Rally Overview

**What can I do with Rally?**
- Complete your health survey and track your wellness incentives and biometric screening completion.
- Get personalized online wellness recommendations
- Access missions, enter sweepstakes, join online communities, and more
- Learn more with the Rally Help Guide.

**How do I access the Rally website?**
- Log in to the UnitedHealthcare website at myuhc.com and select the Rally link.
- NOTE: Employees who opt out of health plan coverage should log in to Rally at https://werally.com/client/pinellas/register.

**How do I complete my health survey?**
- Log in to Rally, scroll down to Quick Links, select My Profile, and Health Profile.
- Answer questions and enter your biometric screening numbers:
  - Required information: height, weight, blood pressure, total cholesterol
  - Additional information requested: HDL cholesterol (“good’), LDL cholesterol (“bad”), triglycerides (a type of fat) and fasting glucose (sugar)

**How do I check my activity completions (biometric screening, health survey, and rewards)?**
- Log in to Rally, select the Rewards tab and scroll down to the Completed section to view completed activities.
- Activity completion can take up to 5 months to appear in Rally.
- For a printable step-by-step guide, see the Rally Quick Guide.

**What is my Rally Age?**
- A health measurement calculation (may be greater or less than your actual age)
- Based on your biometric screening numbers and your survey responses about fitness, stress, nutrition, preventive care, etc.

**What are Rally missions and coins?**
- **Mission**: A four-week action plan based on survey responses. For example, if you don’t exercise regularly, Rally might recommend daily walks.
- **Coins**: Earn digital rewards for logging into Rally, making progress in a mission, completing the health survey, and joining online Rally communities. To redeem, select Rewards, Rally Rewards and scroll down to Sweepstakes, Auctions, or Donations.
  - **Sweepstakes**: Enter a drawing to win fitness trackers, gift cards and other fun prizes.
  - **Auctions**: Place a bid on fitness-related items.
  - **Donations**: Donate your Rally coins to a charity (the list changes every quarter).
- Learn more with the Rally FAQs.