

2020 Wellness Incentive: Wellness Coaching

1. Earn up to 12,500 reward points or \$50 cash.
2. *Online coaching:* Enroll at [Rally Coach](#). The online classes are paced, and some take up to 10 weeks.
3. *One-on-one coaching:* To enroll, call (800) 478-1057 and select option 2 for Wellness Coach. Talk with a coach at least 3 times over a minimum of 6 weeks, or talk once by phone and use live chat or email for the other 2 coaching sessions.
4. Following program completion, the incentive will be rewarded at the next [semi-annual payout](#).

Wellness Coaching	Rally %	Reward Points	Cash	Employee	Spouse (on County plan)	Opt Out
Choose online classes, phone coaching, or a combo	25%	12,500	\$50	✓	✓	

What is Wellness Coaching?

Wellness Coaching provides help with weight loss, nutrition, fitness, stress management, diabetes lifestyle, heart health, etc. The program is offered by UnitedHealthcare in partnership with Optum.



How does it work?

Take online classes or chat with a coach.

Do the Quit Tobacco classes qualify as a tobacco cessation program?

Yes, the Quit Tobacco online classes provided at the Optum Wellness Coaching website qualify as a [Tobacco Cessation Program](#) to avoid the annual \$500 tobacco premium. However, the classes do not qualify for Wellness Coaching Program incentive rewards.

Can I enroll in more than one Wellness Coaching Program at a time?

No, you can only enroll in one at a time. You may participate in more than one program during the year, but are eligible for only one incentive during a calendar year. A Wellness Coach can help you select the best program for you.

Can I enroll in Wellness Coaching and Chronic Condition Management at the same time?

Yes.