



## Reward yourself with a gift card from SimplyEngaged®

With the SimplyEngaged program you can log on to myuhc.com to take advantage of our interactive health and wellness activities. These include the online health assessment\*, online health coaching, and telephonic coaching, all designed to help you learn more about your current health and potential health risks for certain diseases and conditions. These health and wellness activities provide you with tips and information to help you manage your health and increase your overall well-being. Once you've finished an activity, you'll be rewarded with a gift card!

### Two ways to redeem your health and wellness gift card

- 1 About a week after finishing the activity, logon to [myuhc.com](http://myuhc.com), and view the status of your activities by selecting "Health Dollars."

### It's easy to reward yourself with SimplyEngaged<sup>SM</sup>

- 1 Logon to [myuhc.com](http://myuhc.com)
- 2 Click on the "Health & Wellness" tab,
- 3 Complete one of the activities<sup>A,B,C</sup>

Online Health Assessment\* on myuhc.com . . . . . \$75

Online health coaching program . . . . . \$25

Telephone-based health coaching program. . . . . \$75

*Available for Employees and spouses/domestic partners covered by this UnitedHealthcare plan*

### 1 Select "Redeem Now" to get your gift card

- 2 Current balance
- 3 My Health Dollars tab
- 4 Total Health Dollars earned
- 5 Completed activities, but no award has been processed yet
- 6 Personal Activity History table
- 7 Gift Card Awards shown in gray
- 8 Earning Health Dollars tab shows activities available to you
- 9 Click on "Redeem Now," it will take you directly to the site to redeem your card

The screenshots show the 'My Health Dollars' page on myuhc.com. The first screenshot shows the 'My Health Dollars' summary with a 'Total Health Dollars Earned' of \$100 and 'Available Health Dollars' of \$0. Below this is a 'Personal Activity History' table with columns for Posting Date, Member Name, Event, and Earnings. The table shows three rows of activity, with the last two rows (Gift Card Awards) shown in gray. The second screenshot shows the 'Earning Health Dollars' tab, which lists activities available to the user, such as 'Complete Health Assessment' for \$75, 'Complete Wellness Coaching' for \$25, and 'Complete Online Health Coach' for \$25. The third screenshot shows the 'Redeem Now' button for each activity.

Posting Date	Member Name	Event	Earnings
06/05/2008	Your name	Completed Health Assessment	\$75
06/06/2008	Your name	Gift Card Award	-\$75
07/10/2008	Your name	Completed the weight loss online health program	\$25
07/16/2008	Your name	Gift Card Award	-\$25
Current Health Dollars:			\$0

Visit [myuhc.com](http://myuhc.com) to sign up and participate or call 1-866-868-5484 if you have questions about your rewards.

