



Participate in a biometric screening and get rewarded.

Many serious health conditions develop over time. They may be delayed or prevented if you know your risks and make healthy changes. A biometric health screening may help you better understand your health numbers and what they may mean to your overall health.

Know your numbers for:

- Total cholesterol.
- Blood pressure.
- Blood sugar (glucose)
- Body mass index (BMI).

Get started by accessing convenient biometric screening options:

- Log in to myuhc.com® and click on the *Health Resources* tab.
- Launch Rally® to view your dashboard.
- Select *View All* and then *Available Activities* to see your biometric options.
- Complete the biometric screening and earn a reward.¹

Your health numbers may help you start making more informed decisions that may lead to better health. You may also review your results with your doctor to begin an individual treatment plan, if necessary.



REWARD — \$75 and Rally Coins.

Complete a confidential screening to earn rewards and learn more about your important health numbers (total cholesterol, body mass index, blood pressure and blood sugar).

Participate through your employer's onsite event, doctor's office or a Participating Quest Diagnostics™ provider. (Provider Results Form must be completed.)

UnitedHealthcare understands the importance of protecting your privacy.

We care about the relationship we have with you. The services we provide require that we receive personal information, and we know it is important to protect your privacy. Our business practices are in compliance with the Health Insurance Portability and Accountability Act (HIPAA) and other applicable privacy and security requirements.



Access the screening options through Rally when you log in to myuhc.com,

or call **1-855-215-0230** if you have questions about your rewards.



¹ The incentive period will run from January 1st to December 31st for each year. Rally Coins can also be earned under Rally Health.

A reward can only be earned once per incentive year per health action, with the exception of the Fitness Action, up to the maximum incentive amount. Rally Coins may be used to enter sweepstakes for additional rewards.

Rally Health provides health and well-being information and support as part of your health plan. It does not provide medical advice or other health services, and is not a substitute for your doctor's care. If you have specific health care needs, consult an appropriate health care professional. Participation in the Health Survey is voluntary. Your responses will be kept confidential in accordance with the law and will only be used to provide health and wellness recommendations or conduct other plan activities.

SimplyEngaged[®] is a voluntary program. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. You should consult with an appropriate health care professional to determine what may be right for you. Rewards may be taxable. You should consult with an appropriate tax professional to determine if you have any tax obligations from receiving rewards under this program. If you are unable to meet a standard related to a health factor to obtain a reward under this program, you might qualify for an opportunity to earn the same reward by different means. Contact us at 1-855-215-0230 and we will work with you (and, if necessary, your doctor) to find another way for you to earn the same reward.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

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