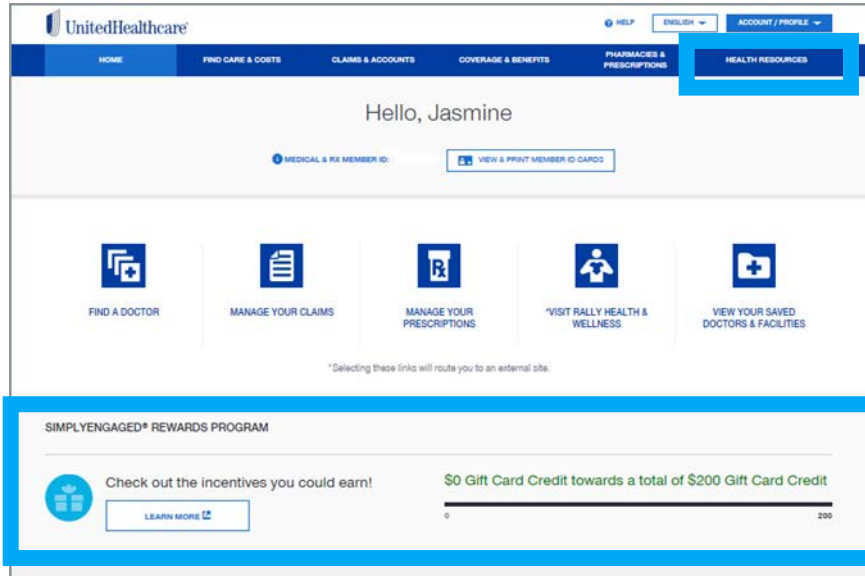
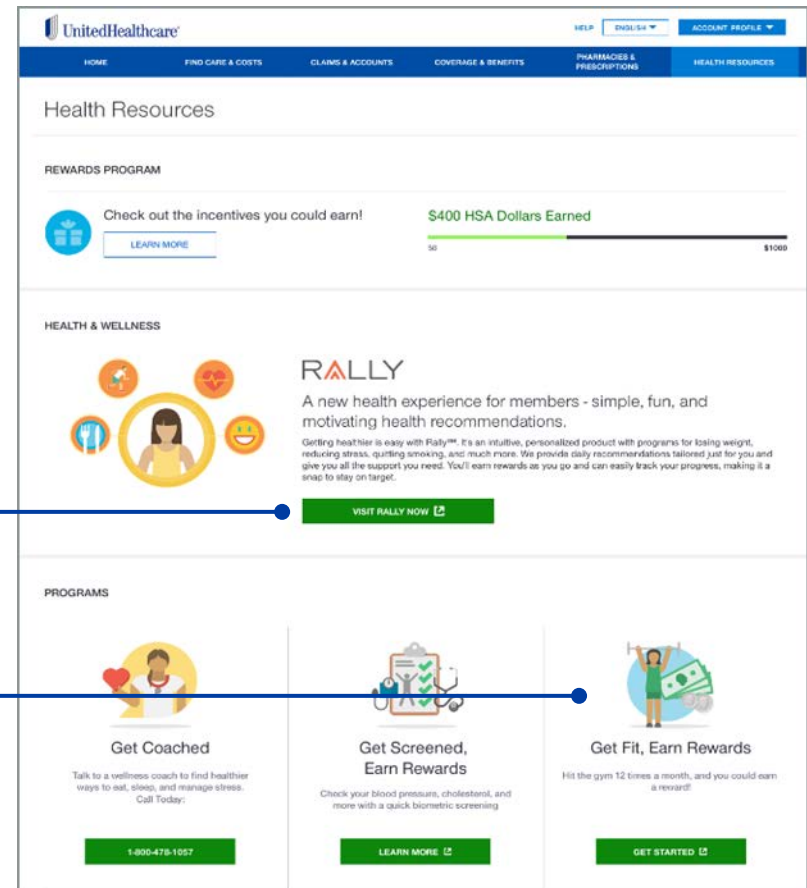


Log into myuhc.com[®]



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



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

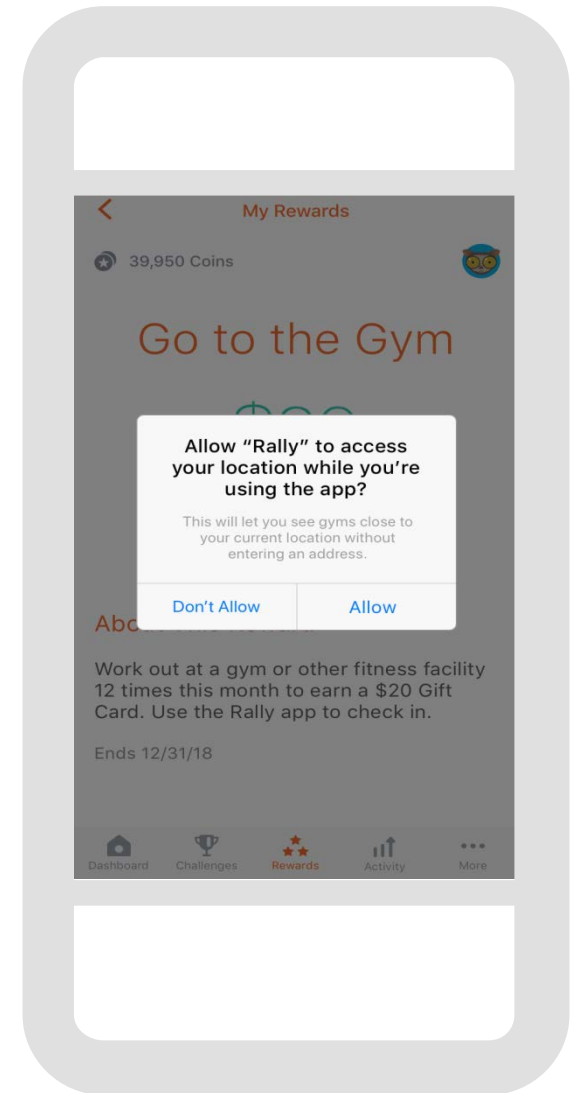
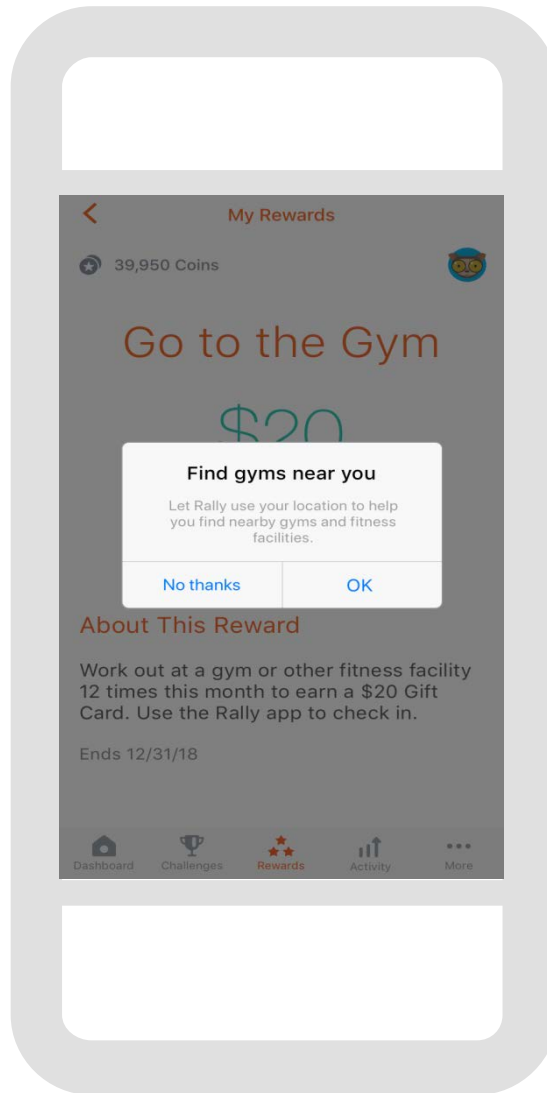
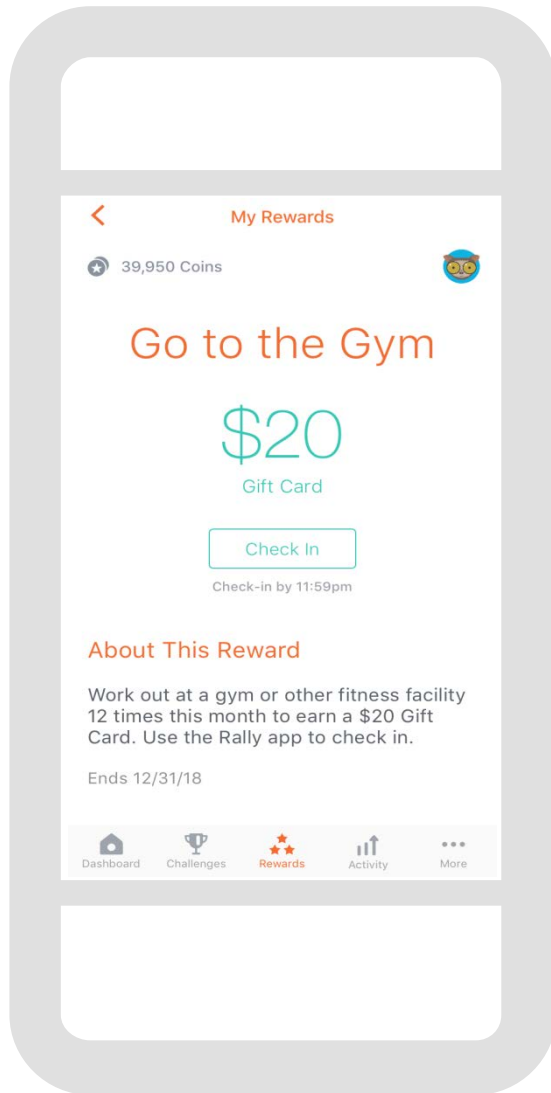
Latest Discussions

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

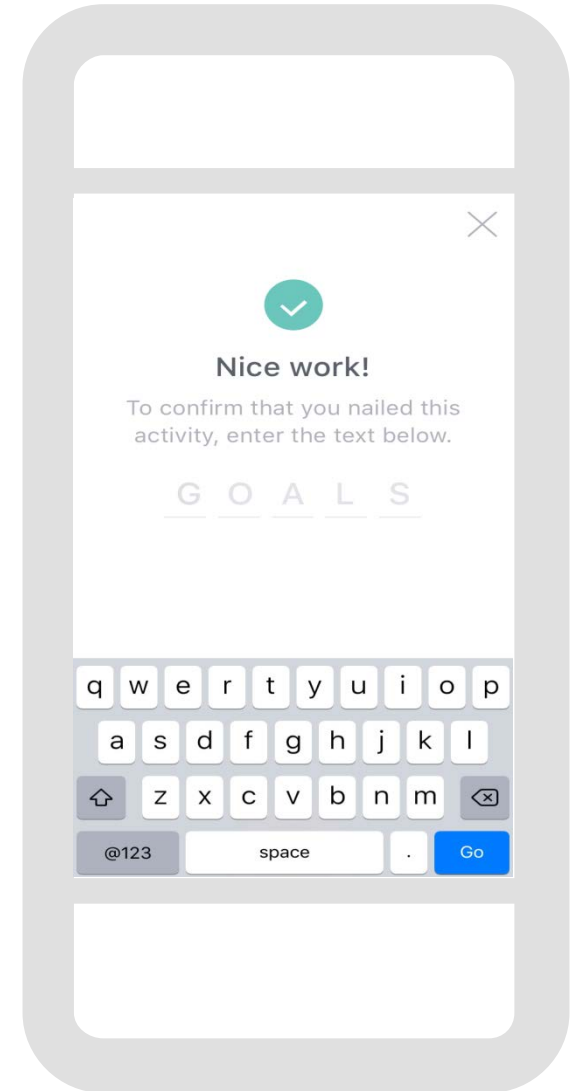
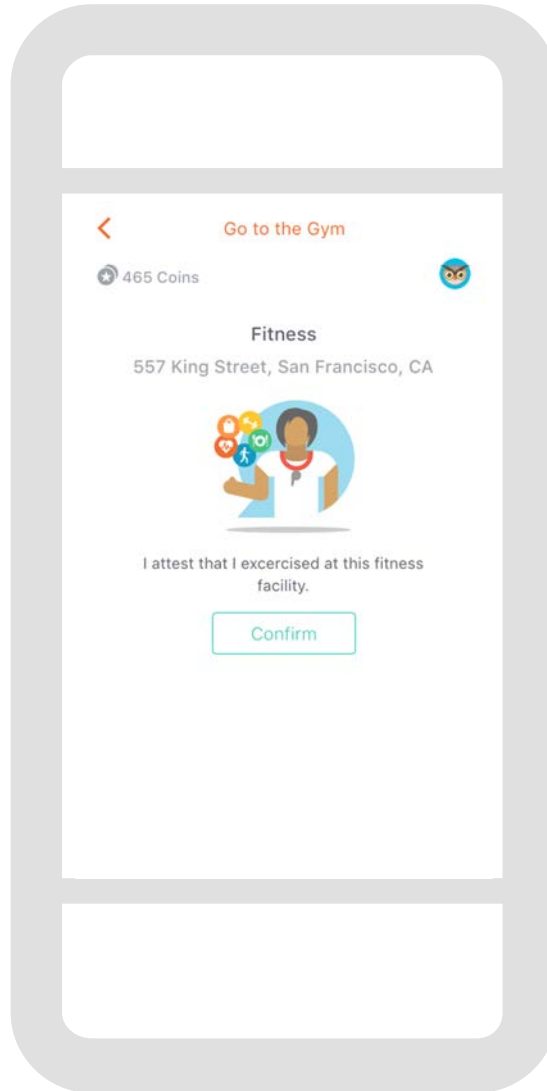
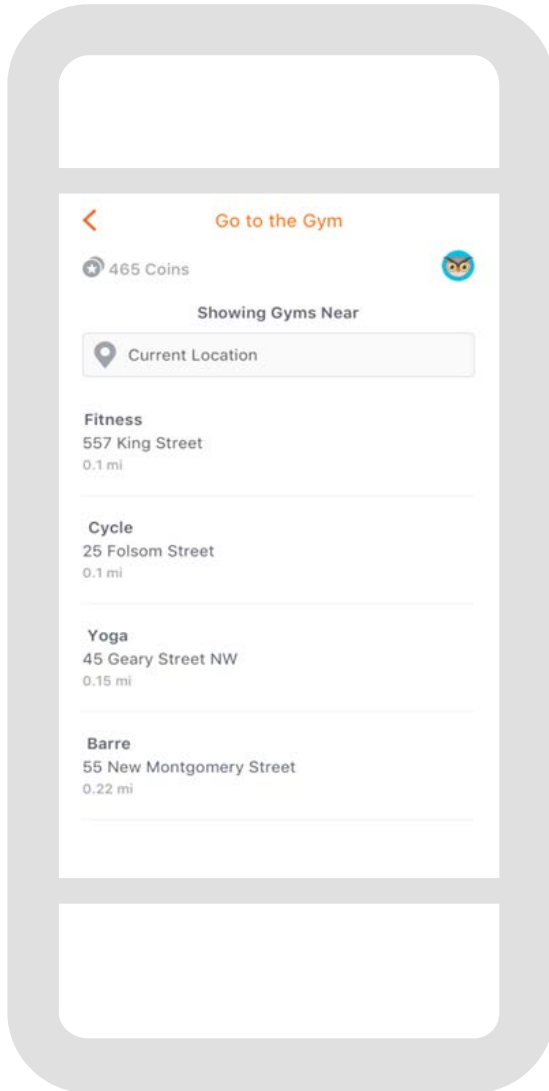
"Any Ideas for low carb meal that are quick and easy? I love chicken!"
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View a calendar of your check-ins. Track progress towards your goals.

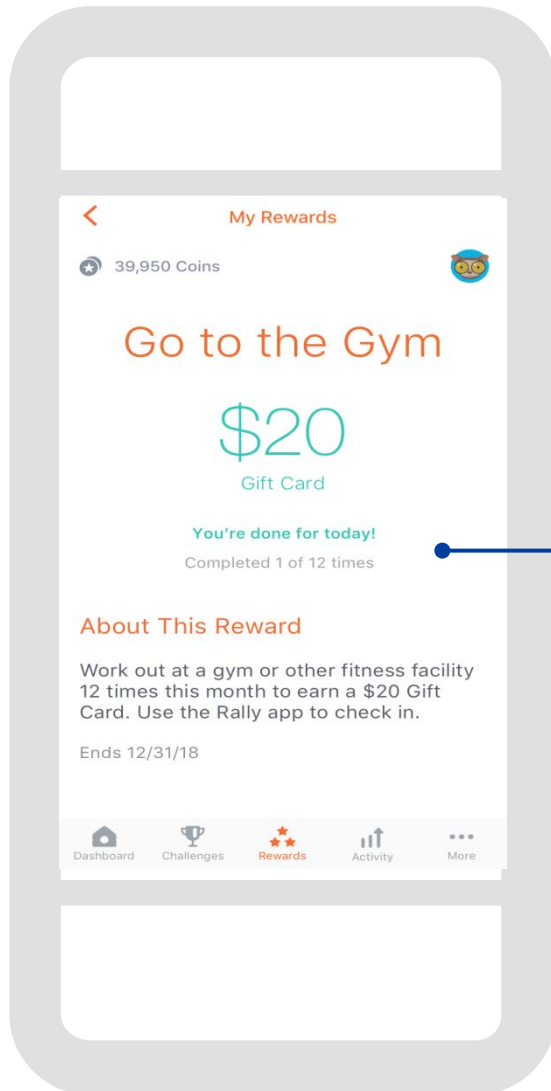
Download the Rally app and go to the Rewards tab



Locate your gym



View your results



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