What’s one way to help improve your health?

Find out by taking a confidential Health Survey and earn a reward.¹

**It’s easy to get started. Here’s how:**

1. Log on to myuhc.com® with your user name and password.
2. Click on the Health Resources tab to access Rally® to take the Health Survey.
3. The Health Survey takes approximately 15–20 minutes to complete.

Answer all of the survey questions to personalize your experience. The Health Survey results may be your starting point for improving your health. With the completion of the Health Survey, you receive the following:

- Your results as a Rally AgeSM — a number that provides you with an indicator of how your health age compares with your actual age.
- Personalized and interactive results including suggested Missions, which are your online health actions.
- Coaching resources for high-risk health concerns.
- Health Survey data added to your online health record.

**REWARD — $25 and Rally Coins.**

Complete this Health Survey to earn rewards and get your Rally Age. This is an assessment of your current health and how it compares to your actual age. The Health Survey includes feedback and recommendations to help you set goals that may be important to you.
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 UnitedHealthCare Services, Inc. or their affiliates.

Do you have questions? Please call 1-855-215-0230 if you have questions about your rewards.