Take care of your health and be rewarded

SimplyEngaged is a personal health and wellness program which allows you to earn rewards when you complete these health and wellness actions.

It’s easy to start earning rewards

Access the Reward Program Overview through Rally™ when you log in to myuhc.com for specific details regarding your wellness incentive program.

Earn a Reward

- **Participate in a biometric health screening** and get a $75 reward
  - Participate in a confidential event through any of the following convenient options: Worksite event (if employer has elected); Health Provider Form; or Lab Screening
  - Learn more about your important health numbers: total cholesterol, blood pressure and Body Mass Index (BMI).

- **Complete an online health survey** through Rally when you log in to myuhc.com® within 90 days of the start of the program and get a $25 reward
  - Answer all of the survey questions to personalize your overall experience.
  - Complete the survey and receive your results as a “Rally Age” – an indicator of how your health age compares with your actual age.

- **Get a $20 reward each month that you visit a participating fitness center** at least 12 times per month
  - Register at a participating fitness center or YMCA® through the Health and Wellness tab on myuhc.com.
  - You must present your fitness ID card each time you go to the gym.

- **Complete a telephone-based health coaching program and get a $75 reward**
  - Complete the health survey in order to participate in this health coaching program.
  - Call the Health Coach at 1-800-478-1057 to begin working on your personal health improvement plan.
  - Plan accordingly. A telephone-based health coaching session takes three to five months to complete.

- **Complete at least 3 Missions** through the Rally experience and get a $50 reward
  - Complete the health survey to receive suggested online health actions or “Missions”.
  - Missions are interactive and provide choice that may help you maintain your health.
  - Plan accordingly. Each mission can take at least four weeks to complete.

- **Estimate health care costs on myuhc.com and get a $25 reward**
  - Perform at least one cost estimate on an upcoming procedure.
  - Get simple, comprehensive estimates for your health care costs to help you make more informed decisions.
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 critical to protect your privacy. Our business practices are in compliance with the privacy requirements under the Health Insurance Portability and Accountability Act (HIPAA), and other applicable privacy and security requirements.

Remember, your health and well-being begins with you.
So take control of your health today and be rewarded.

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