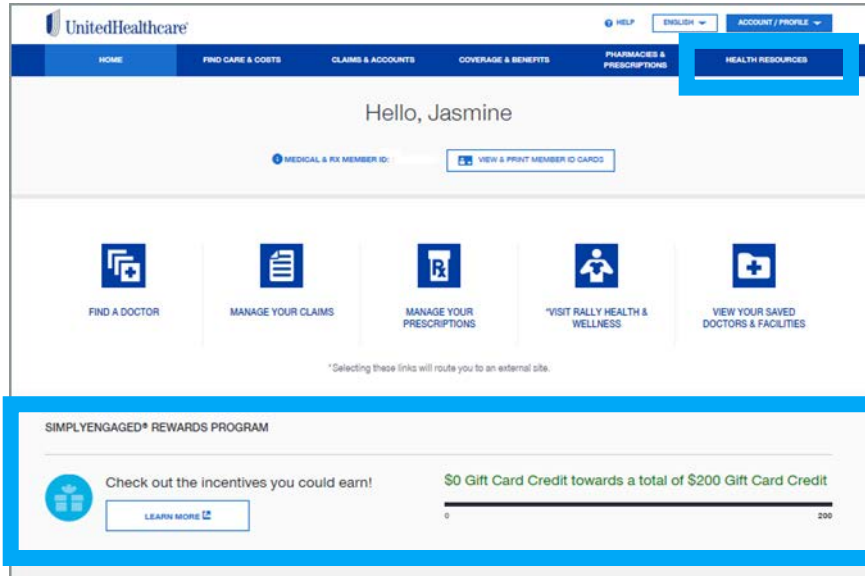
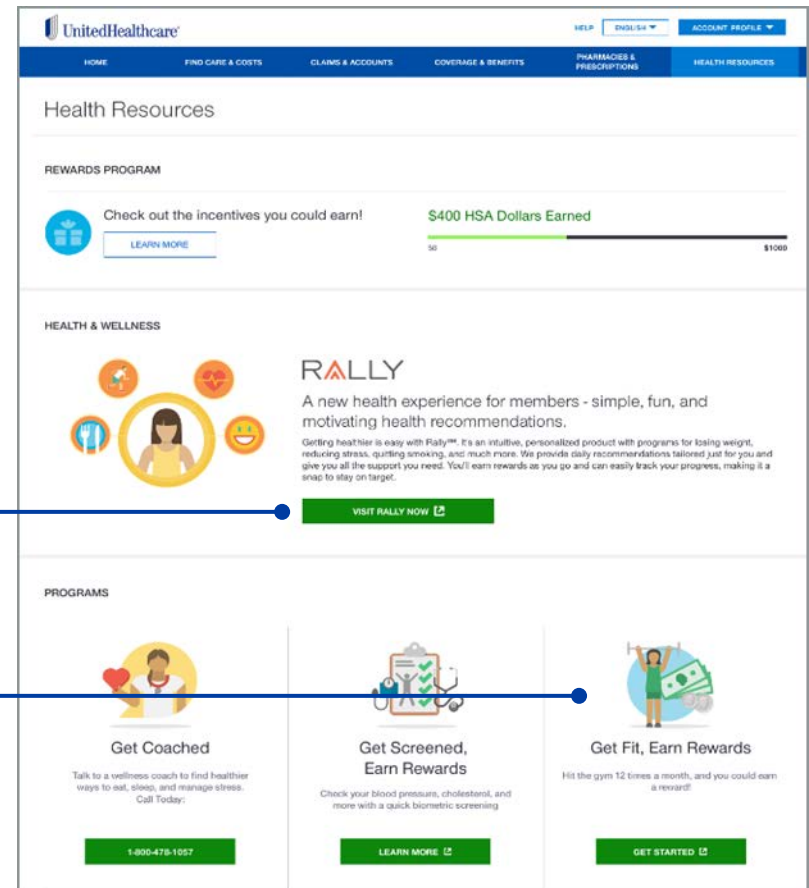


Log into myuhc.com[®]



Click on Health Resources



Access Rally[®] by selecting the Visit Rally Now button

Access Gym Check-In directly in the Programs section.

View reward program details



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 |
|-------------------|-----|

\$200 Limit

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

[Browse Gift Cards](#)

Program Activities

Available

- Go to the gym**
Work out at 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](#)

View your Available Activities.
Locate Go to the gym to view additional information

(if applicable add your bank account information on this same page)

See progress

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

12 Gym check-ins to go!

| Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|--------|--------|--------|--------|--------|--------|--------|
| | | | ● 2/1 | ● 2/2 | ● 2/3 | ● 2/4 |
| ● 2/6 | ○ 2/8 | ○ 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 |

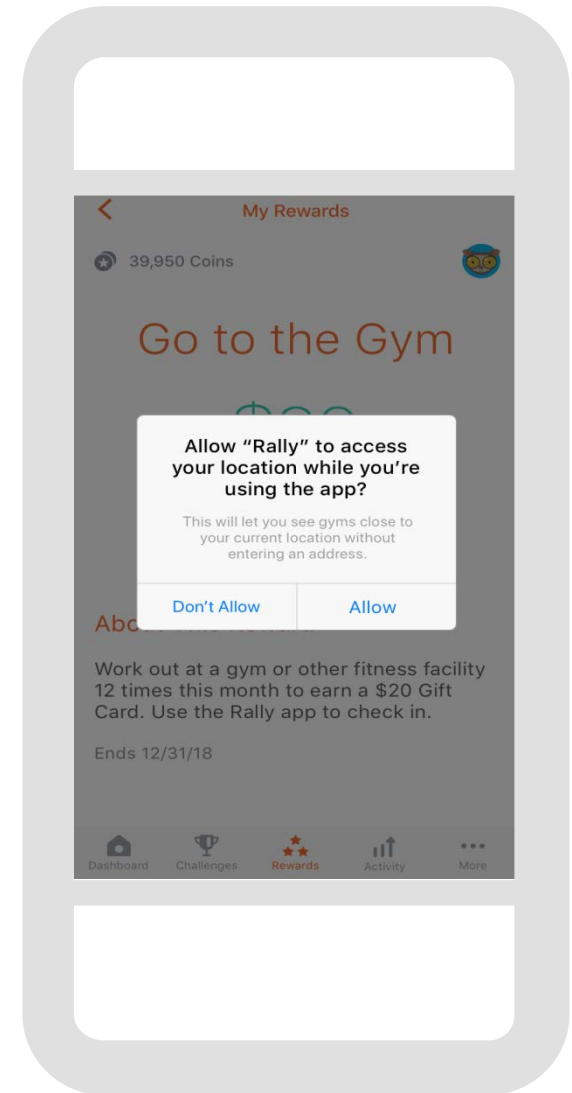
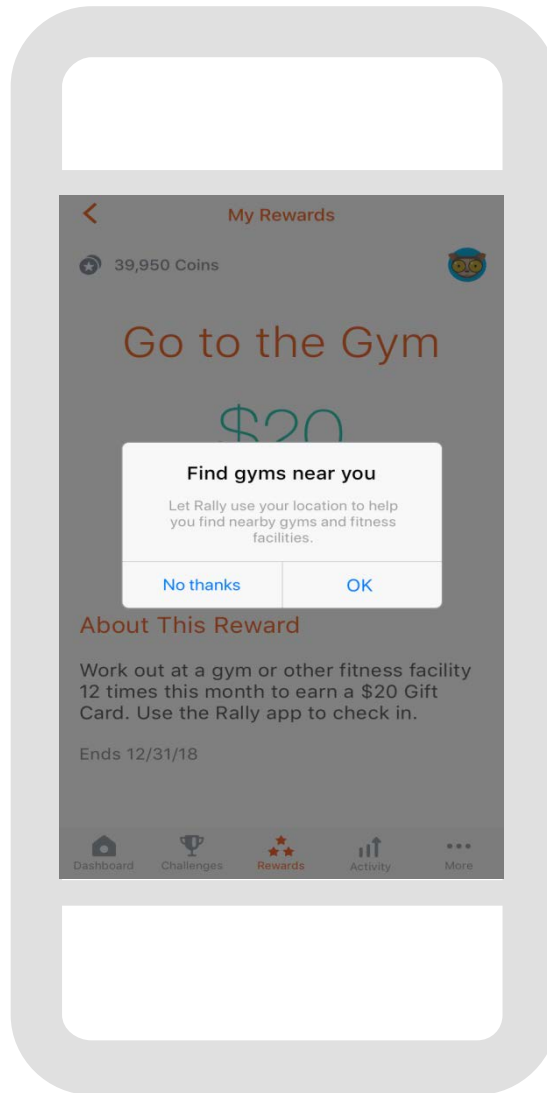
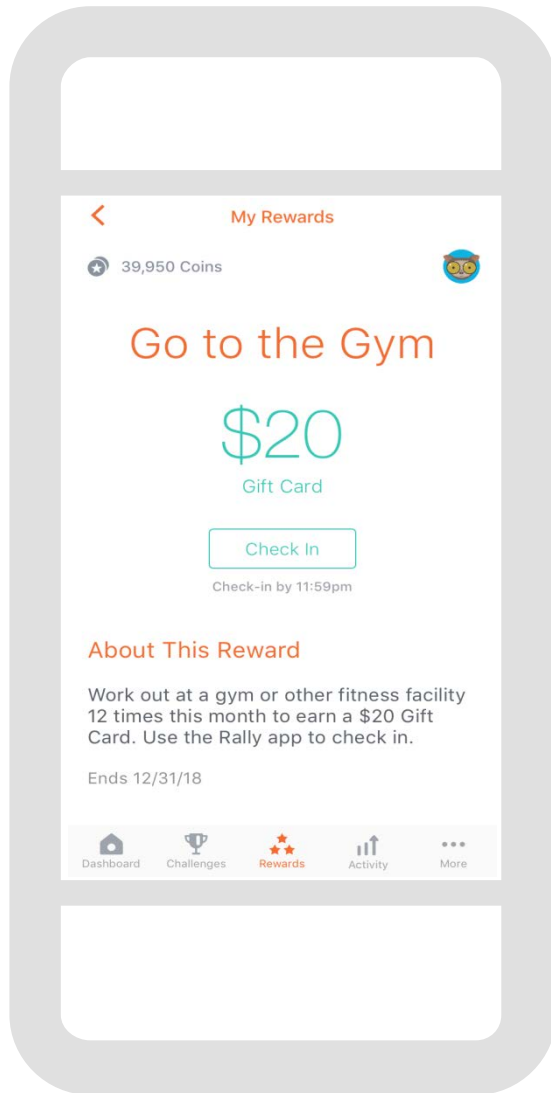
Latest Discussions

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

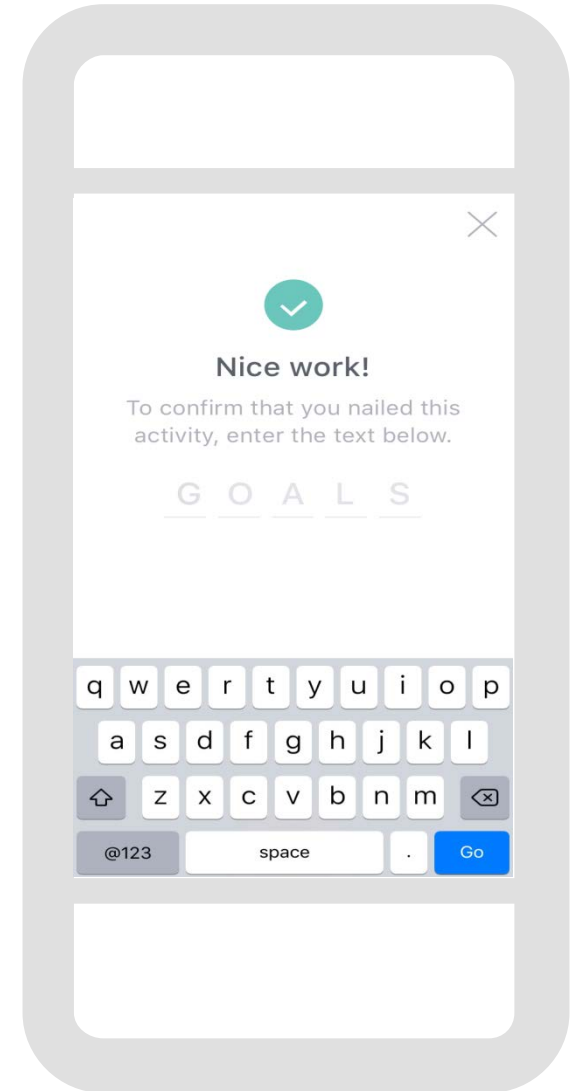
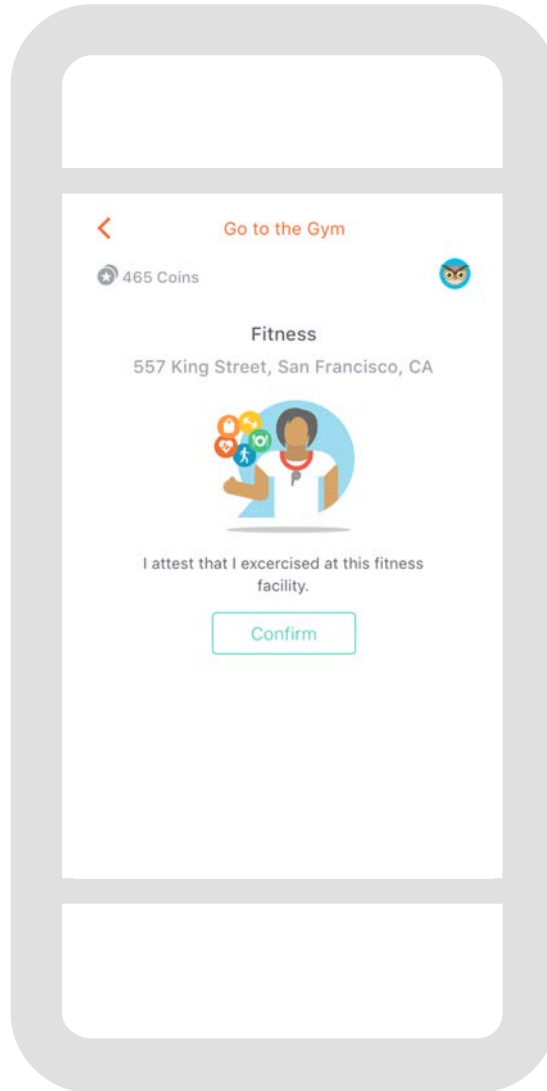
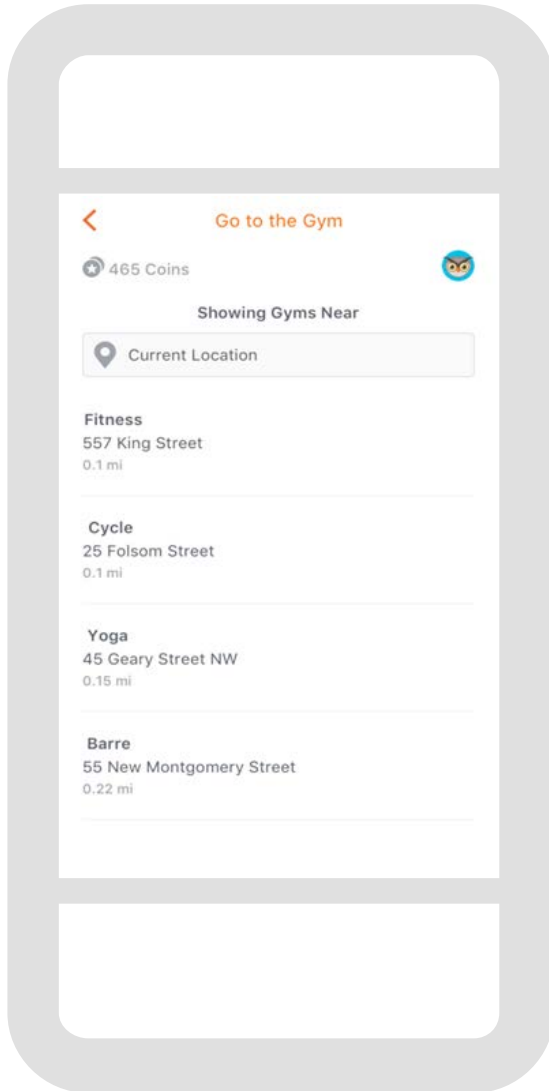
"Any Ideas for low carb meal that are quick and easy? I love chicken!"
MightyMighty | 2 hours ago | Food and Nutrition

View a calendar of your check-ins. Track progress towards your goals.

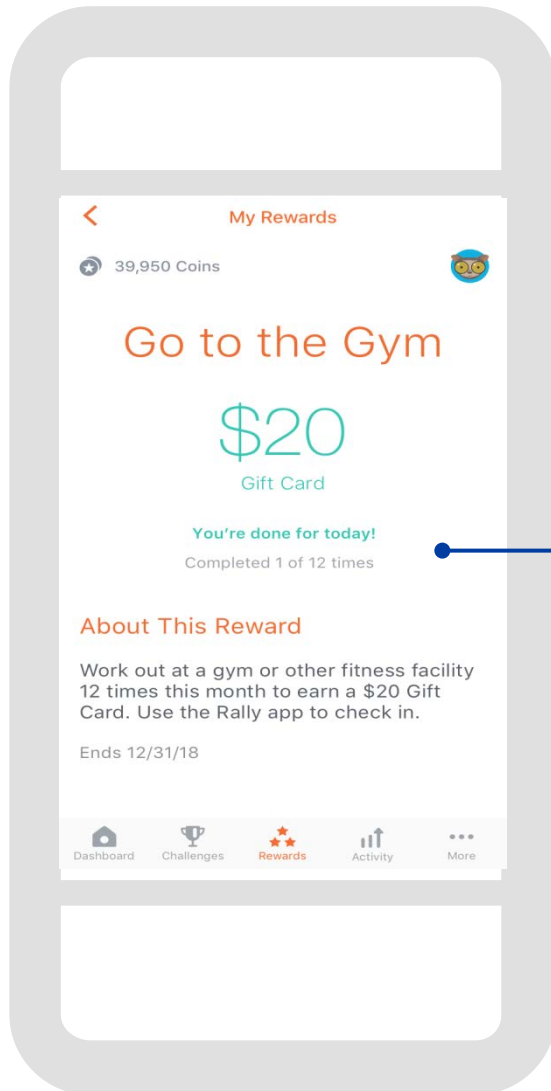
Download the Rally app and go to the Rewards tab



Locate your gym



View your results



View your completed check-ins. Complete a check-in 12 days during the month.