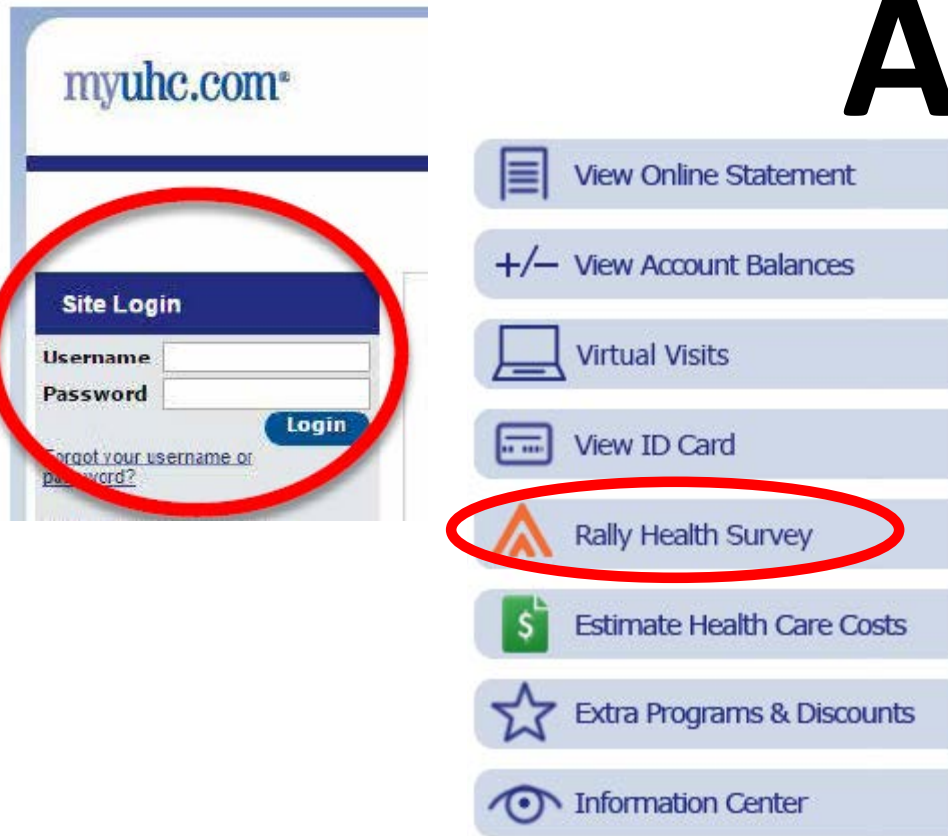
**Biometric Screening, Health Survey,
and Reward Points**

TOPICS

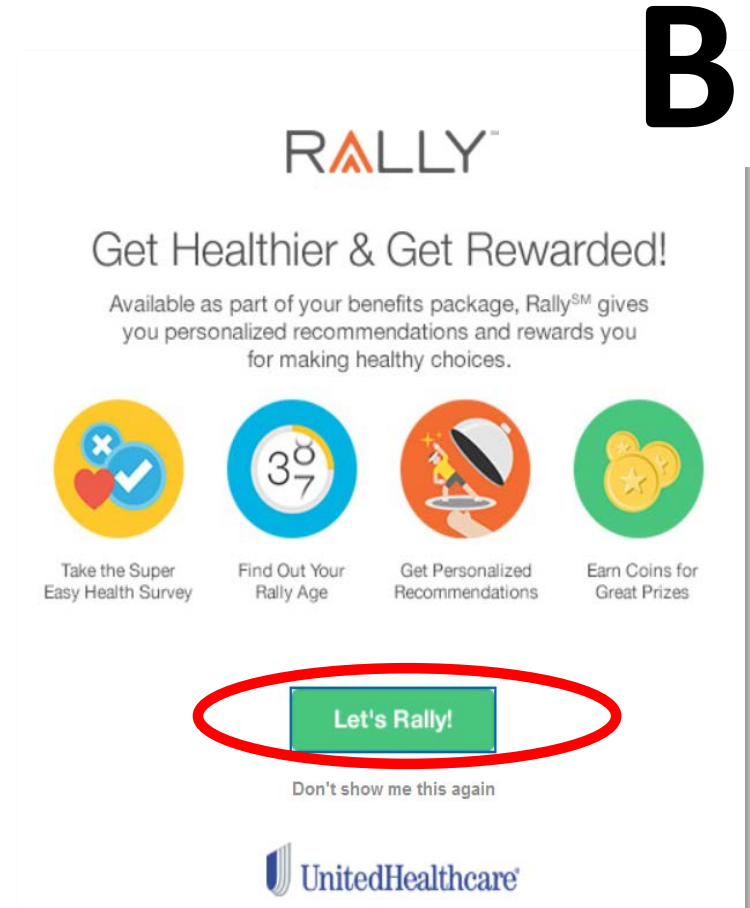
- [How to Log In](#) *(page 3)*
- [Biometric Screening](#) *(page 9)*
- [Health Survey](#) *(page 13)*
- [Reward Points](#) *(page 20)*
- [Incentive Payout](#) *(page 25)*
- [Rally Coins](#) *(page 26)*
- [Opt Out Employees](#) *(page 28)*

How to Log In to Rally

Go to myuhc.com and log in. Select the Rally link:

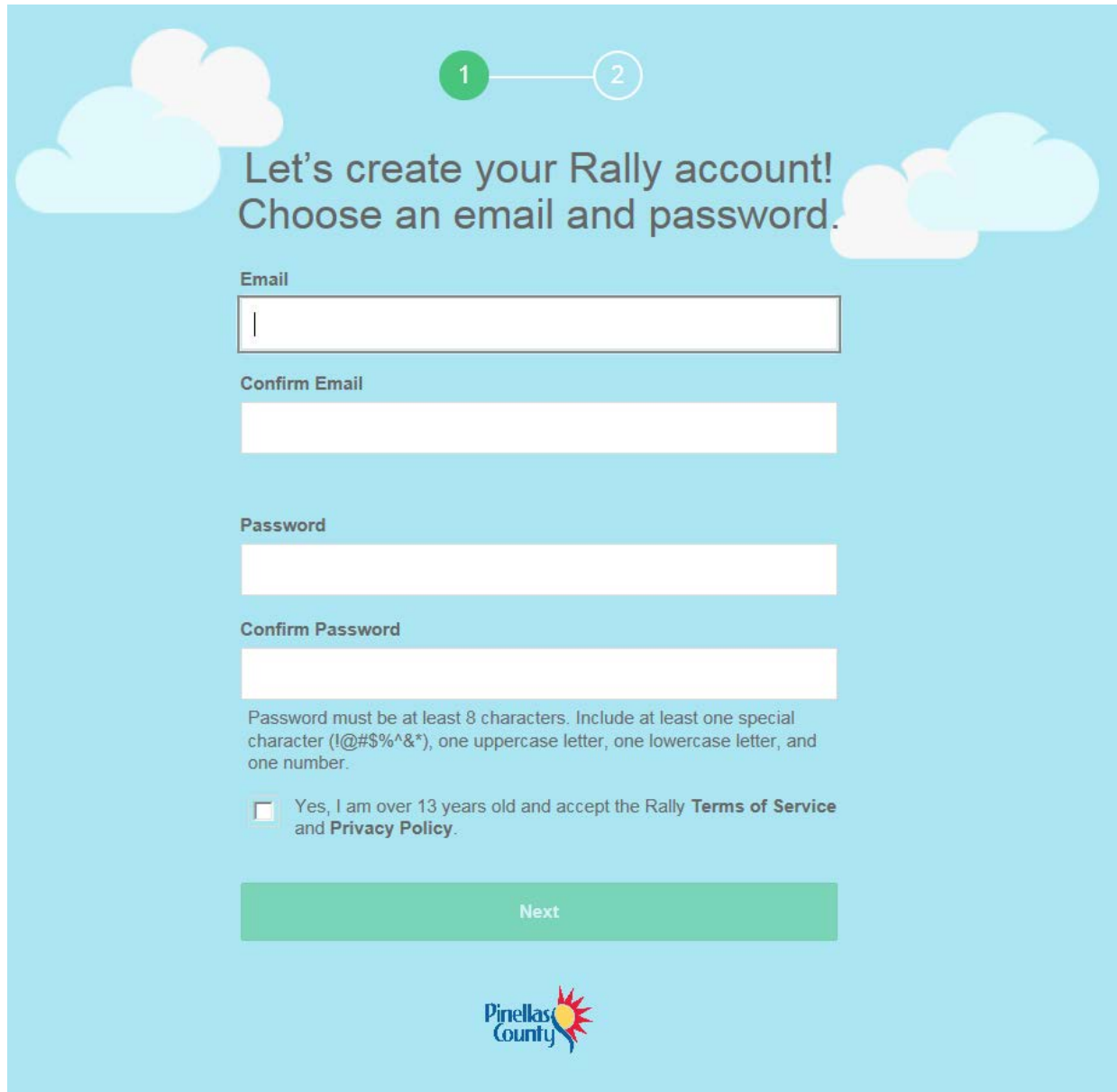


A. Click the Rally button OR



B. Click the Rally pop-up window

FIRST TIMER: Create a Rally account (email and password):



The form is set against a light blue background with stylized clouds. At the top, a progress indicator shows two steps: '1' in a green circle and '2' in a white circle, connected by a line. The main heading reads 'Let's create your Rally account! Choose an email and password.' Below this are four input fields: 'Email', 'Confirm Email', 'Password', and 'Confirm Password'. A password requirement note states: 'Password must be at least 8 characters. Include at least one special character (!@#\$%^&*), one uppercase letter, one lowercase letter, and one number.' A checkbox is followed by the text 'Yes, I am over 13 years old and accept the Rally Terms of Service and Privacy Policy.' A green 'Next' button is at the bottom of the form. The Pinellas County logo is centered at the very bottom.

1 — 2

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

Email

Confirm Email

Password

Confirm Password

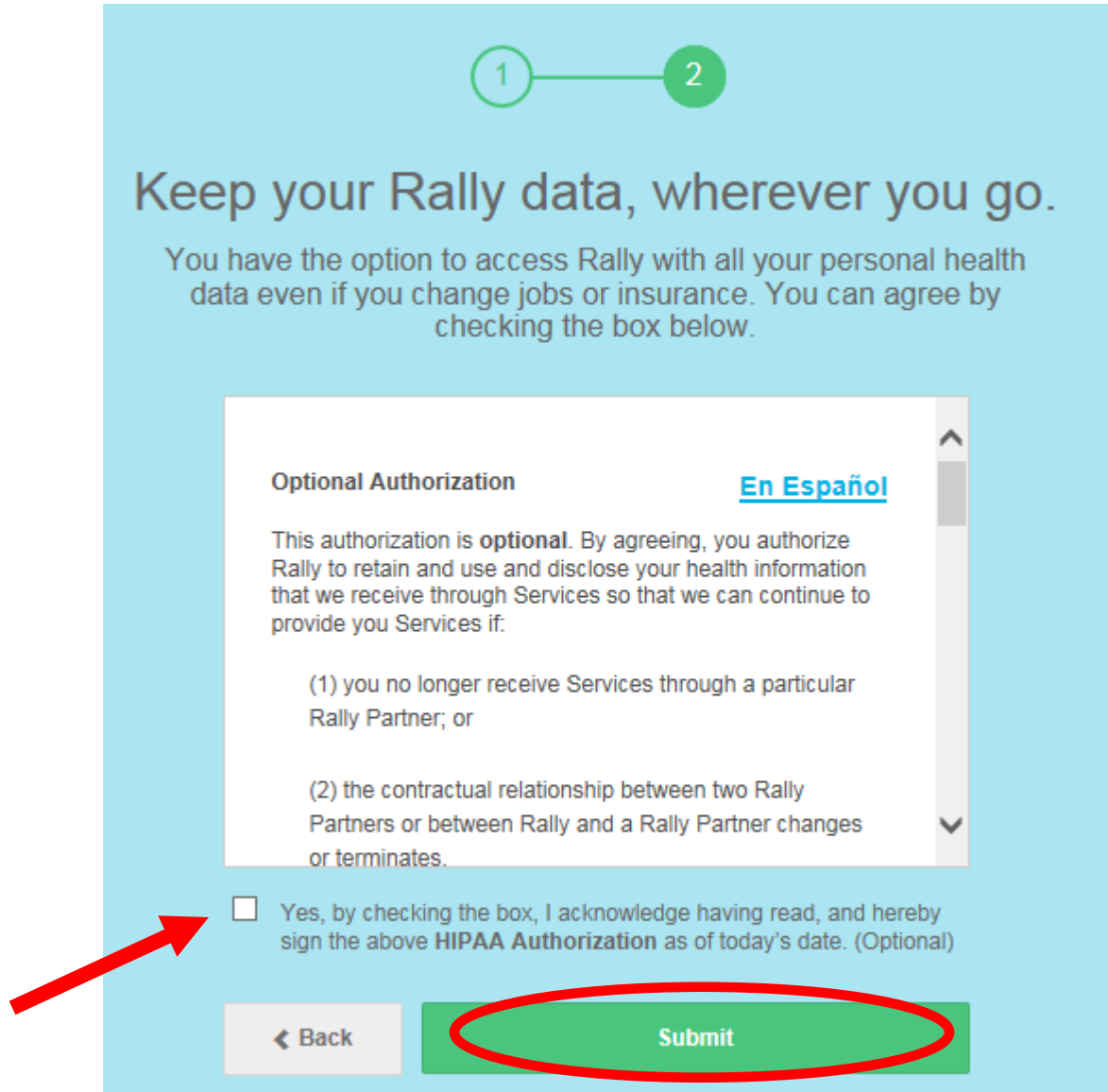
Password must be at least 8 characters. Include at least one special character (!@#\$%^&*), one uppercase letter, one lowercase letter, and one number.

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

Next

Pinellas County

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



The screenshot shows a light blue background with a progress indicator at the top consisting of two green circles, the second of which is labeled '2'. The main heading is 'Keep your Rally data, wherever you go.' followed by explanatory text. Below this is a white box containing the 'Optional Authorization' section, which includes a link to 'En Español', a paragraph of text, and two numbered conditions. At the bottom of the white box is a checkbox with a red arrow pointing to it, and a 'Submit' button circled in red.

1 — 2

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

[En Español](#)

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)

[< Back](#) [Submit](#)

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

You're in!

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

Let's Go!

FUTURE LOG INS: Go to myuhc.com, click Rally button and you'll go directly to the Rally website.

The screenshot displays the myuhc.com website interface. At the top left is the myuhc.com logo, and at the top right is the UnitedHealthcare logo. Below the logos is a navigation bar with links: Message Center, Account Settings, Print, Help, Contact Us, Feedback, Sign Out, and En Español. A 'Call or Chat' button is also present. The main navigation menu includes Home, Claims & Accounts, Physicians & Facilities, Benefits & Coverage, Personal Health Record, and Health & Wellness. On the left side, there is a 'My Coverage' section with details: Active 01/01/13, Plan Name: Choice Plus, Group/Acct#, and Member ID. Below this is a 'Plan Details' section with buttons for Account Balances and Benefit Details, and a 'Deductible' section showing \$600 Individual. The central part of the page features a 'Health4Me' advertisement with the text 'myuhc.com and more in the palm of your hand.' and a 'Play Video' button. On the right side, there is a 'What would you like to do today?' section with a grid of buttons: Manage My Claims, Look up My Benefits, Find a Doctor, View Online Statement, View Account Balances, Virtual Visits, View ID Card, Rally Health Survey (highlighted with a red circle), Estimate Health Care Costs, Extra Programs & Discounts, and Information Center. At the bottom of the page, there is a pagination bar with numbers 1 through 5.

myuhc.com®

UnitedHealthcare®

Call or Chat

Message Center : Account Settings : Print : Help : Contact Us : Feedback : Sign Out En Español

Home Claims & Accounts Physicians & Facilities Benefits & Coverage Personal Health Record Health & Wellness

My Coverage: Active 01/01/13
[More Details](#)
Plan Name: Choice Plus
Group/Acct#:
Member ID:

Plan Details
[Account Balances](#)
[Benefit Details](#)

Deductible
\$600 Individual

Out-of-Pocket Max
\$2600 Individual

Health4Me
myuhc.com and more in the palm of your hand.
[Play Video](#)
Available for Apple® and Android®

What would you like to do today?

- Manage My Claims
- Look up My Benefits
- Find a Doctor
- View Online Statement
- +/- View Account Balances
- Virtual Visits
- View ID Card
- Rally Health Survey**
- Estimate Health Care Costs
- Extra Programs & Discounts
- Information Center

Biometric Screening

What is a Biometric 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 network provider's office or go to a CVS or Walgreens convenience clinic.
- **Enter the biometric screening data in your Rally health survey (see [page 13](#)).**
- Complete the biometric screening and health survey by *December 31, 2016* to save \$500 on your premium charges for health insurance in 2017.



Verify Biometric Screening is Completed

- **Your biometric screening is NOT listed in Rally** because there are no reward points earned through the Wellness Incentives Rewards program.
- **If you need to verify that you've completed your biometric screening in 2016**, contact United Healthcare:
 - ✓ Phone: **(888) 478-4752**
 - ✓ Email: Advocate4Me@uhc.com



View Previous Biometric Screening Data

You can access data from previous biometric screenings that you entered on the United Healthcare website:

1. Log into Rally (see [page 3](#)).
2. Select **Health Record** (from Quick Links).
3. Select **View Clinical Test and Labs**.

Quick Links

[Dashboard](#)
[Health Record](#)
[Employer Program](#)

2

3

Health Profile **Health Records** Connections My Rally

Allergies

Add Allergy

Clinical Tests and Labs

View Clinical Tests And Labs

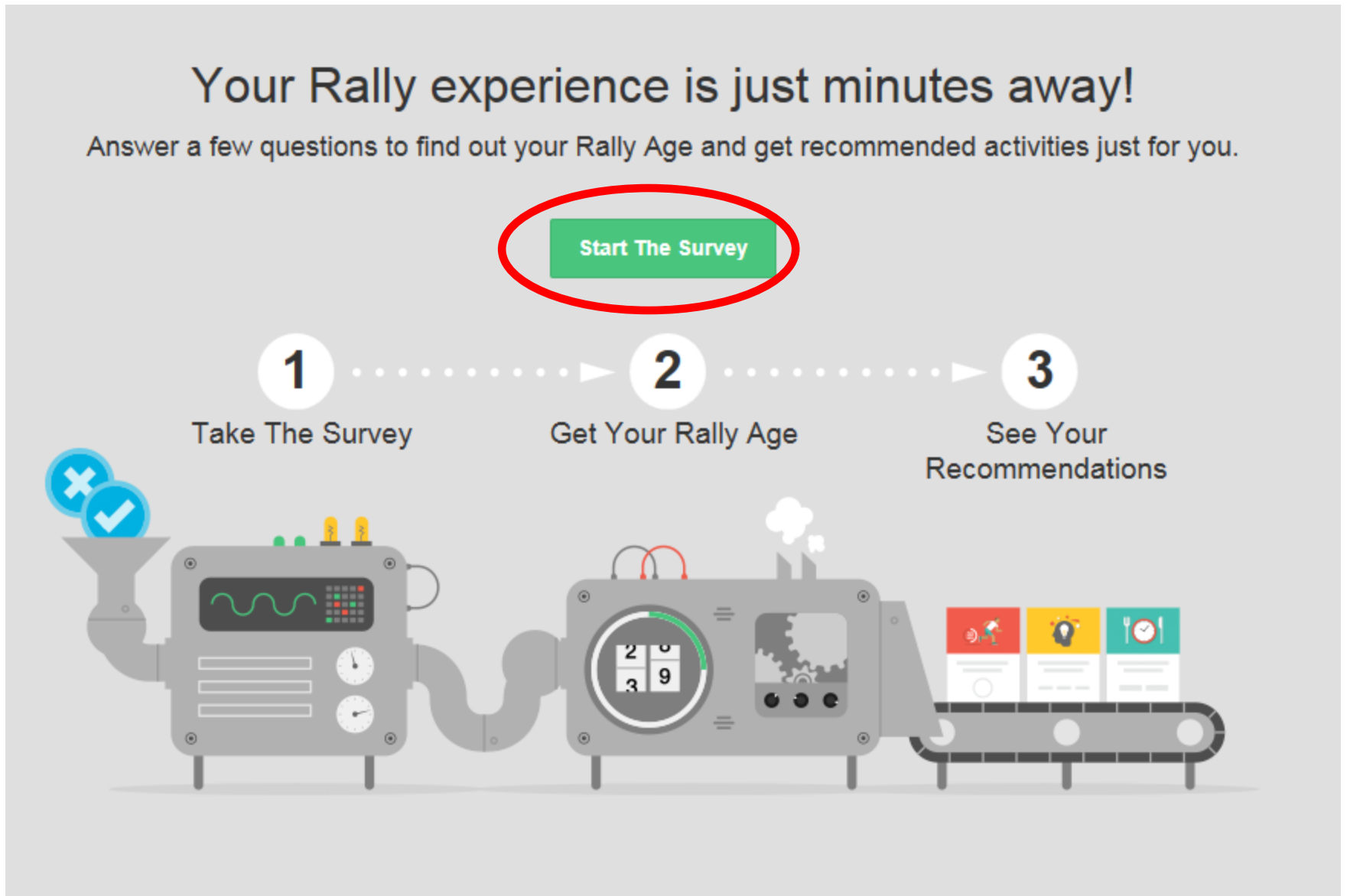
SAMPLE DATA:

Cholesterol Panel, Lipid Panel, Lipid Profile (mg/dL)

Date	Source	Total Cholesterol	HDL	LDL
11.16.2016	Health Survey	196.0	73.0	111.0
12.21.2015	Health Survey	182.0	67.0	107.0
10.21.2014	Health Survey	180.0	85.0	86.0
10.25.2013	Health Survey	183.0	71.0	103.0

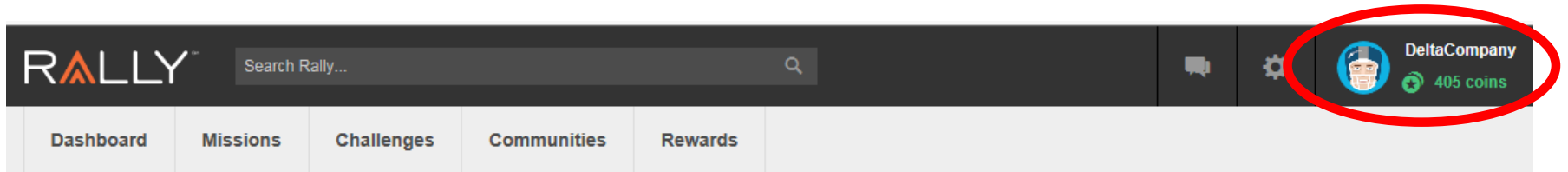
Access Your Health Survey in Rally

FIRST TIMER: If you've *never* logged into Rally, the first prompt after you log in will be the survey. Click ***Start the Survey***.

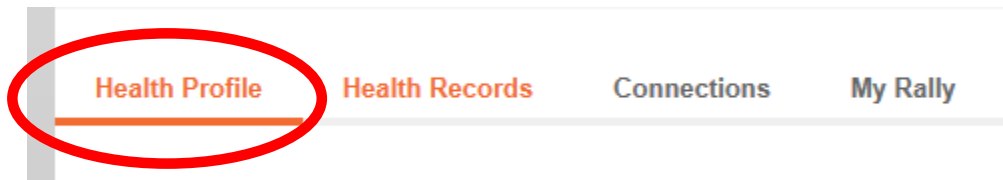


FUTURE LOG INS: If you have logged into Rally previously, you may be automatically prompted to take the survey. If not, follow these steps to access the survey.

1 Click your **avatar graphic** on the black menu bar.

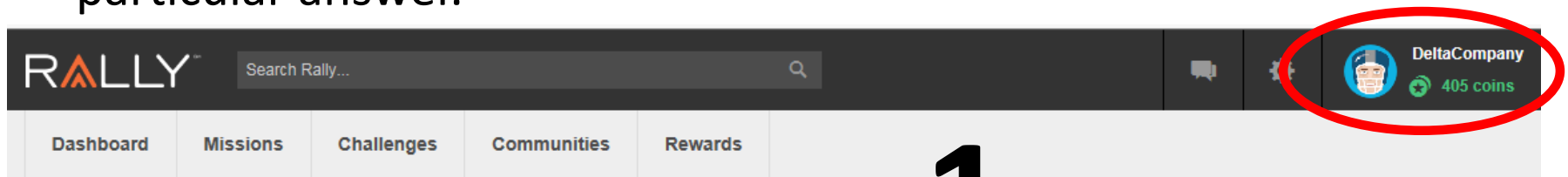


2 Select **Health Profile**.

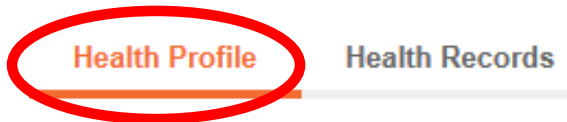


UPDATE SURVEY:

- 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 need to retake the survey. It is not possible to edit one particular answer.



1 Click avatar graphic



2
Click
**Health
Profile**

3
Click
**Retake
Survey**



TAKE THE HEALTH SURVEY:

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

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

PROGRESS BAR at the bottom indicates your progress through the health survey:



SURVEY COMPLETION: When you complete the survey, Rally will generate your Rally Age which is a measure of your overall health. **This is your proof of completion of the health survey.**

EXAMPLE:

Awesome! You're **4 years** younger than your actual age.
That means you're doing the right things to take care of yourself.



Move

Fitness, activities,
strength.



Eat

Food, nutrition,
cooking.



Feel

Sleep, stress,
relationships.



Care

Health records,
preventive care.

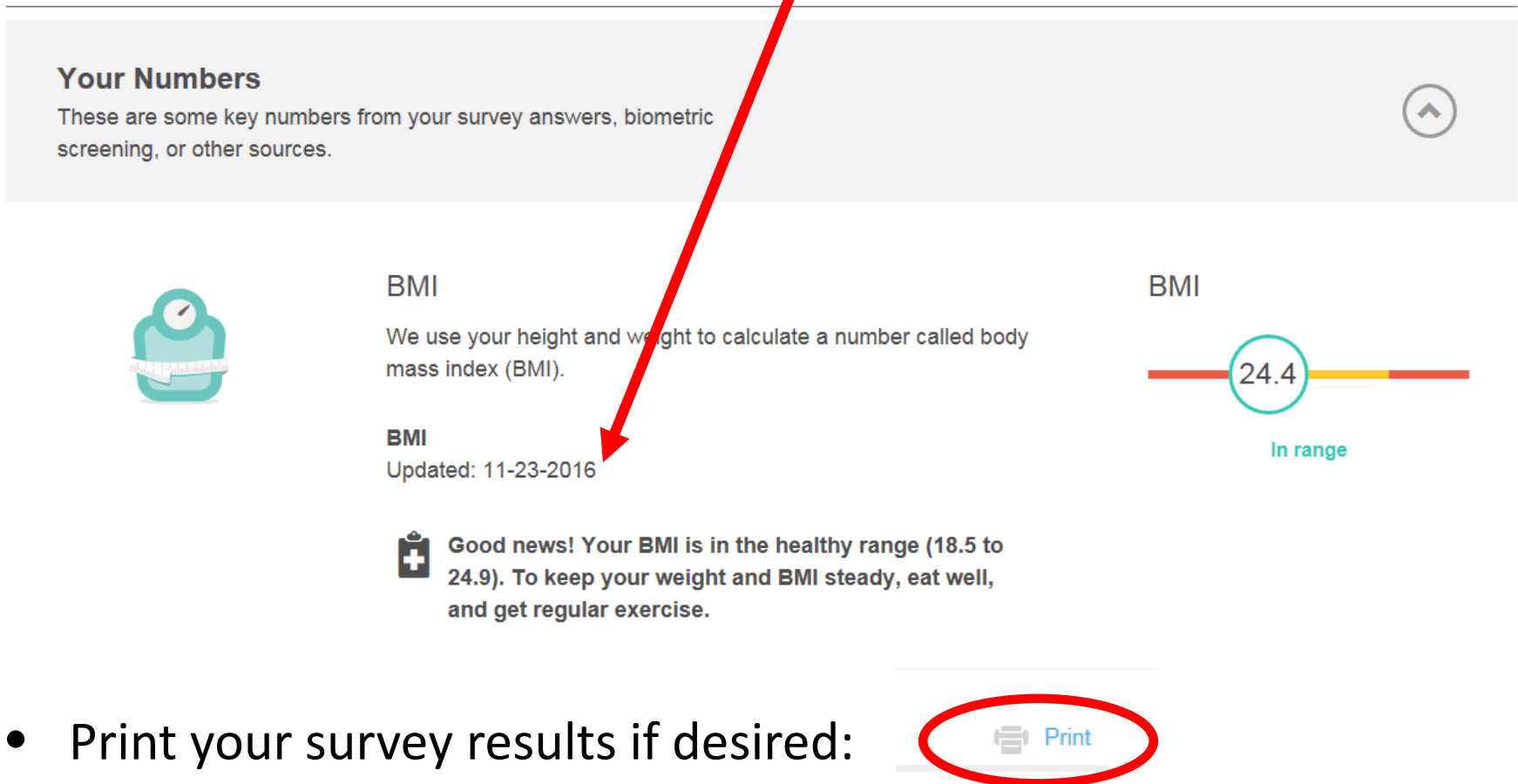


[See Full Results](#)

SURVEY RESULTS:

- Rally generates your Rally Age and provides detailed results including whether your health data is in the healthy range.
- **Your Numbers** includes the date that you entered your data.

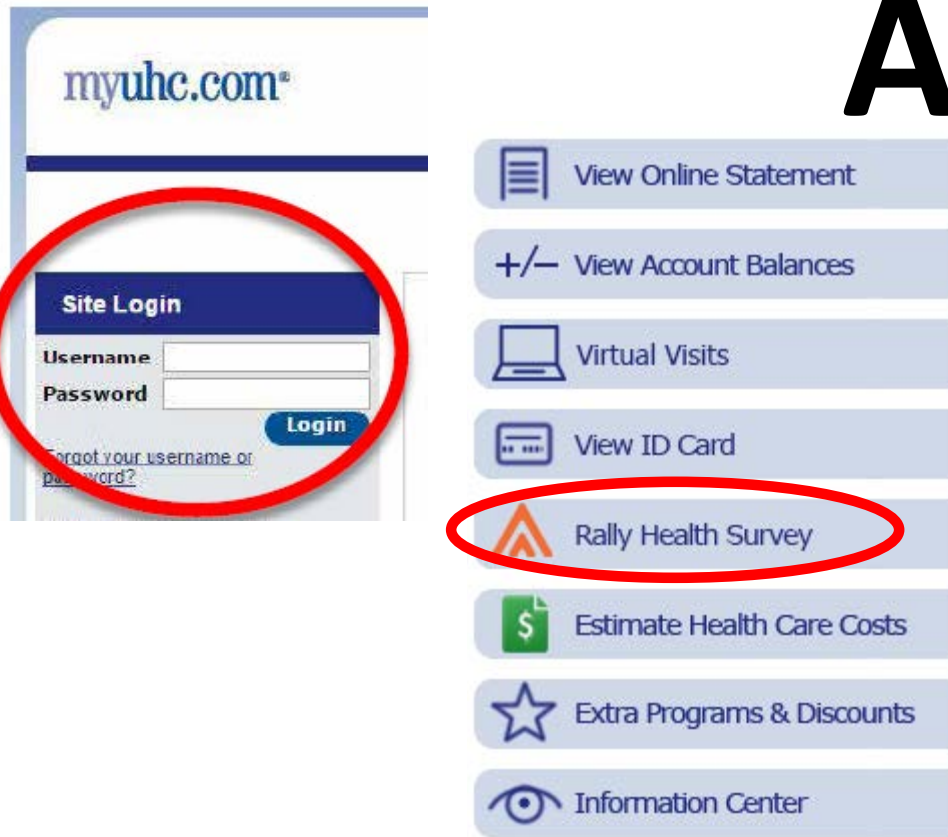
EXAMPLE:



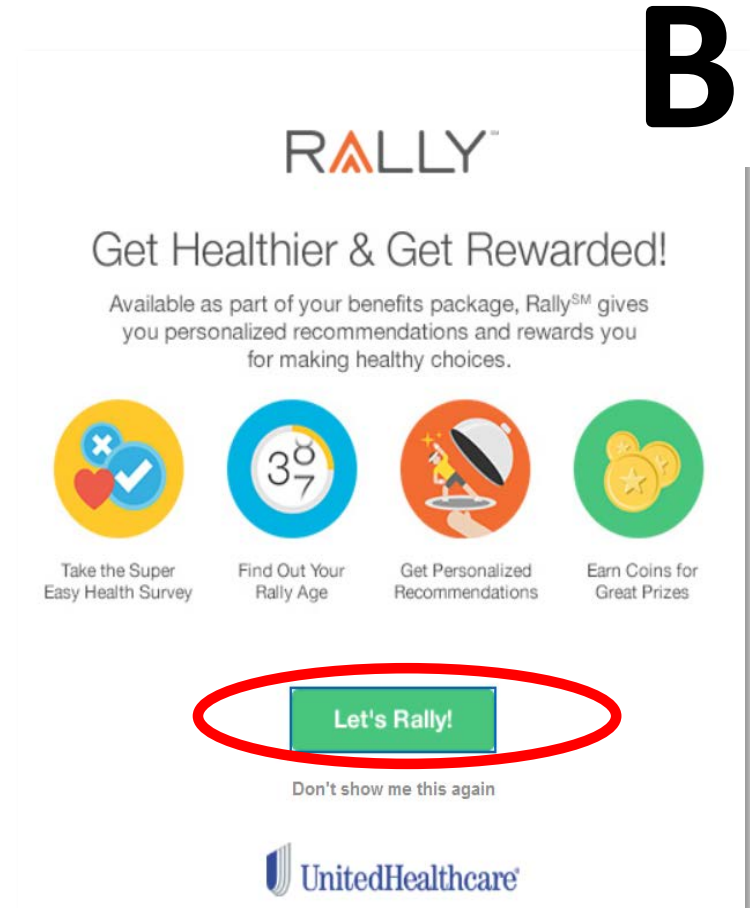
- Print your survey results if desired:

Check Your Reward Points

Go to myuhc.com and log in. Select the Rally link:



A. Click the Rally button *OR*



B. Click the Rally pop-up window

Pinellas County Wellness Incentive Reward Points

- Select **Rewards** tab.
- Click **View Details** *OR* **View Program** (both links go to the same web page).

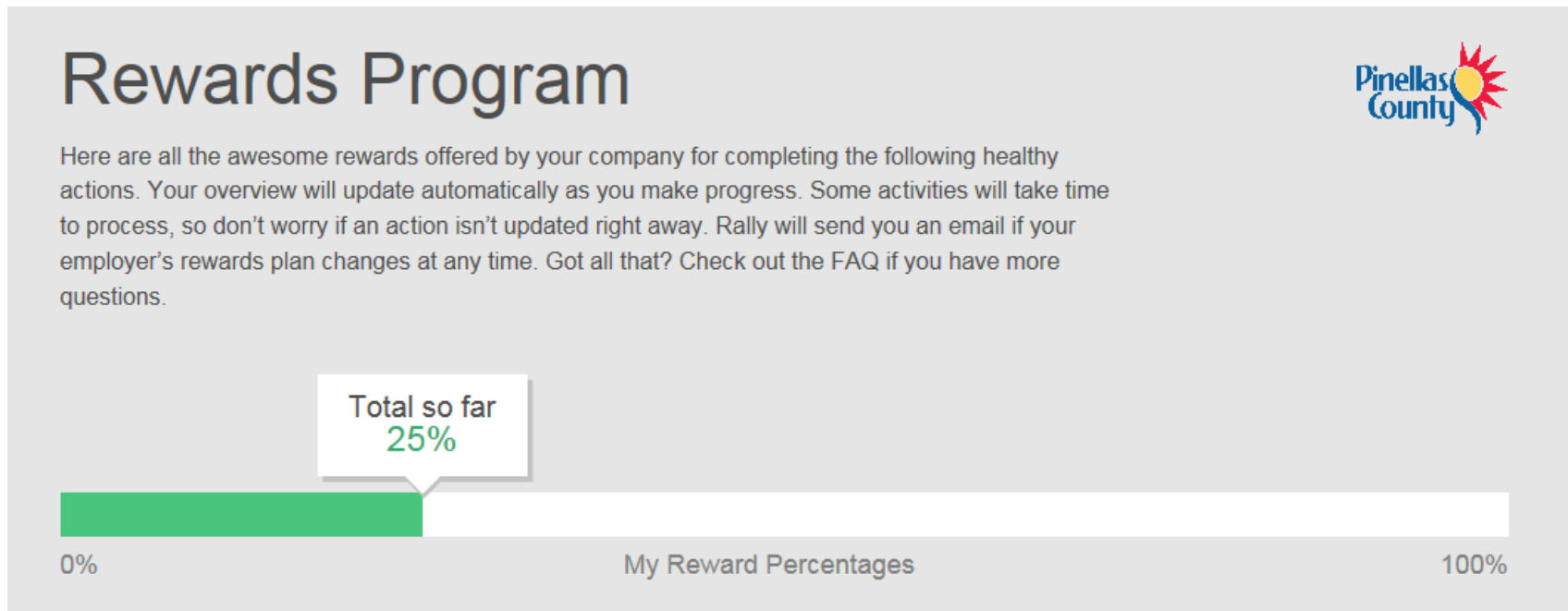
The screenshot displays the RALLY app interface. At the top, the RALLY logo is on the left, followed by a search bar labeled "Search Rally...". To the right of the search bar are icons for a chat bubble, a gear (settings), and a user profile icon labeled "DeltaCompany" with "405 coins". Below this is a navigation bar with five tabs: "Dashboard", "Missions", "Challenges", "Communities", and "Rewards". The "Rewards" tab is highlighted in orange and circled in red. Below the navigation bar, there are three columns of data: "Coin Balance" (405), "Recently Earned" (405), and "Recently Spent" (0). To the right of these is a "Reward Balance" section showing "25% of 100%" and a "View Details" link circled in red. Further right is a "Let's Talk Rewards" section with the text "Check out all the great stuff in the Employer Rewards Program!" and a "View Program" link circled in red.

Dashboard	Missions	Challenges	Communities	Rewards
405 Coin Balance View Details Earn More Coins	405 Recently Earned	0 Recently Spent	25% of 100% Reward Balance View Details	Let's Talk Rewards Check out all the great stuff in the Employer Rewards Program! View Program

Pinellas County Wellness Incentive Reward Points

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 Reward Points

Reward points are available for the following activities that are part of the 2016 Wellness Incentive Program:

Health Actions	Description	Rally %	Reward Points	Cash
<i>NEW:</i> Annual Physical	Once-a-year preventive medical exam	25%	12,500	\$50
<i>NEW:</i> Nutrition Challenge	4 weeks of food tracking and portion guidance	25%	12,500	\$50
<i>NEW:</i> 3 Rally Missions	Activities based on your health survey results	25%	12,500	\$50
Tobacco Cessation	6 weeks support to help quit tobacco use	50%	25,000	\$100
Weight Watchers	17 weeks to help you achieve your desired weight	50%	25,000	\$100
Wellness Learning Series	4 weeks of wellness education	50%	25,000	\$100
Get Fit	8 weeks of physical activity commitment	25%	12,500	\$50
Fruit & Veggie Challenge	6 weeks of eating fruits and vegetables	25%	12,500	\$50
Preventive Screenings	Colonoscopy, pap test or mammogram	25%	12,500	\$50
Telephone Coaching	Up to 6 months of personalized health coaching	25%	12,500	\$50
Disease Management	Manage a chronic diagnosis such as diabetes	50%	25,000	\$100
Healthy Pregnancy	Maternity support for pregnant women	up to 50%	up to 25,000	up to \$100

For more info, visit www.pinellascounty.org/hr/incentive.
All activities must be completed by December 31, 2016.

Pinellas County Wellness Incentive Payout

- Wellness Incentive Rewards (points or cash) are processed **quarterly**. See the payout schedule below.
- At the end of the quarter, it takes about **6 weeks** for data processing before a Pinellas County Government activity is listed in Rally (*including Fruit & Veggie Challenge, Get Fit, Nutrition Challenge, Tobacco Cessation, Weight Watchers, and Wellness Learning Series*).

INCENTIVE PAYOUT SCHEDULE

Activities Completed Within:	Incentive Rewarded in:
January to March (First Quarter)	May
April to June (Second Quarter)	August
July to September (Third Quarter)	November
October to December (Fourth Quarter)	February (of the following year)

Rally Coins

Rally Coins

The screenshot shows the Rally Rewards dashboard with the 'Rewards' tab selected. The 'Coin Balance' section displays '405' and includes a red circle around the 'View Details' link. Other sections show 'Recently Earned' (405), 'Recently Spent' (0), and 'Reward Balance' (25% of 100%).

Dashboard	Missions	Challenges	Communities	Rewards
405 Coin Balance View Details	↑ 405 Recently Earned	↓ 0 Recently Spent	25% of 100% Reward Balance View Details	

Welcome to Rally Rewards
Your personal rewards experience



Virtual coins, real value
You earn Rally Coins for logging in, completing missions, joining challenges, and more.



Enter to Win
Exchange your Rally Coins for the chance to score awesome stuff.

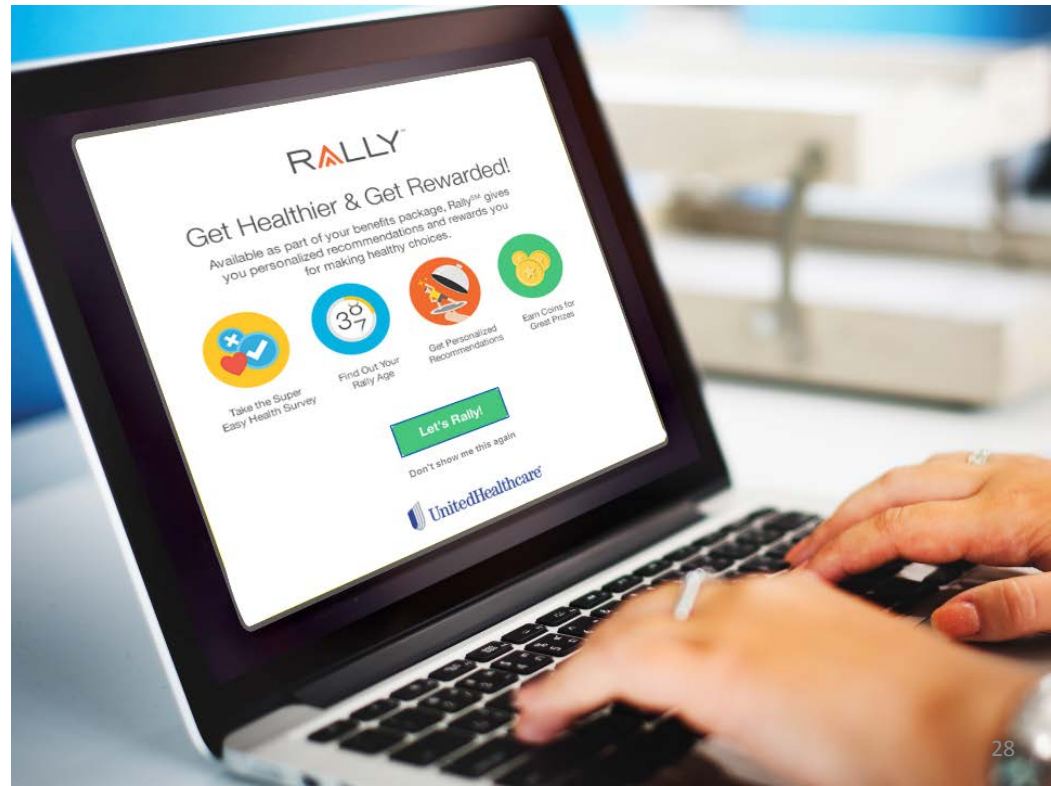
- Select **Rewards** tab.
- Click **View Details** below *Coin Balance* as shown above.
- **Rally coins** are virtual coins you earn by doing activities on the Rally site.
- Use coins to enter **sweepstakes** for a chance to win prizes.

Opt Out Employees Only

Log in directly to the Rally website:

<https://werally.com/client/pinellas/register>

Employees who opt out of the County's health insurance plan are still eligible for Wellness Rewards and may log in to Rally using the website shown above.





Questions?

Employee Wellness

Email: wellness@pinellascounty.org
727-464-4049

Employee Benefits

Email: employee.benefits@pinellascounty.org
727-464-4570

United Healthcare

Email: Advocate4Me@uhc.com
888-478-4752