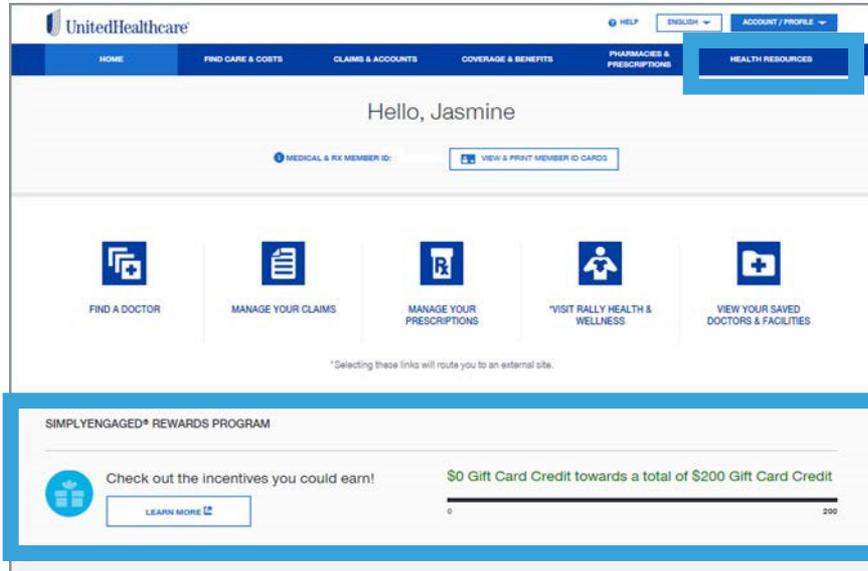


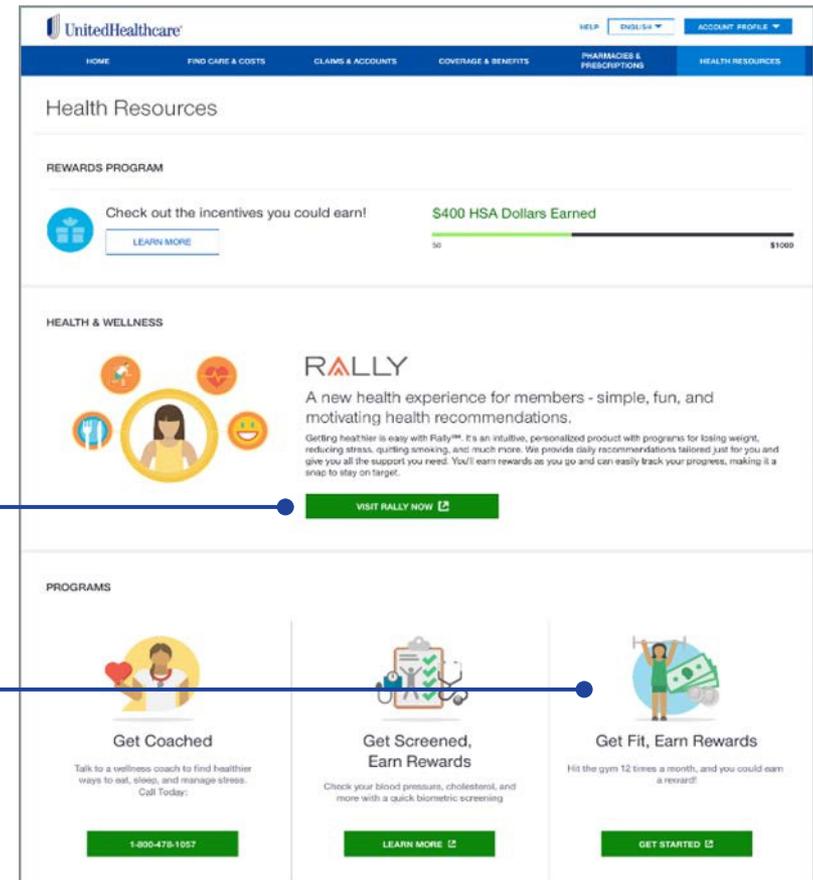
# Inicie sesión en myuhc.com®



Haga clic en “Health Resources” (Recursos de salud).

Acceda a Rally® al seleccionar el botón “Visit Rally Now” (Visitar Rally ahora).

Acceda al registro del gimnasio directamente en la sección “Programas” (Programas).



# Consulte los detalles del programa de recompensas



**RALLY**

DASHBOARD MISSIONS CHALLENGES COMMUNITIES **REWARDS** RESOURCES

EMPLOYER REWARDS RALLY REWARDS

UnitedHealthcare

## SimplyEngaged® Rewards Program

Here are all the awesome rewards offered by your company for completing the following healthy actions. Your overview will update automatically as you make progress. Some activities will take time to process, so don't worry if an action isn't updated right away. Rally will send you an email if your employer's rewards plan changes at any time. Got all that? Check out the FAQ if you have more questions.

Need help? Check our [FAQ section](#) or [contact support](#).

### Your Progress

Current Plan Ends 7/31/19

Gift Card Credits	\$0
-------------------	-----

0 \$200 Limit

Gift Card Balance Available	\$0
-----------------------------	-----

[Browse Gift Cards](#)

### Program Activities

Available

- Go to the gym**  
Work out a gym or other fitness facility 12 times this month. Use the Rally app to check in from your phone.  
Expires 02/28/18  
1 of 12 complete  
[View Details](#)
- Check Personalized Cost Estimate**  
**\$25 Gift Card Credit**  
Create a personalized cost estimate before your next medical service.  
Ends 07/31/19  
[Find Costs](#)
- Complete a Biometric Screening**  
**\$75 Gift Card Credit**  
Get your Biometric Screening and learn more about your health.  
Ends 07/31/19  
Did it already? Great, we should get confirmation within 4 weeks of your screening.  
[Learn More](#)
- Complete a Wellness Coaching Program**  
**\$75 Gift Card Credit**  
Talk to a personal coach 3 times over a minimum of 8 weeks or complete any online program at your own pace. If you work with a coach, have 1 session over the phone and at least 2 more via phone, chat, or email.  
[Get Started](#)

**Vea sus “Available Activities” (Actividades disponibles).**

Busque “Go to the gym” (Ir al gimnasio) para ver información adicional.

(Si corresponde, agregue la información de su cuenta bancaria en esta misma página).

# Consulte el progreso

← Back

## Monthly Fitness Goal

See [Employer Rewards](#)



### Your Progress

#### \$20 Gift Card Credit

You got this!

Go to your participating gym or YMCA at least 12 times this month and you'll earn a \$20 bank deposit.

Amount Earned: **\$0** / \$20



#### Latest Discussions

*"Any Ideas for low carb meal that are quick and easy? I love chicken!"*  
MightyMighty | 2 hours ago | Food and Nutrition

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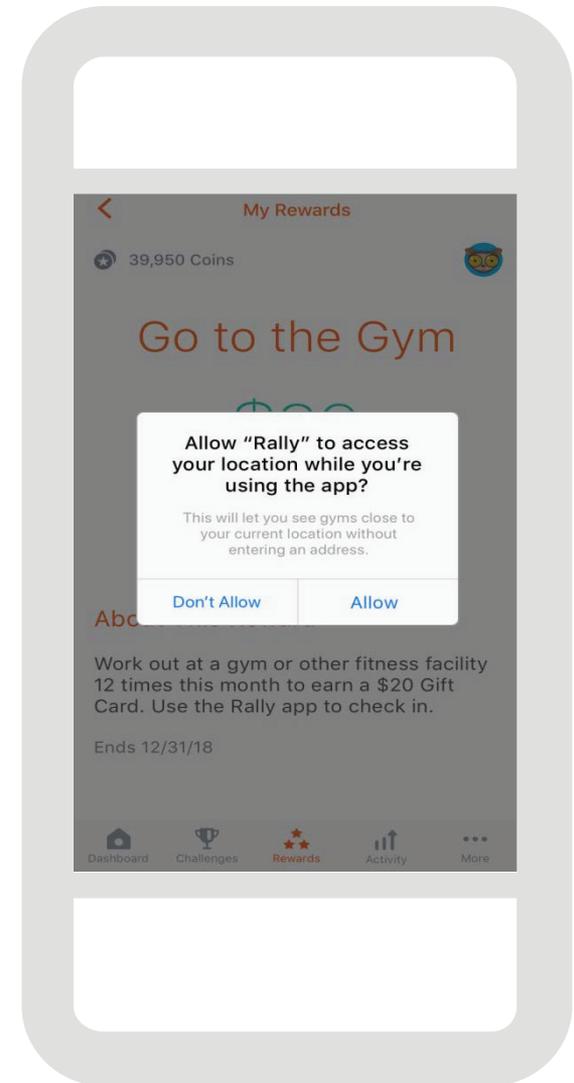
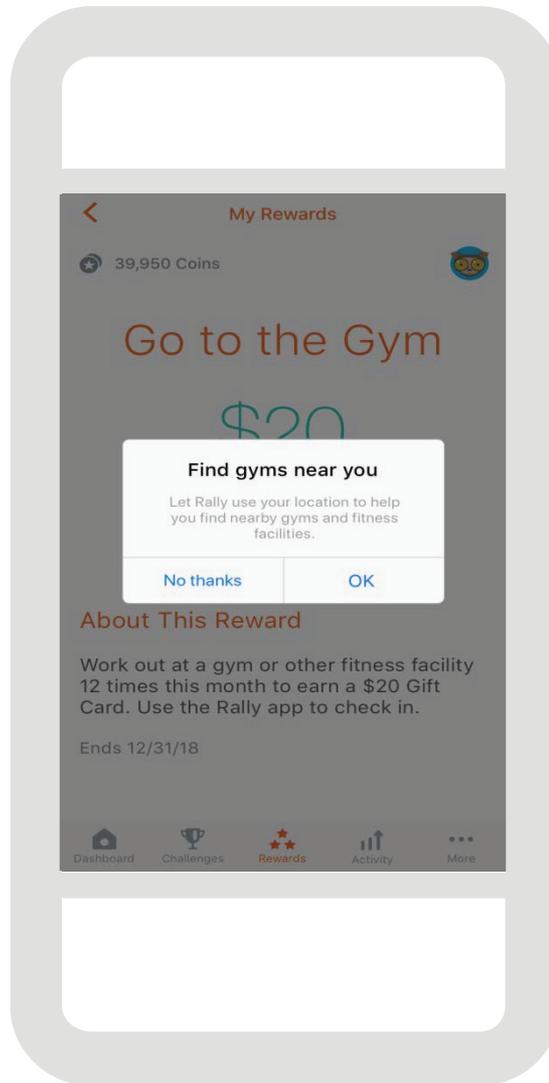
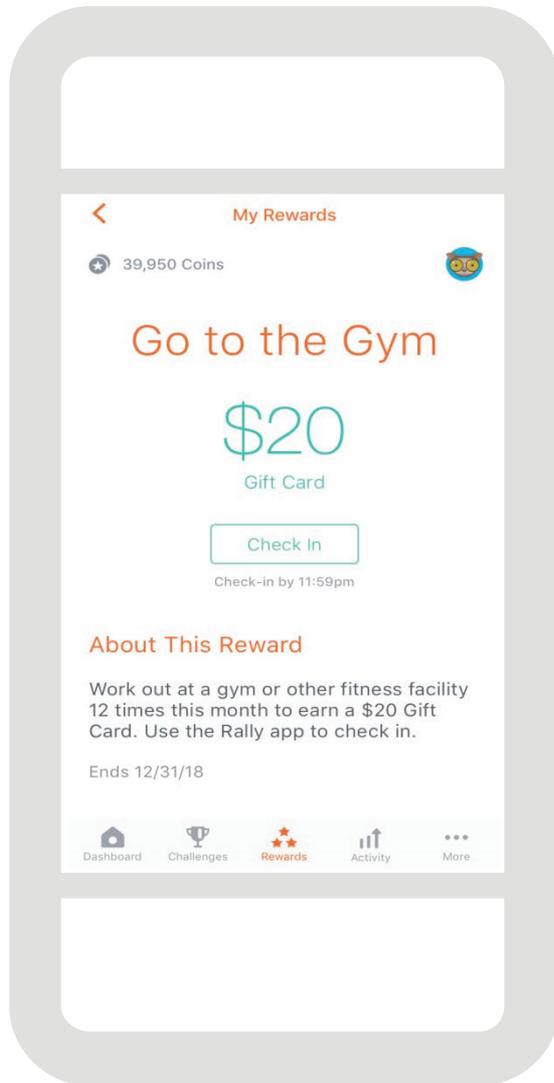
*"Any Ideas for low carb meal that are quick and easy? I love chicken!"*  
MightyMighty | 2 hours ago | Food and Nutrition

February 2018 | 12 Gym check-ins to go!

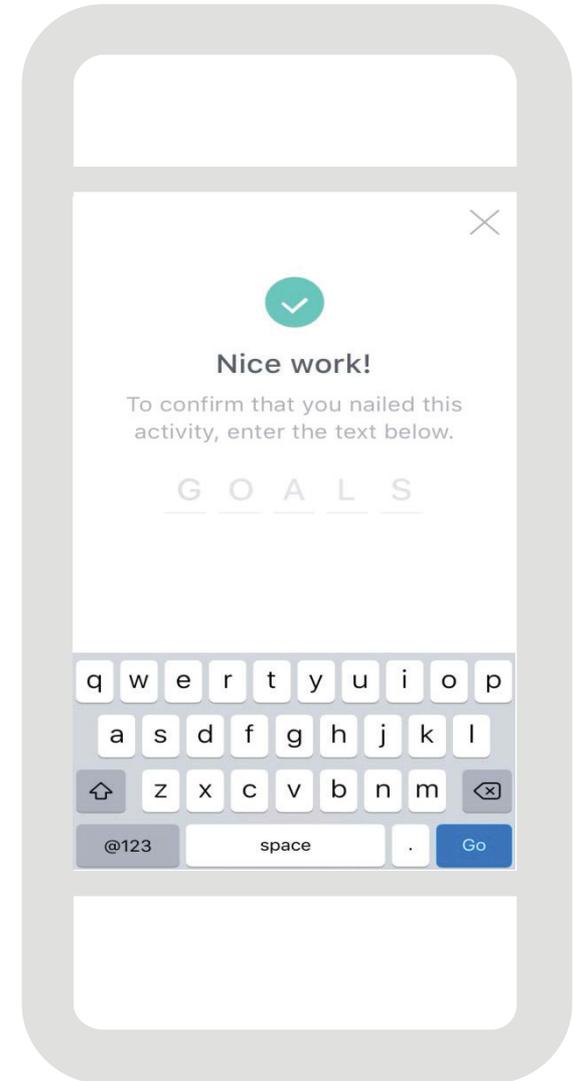
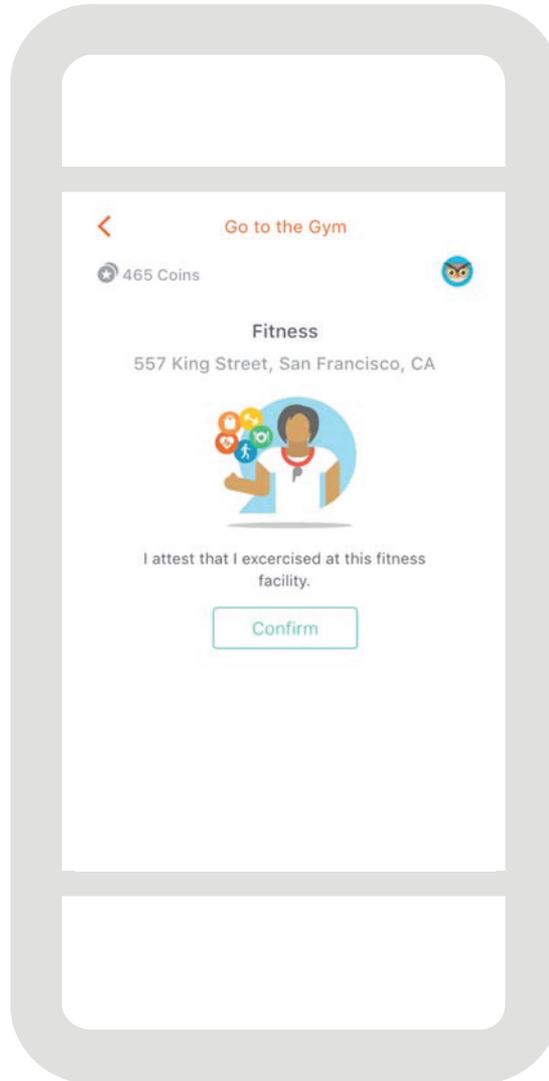
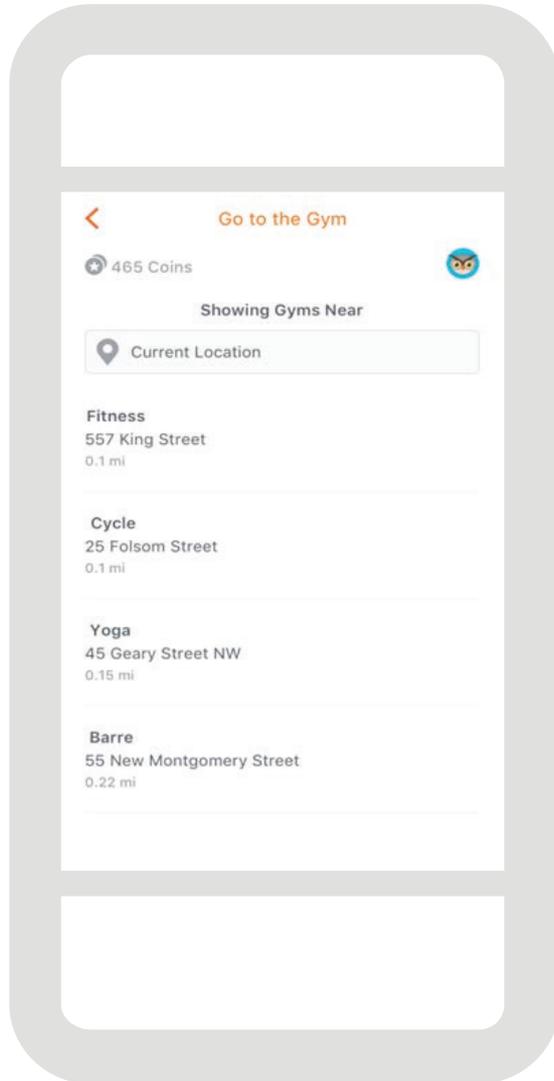
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
			● 2/1	● 2/2	● 2/3	● 2/4
● 2/5	○ 2/6	○ 2/7	○ 2/8	○ 2/9	○ 2/10	○ 2/11
○ 2/12	○ 2/13	○ 2/14	○ 2/15	○ 2/16	○ 2/17	○ 2/18
○ 2/19	○ 2/20	○ 2/21	○ 2/22	○ 2/23	○ 2/24	○ 2/25

**Consulte un calendario de sus registros. Haga un seguimiento de su progreso hacia las metas.**

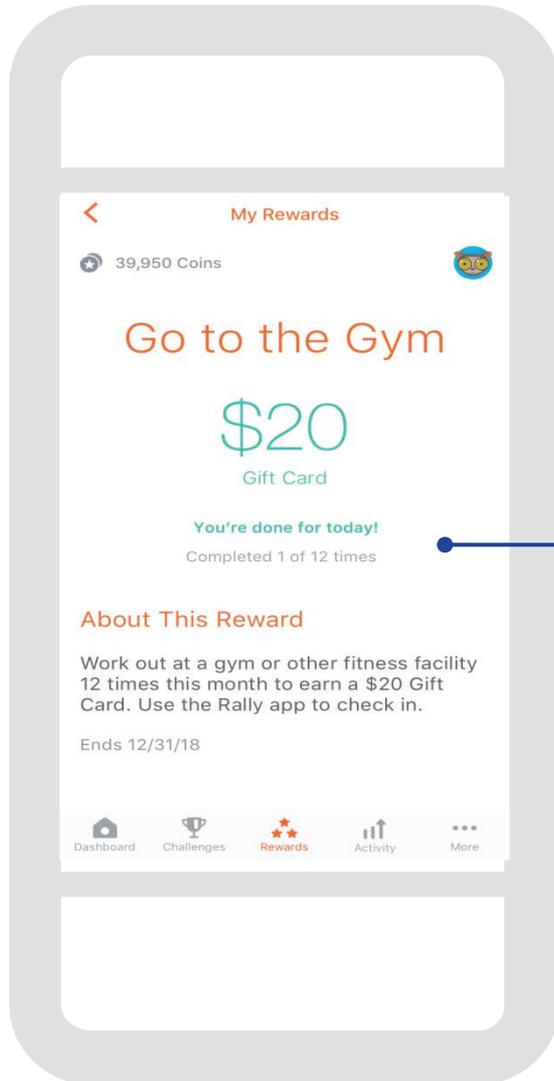
# Descargue la aplicación de Rally y consulte la pestaña “Rewards” (Recompensas)



# Busque su gimnasio



# Vea sus resultados



**Vea los registros que ha completado.  
Complete un registro 12 días en el mes.**