2021 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.

What is Wellness Coaching?
Wellness Coaching is offered by Rally in partnership with UnitedHealthcare. You can communicate with your coach by phone, live chat or email about a variety of topics including:

- Diabetes Lifestyle
- Eat Smart
- Family Wellness
- Fit for Life
- General Wellness
- Healthy Heart
- Sleep Well
- Stress Less
- Weight Wellness

Do the Quit Tobacco classes qualify as a wellness incentive?
No - the Quit Tobacco online classes provided at the Rally Coach website do not qualify for wellness incentive rewards. However, the Quit Tobacco online classes do qualify as a Tobacco Cessation Program to avoid the annual $500 tobacco premium.

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.