



## WELLNESS BENEFITS BY UNITEDHEALTHCARE

SimplyEngaged is a personal health and wellness program which allows you to earn rewards through UnitedHealthcare when you complete these health and wellness actions. It's easy to start earning rewards.

Access the Reward Program Overview through Rally™ when you log in to [www.myuhc.com](http://www.myuhc.com) for specific details regarding your wellness incentive program.

### EARN A REWARD

**Participate in a biometric health screening and get a \$75 reward.**

- Learn more about your important health numbers: total cholesterol, blood pressure, and Body Mass Index (BMI).

**Complete an online health survey through Rally when you log into [www.myuhc.com](http://www.myuhc.com) within 90 days of the start of the program and get a \$25 reward.**

- Answer all of the survey questions to personalize your overall experience.
- Complete the survey and receive.

**Get a \$20 reward each month that you visit a participating fitness center at least 12 times per month.**

- Register at a participating fitness center or YMCA through the Health and Wellness tab on [www.myuhc.com](http://www.myuhc.com).
- You must present your fitness ID card each time you go to the gym.

**Complete a telephone-based health coaching program and get a \$75 reward**

- Complete the health survey in order to participate in this health coaching program.
- Call the Health Coach at 1 (800) 478-1057 to begin working on your personal health improvement plan.
- Plan accordingly. A telephone-based health coaching session takes three to five months to complete.

**Complete at least 3 missions through the Rally experience and get a \$50 reward.**

- Plan accordingly. Each mission can take at least four weeks to complete.

**Estimate health care costs on [www.myuhc.com](http://www.myuhc.com) and get a \$25 reward.**

- Perform at least one cost estimate on an upcoming procedure.

#### Notes:

- *Employees and covered spouses on UHC plans are eligible and can earn rewards separately.*
- *Log into [www.myuhc.com](http://www.myuhc.com) with your username and password. If you are not registered, you can follow the steps under "Register Now". After you are logged into [www.myuhc.com](http://www.myuhc.com), click on the Health and Wellness tab to access the Rally experience.*