Missions and coaching to help you change your behavior and improve your health.

Once you’ve received your biometric screening results and completed the Health Survey, you’ll have some suggested goals that may help improve your overall health and wellness. To help meet your goals, you can take part in online health actions (also called Missions) or coaching.

**Complete three Missions and get rewarded.**¹

- You can access your individual online Missions through the Rally® online experience when you log in to myuhc.com®.
- Missions are interactive action plans focused on your physical activity (Move), nutrition (Eat), well-being (Feel) and condition (Care).
- Log in often to track your progress. Missions take at least four weeks to complete.
- Once you complete three Missions, you earn a reward!²

**Complete a coaching program and get rewarded.**¹

- You can call the wellness coach at 1-800-478-1057 to begin working on your personal health improvement plan.
- Your coach will work with you to track your progress and help you reach your goals. Allow an average of 2–5 months to complete the program.
- You earn a reward once you complete your coaching program.

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**REWARD — Health Outcome Rewards and Rally Coins.**

Earn rewards for completing Missions and working one-on-one with a health coach to complete a specific program designed to help you lose weight, eat healthier, handle stress or manage a health condition.
You can earn rewards\(^1\) for completing these programs.

Call \textbf{1-855-215-0230} if you have questions about the rewards.

\(^1\) The type of reward is determined by your employer. Log in to myuhc.com and click on the Health and Wellness tab to learn more about the reward program applicable to you. There is a maximum associated with these rewards. Employees and covered spouses can earn rewards separately. Children may not participate in the reward program. If a gift card reward is applicable, the opportunity to select a gift card for completing the required activities under this program will expire within 120 days from the last day of the incentive period. Be sure to select a gift card as soon as you have completed the required activities.

\(^2\) Additional completed Missions will not be financially rewarded.

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\(^\circ\) 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.