

2016 Wellness Incentive: Rally *It's Time to Rally!*

Rally is a health and wellness website from United Healthcare. Use the Rally site to complete your health survey (formerly “health assessment”) and to access a variety of features. Use the United Healthcare website (myuhc.com) to view claims and access resources such as the Cost Estimator tool. A separate login is used for each website.



What is Rally?

- Rally is a website that can help you get healthier and feel happier, one small step at a time, with personalized health and wellness recommendations.
- Rally can help you make simple changes to your daily routine, set smart goals and stay on target.
- View the [Help Guide to Rally: Biometric Screening, Health Survey and Reward Points](#).
- View the [Rally FAQs](#) to learn about missions, coins and sweepstakes.

How do I access the Rally website?

- Log in to the United Healthcare website at myuhc.com and select the Rally link.
- Opt-out employees may access Rally at <https://werally.com/client/pinellas/register>.

How do I complete my health survey and check my reward points?

- Use Rally to complete your health survey, view your wellness incentive reward points, and take advantage of the new features offered in Rally such as missions and coins.

What's a Rally mission?

- A Rally “mission” is a customized action plan designed to help you improve your life.
- Mission recommendations are made in four categories: Move, Eat, Feel and Care.
- Each four-week mission is designed to be simple, action-focused and attainable.
- Rally uses your responses to the health survey to determine which missions can be most helpful to you. For example, if you indicate in the survey that you don't exercise regularly, Rally might recommend a mission in the MOVE category such as daily walks.
- Rally missions can earn you rewards (“coins”).

What are Rally coins?

- Rally “coins” are digital rewards earned when you complete a task such as making progress in missions, completing the health survey, or joining online Rally communities.

What are Rally sweepstakes or prize drawings?

- Redeem your Rally coins in online sweepstakes for chances to win health- and technology-related prizes such as fitness trackers (Jawbone, Fitbit, etc.), gift cards and more.
- Winners are selected at random and notified by email.
- There will be a new sweepstakes offered every two weeks.

What is your Rally Age?

- Your Rally Age is a way to measure your health. It demonstrates how your life choices and health behaviors impact your predicted lifespan.
- When you complete the health survey, Rally will calculate your Rally Age based on your overall health. This age may be over or under your actual chronological age.