



SimplyEngaged[®]
With **RALLY[™]**
Wellness Program



What's in it for you?

The employee and covered spouse can receive a reward when they complete these health actions:

Rewards	
Health Survey	\$25
Biometric Screening participation	\$75
Fitness Reimbursement program	\$20/mo
Online Action Plans (Missions)	\$50
Telephone-based Health Coaching program	\$75
myHealthcare Cost Estimator	\$25
Member Earning Maximum — Per Employee/Covered Spouse	\$200

Biometric Screening - \$75 Reward

Know the numbers that count...Set Up Your Onsite Event Today!

Many serious health conditions develop over time, but they may be delayed or prevented if you know your risks and make healthy changes. Understand your health risks with the following.

The biometric screening event will measure:

• Blood Pressure	• Total Cholesterol	• Body Mass Index (BMI)
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1. Onsite Event

- Screening Date:
- Location:
- Registration Contact: Phone: Email:
- Finger stick-blood draw “non-fasting”; results delivered within five (5) minutes

2. Health Provider Form

- Beneficial for individuals who prefer to complete their screening with their health care provider or at a convenience clinic
- Employee and/or covered spouse simply locates the system-generated form from the biometric microsite

3. Lab Screening

- Beneficial for individuals who work remotely
- Employee and/or covered spouse conveniently locates a LabCorp Patient Service Center, print the system-generated lab order, and go to the lab for screening

Your personal information will be kept confidential in accordance with applicable law.

Health Survey - \$25 Reward

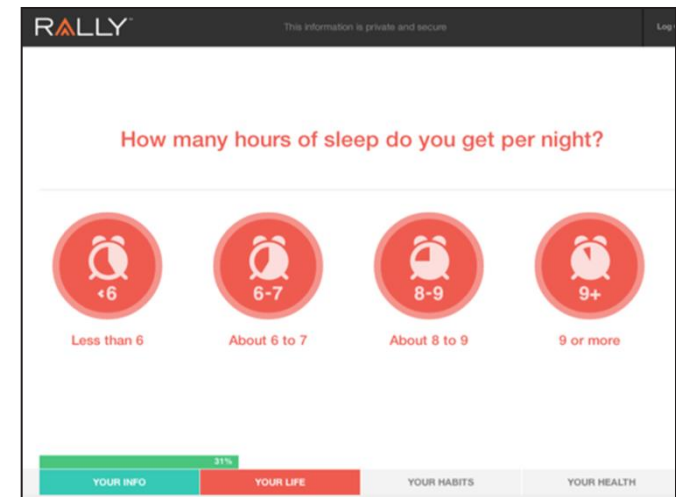


After the biometric screening, complete the Health Survey on myuhc.com[®]

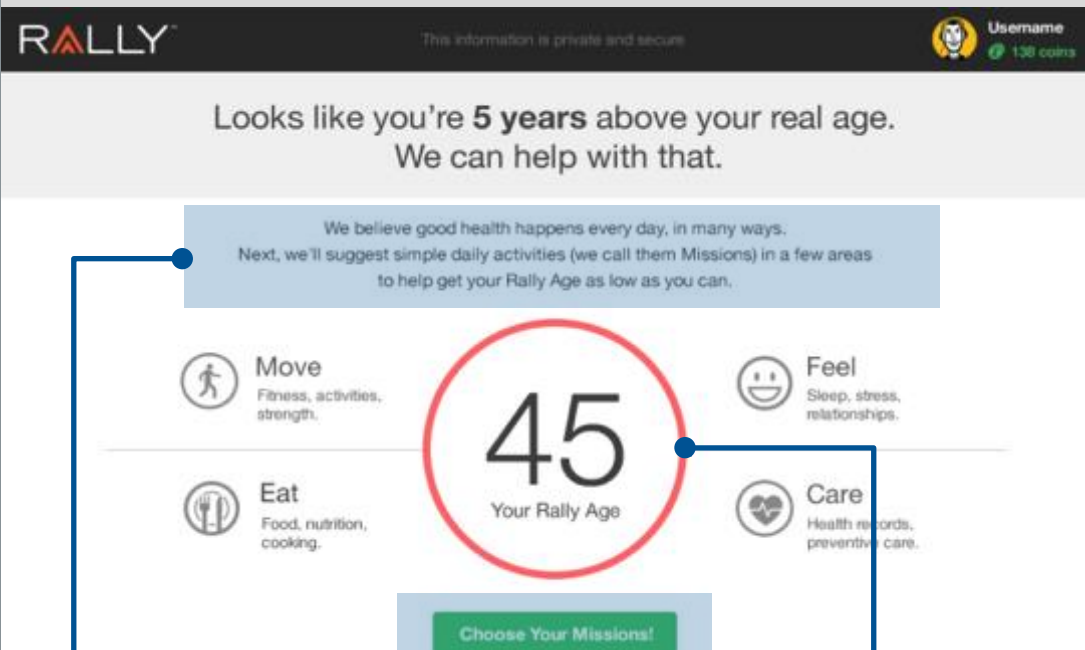
- Employee and covered spouse can take the Health Survey on myuhc.com within 90 days of the start of this wellness program to earn the incentive
- Takes 15-20 minutes to complete

Once survey is complete, members:

- Receive a Rally age and results summary
- Can enroll in online action plans (Missions)
- Can qualify for telephone-based health coaching programs



Health Survey: It all starts here



Immediate feedback and recommendations — results create more relevant and personalized site experience

Personalized call-to-action to join Missions

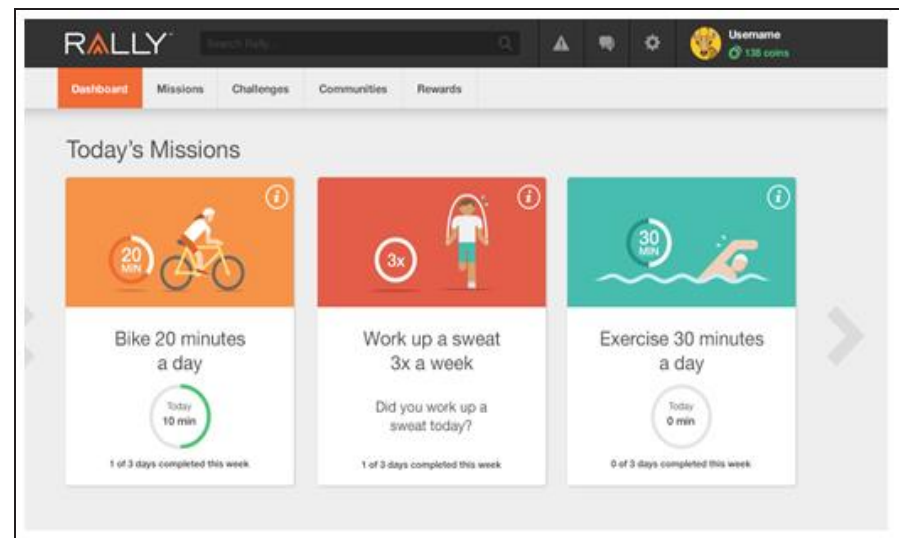
Results summarized as instantly recognizable “health age”

- English and Spanish
- Results viewable by coaches and can trigger telephonic wellness or clinical program outreach
- Rewards provided on progress and completion (Coins)
- Unique messaging based on health age

Missions - \$50 Reward

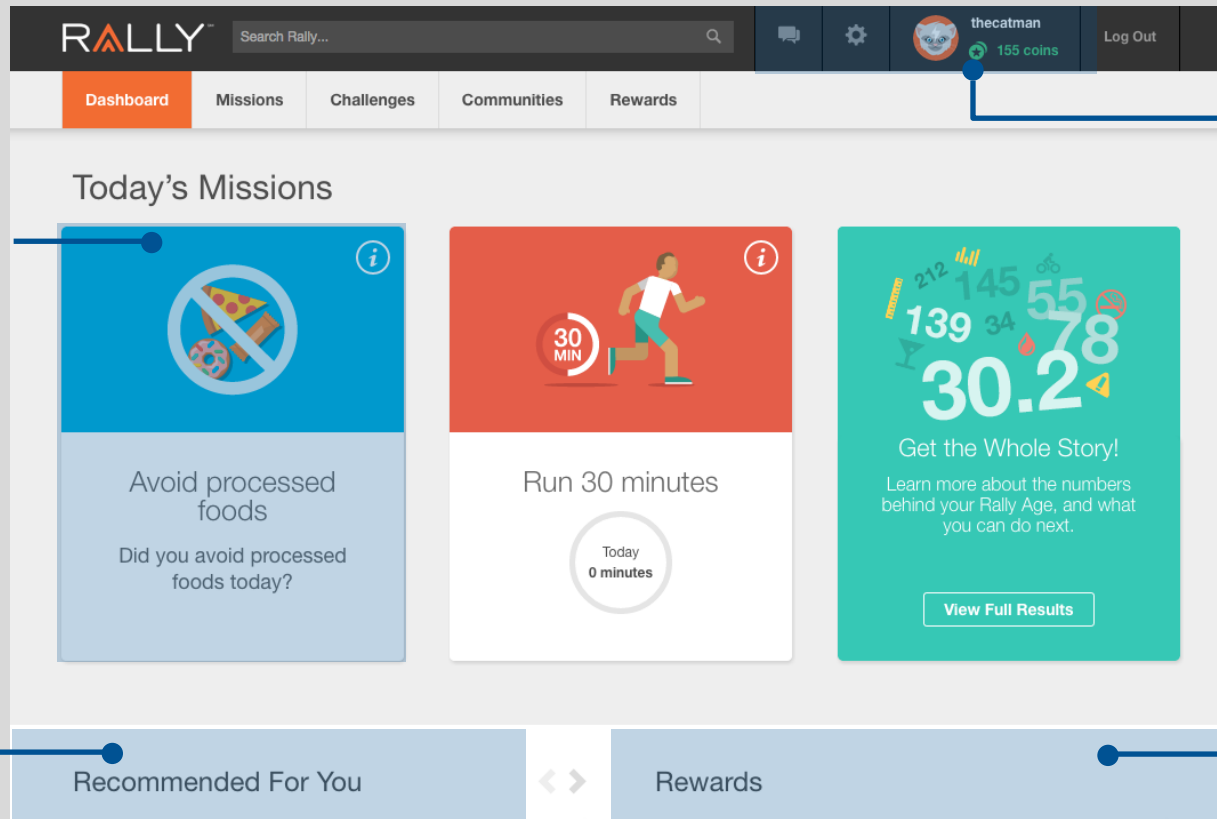
Support to help you reach your goals

- Missions are suggested based on your health survey responses.
- Employees and covered spouses get a personalized set of suggested Missions, and can choose Missions on their own.
- In order to qualify for the reward, members **MUST**:
 - **Complete a minimum of three (3) Missions**
- Missions take at least four weeks to complete



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.

Dashboard: A personal homepage



Check in, view progress or track mission activities

- View messages, alerts or coins
- Access to account details and preference settings

Tailored digital promotions

Available sweepstakes

- Personalized article and community recommendations based on survey results
- Your communities' latest highlights

Rewards: Rally coins earned along the way

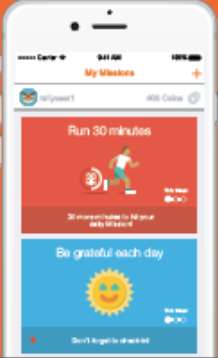


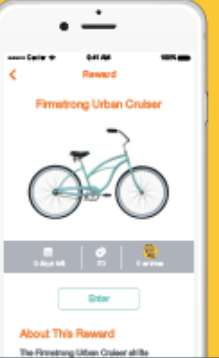
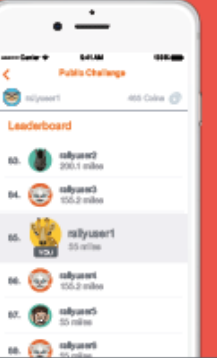


Status bar shows coin balance, recent earnings and spending

The screenshot shows the Rally Rewards dashboard. At the top, there's a navigation bar with 'RALLY' logo, a search bar, and user profile 'Devuser10'. Below this is a menu with 'Dashboard', 'Missions', 'Challenges', 'Communities', and 'Rewards' (highlighted). The main content area shows a status bar with '4180 Coin Balance', '4180 Recently Earned', and '0 Recently Spent'. Below this is a promotional banner for 'Help Your Heart, Earn Rewards' with a 'Register' button. At the bottom, there are four sweepstakes cards: 'Apple TV', '\$50 Amazon.com Gift Card', 'Kindle Paperwhite', and 'Lower BMI, more cash!'. Each card includes a description, entry requirements, and an 'Enter' button.

See available sweepstakes and enter for a chance to win using Rally coins

Rally Mobile App

<p>See all your missions at a glance.</p> 	<p>Track your progress as you go.</p> 	<p>Chat with other members.</p> 	<p>Enter to win great rewards.</p> 	<p>Join challenges and go for the gold!</p> 
<p>Missions</p>	<p>Step & Distance Activity tracker (mobile exclusive)</p>	<p>Discussions/Communities</p>	<p>Rewards Rally Coins & Employer-sponsored rewards</p>	<p>Challenges (Public & Private)</p>
<p>Profile & Settings</p>				

App name: Rally Health

Easy, everyday engagement



Social Networking

Online support communities to bring people together with common interests



Devices

FitBit®, Jawbone®, and BodyMedia® integration



Gamification

Reward engagement and goal setting through RallySM coins



Recommendations

Personalized health programs, engagement emails and campaigns

on-going communication



Personalized lifestyle plan

Telephone-based Health Coaching - **\$75 Reward**

Support to help you reach your goals

PROGRAM	COACHING GOALS
Weight Management	<ul style="list-style-type: none"> • Achieve 5-10% weight loss • Improve nutrition • Increase physical activity
Tobacco Cessation	<ul style="list-style-type: none"> • Become tobacco free • Understand/control urges • Increase physical activity
Stress Management	<ul style="list-style-type: none"> • Reduce stress • Understand stress triggers • Improve time management
Exercise	<ul style="list-style-type: none"> • Increase physical activity • Improve physical fitness
Nutrition	<ul style="list-style-type: none"> • Improve eating habits (portions and choices) • Increase physical activity
Heart Health	<ul style="list-style-type: none"> • Achieve 5+% weight loss • Improve nutrition • Increase physical activity
Diabetes Health	<ul style="list-style-type: none"> • Achieve 5+% weight loss • Improve nutrition • Increase physical activity

- Certified wellness coaches are engaged in lifestyle improvement programs that are based on:
 - Your motivation and commitment to change
 - Personalized goal-setting, shared decision-making and self-directed achievements
 - Enhanced self-awareness of root causes that trigger habitual behaviors
- After the health survey, employees may be invited to participate in a health coaching program
 - Members can also enroll by calling **(800) 478-1057**
- Allow an average of 2 - 5 months to complete the program

Meeting these coaching goals is not required, but you must complete the coaching program in order to earn the reward.

Fitness Reimbursement Program

\$20/month Reward



Gym visits that Pay

The Fitness Reimbursement program will reward you \$20 for visiting a participating gym at least 12 times in December. That is a gym visit that pays!

Get Started!

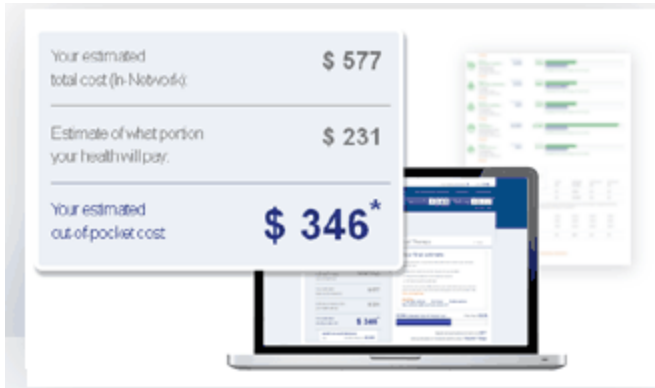


Visit a participating gym or YMCA® 12 times per month and you can earn a reward. It's a convenient, fun and profitable way that may help improve your health.

- Register/Login
- Choose a participating fitness center or YMCA from a national network
- Present your fitness ID card each time you visit the gym
- Meet the minimum and earn \$20 per month

myHealthcare Cost Estimator

\$25 Reward



- Estimates calculated using your healthcare plan & providers
- The most comprehensive data means fewer billing surprises
- Estimates show out-of-pocket costs associated with entire treatment

- Get simple, comprehensive estimates of your health care costs to help you make more informed decisions
- myHealthcare Cost Estimator helps gather the information to help you make more informed choices about the health care received.
- Results include cost estimates
- Perform one cost estimate

Rewards – Gift Cards



Once an action is noted as complete, you can choose an electronic gift cards to many national retailers

- You will receive your gift card electronically. Gift Cards are No Longer Mailed.
- Incentives can be earned only once.

**Questions about your rewards?
Call **855-215-0230****

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.