



Get support to eat healthier, sleep better and move more



Rally® can offer small steps for a healthier lifestyle—and help you earn rewards along the way.



Take the Health Survey

Use your results to help set health goals.



Get personalized recommendations

Build healthier habits with well-being programs, activities and more.



Earn rewards

Take healthy actions, achieve goals and earn Rally Coins.



Visit myuhc.com® > Health Resources > Rally

United
Healthcare

RALLY®

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.

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Creating a culture of health

Discover an integrated digital health experience designed to help increase engagement and achieve results.

Rally® Health & Wellness leverages technology to engage employees in managing their health by providing the tools to help them get healthier. It can bridge the gap between a person's desire to get healthy and having the tools to help them do it.

It all starts with the Health Survey

Employees start by answering a few questions in order to receive a health profile with potential risk factors and areas for improvement.

The survey helps them set health and wellness goals and provides specific recommendations for ways to live healthier. Employees choose the activities and programs they want to complete and track their progress along the way.



Driving engagement through Missions and Challenges

Based on the employee's Health Survey responses, Rally Health & Wellness recommends a variety of Missions—simple health actions—to help form healthier habits.

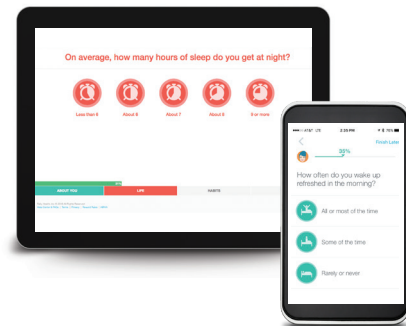
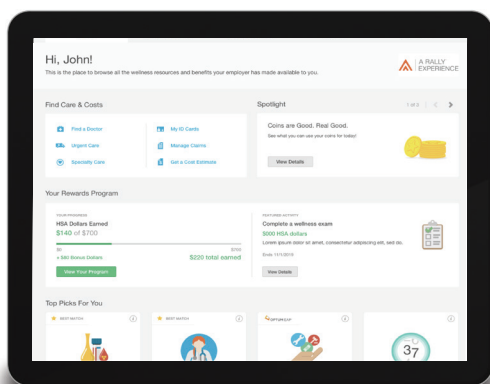
In addition, Rally Health & Wellness provides access to Challenges. Employees can compete against others in online Challenges or join one of the 30+ Communities to share their accomplishments and receive support from others with similar health goals.

Earning Rally Coins and rewards

Just about everything employees do on Rally Health & Wellness earns them Rally Coins, which they can redeem for:

- Sweepstakes entries
- Discounts on products
- Donations to charitable organizations

As an employer, you can also choose to reward specific actions (such as completing the Health Survey or getting a flu shot) by offering incentives.



Tracking progress on the go

Employees can download the Rally app from the App Store® or Google Play™ for use on their mobile device anytime, anywhere. The app is also compatible with most wearable devices.

Motivation in action

95%
of users complete the Health Survey¹

15M
Missions completed²

64%
of users have joined a Challenge³

4.5-star
app rating on iOS® and Android™⁴

[Learn more](#)

Contact your UnitedHealthcare representative

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¹ Rally Daily Summary Report, July 1, 2014 – Dec. 2, 2019.

² Rally Mission Aggregate Overview Report, July 1, 2014 – Aug. 1, 2019.

³ Challenges Overview Report, as of Sept. 3, 2019, covering challenge end dates from Jan. 1, 2018 – Jan. 1, 2020.

⁴ 4.6 on Android as of Sept. 16, 2019.

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