



SimplyEngaged[®] Wellness Coaching

Health coaches may 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 telephone-based coaching.

Complete 3 Missions and get rewarded¹

- ▶ You can access your individual online Missions through the Rally[™] 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-related (Care).
- ▶ Log in often to track your progress. Missions take at least 4 weeks to complete.
- ▶ Once you complete 3 Missions, you earn a reward!

Complete a telephone-based coaching program and get rewarded¹

- ▶ 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.



**You can earn rewards¹ for completing these programs.
Call 1-855-215-0230 if you have questions about the rewards.**

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.



¹The type of reward is determined by your employer. Log into myuhc.com and click on the Health and Wellness tab to learn more about the reward applicable to you. Children may not participate in the reward program. There is a maximum associated with these rewards. Employees and covered spouse can earn rewards separately.

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.

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