



# Earn up to \$200\* for completing health and wellness activities

With SimplyEngaged, you can get rewarded for taking healthier actions.



## Here's how SimplyEngaged works

Through Rally®, you can access the SimplyEngaged® health and wellness activities available to you. For each Health Action you complete, you can earn financial incentives. Rally's digital experience gives you one place to track your activities and rewards.

## How to access

Use this link to access Rally directly <https://www.werally.com/client/sheehy/register> or download the Rally App. Use the registration code SHEEHY.

### Health Actions

### Reward

#### Complete the Health Survey

The Health Survey takes about 15 minutes and upon completion, you'll receive personalized suggestions to help you set health goals.

**\$45+**  
Rally Coins

#### Complete a Physical Activity Check-In

On the Rally app or web site, go to the Physical Activity Check in then click "Let's go" to see the activity details page. From there, click "Check In" to track any physical activities you've completed or your gym visits.

**\$25+**  
Rally Coins

\*Simply Engaged will no longer be accessed through myuhc.com.

^Earnings are per person and include covered spouse or domestic partner.

**Complete a coaching program**

The results of your Health Survey will provide recommendations for coaching programs that may help improve your health and wellness. These programs are available at no additional cost as part of your health plan benefits. Complete one of the following programs to earn more rewards:

**\$100+**  
Rally Coins

**Wellness Coaching** provides access to expert coaches and digital tools to help you reach your health goals. It’s all about getting and staying healthy —your way —anytime. Choose from a variety of programs designed to help your sleep better, eat smarter and get fit.

**Real Appeal®** may help you start living a healthier life with online weight loss tools designed to help you achieve lifelong results, one small step at a time. Real Appeal provides the support to help you lose weight through online coaching, a Success Kit delivered to your door and a community of members to keep you motivated.

**Quit For Life®** has helped 4 million enrollees quit smoking or using tobacco.<sup>1</sup> It provides the tools, 1-on-1 support and a personalized plan to help you quit your way.

**Complete a biometric screening**

A biometric health screening may help you and your doctor make more informed decisions about your health.

**Get screened for:**

- Total cholesterol
- Blood pressure
- Blood sugar (glucose)
- Body mass index (BMI)

**You have 3 options to participate in the biometric health screening:**

- 1** Doctor’s office or convenience care clinic.  
(Provider Results form must be completed.)
- 2** LetsGetChecked

**\$75+**  
Rally Coins



<sup>1</sup> Quit For Life Employer Book of Business Survey results, cumulative from 2006 to 2018.

Virtual Visits phone and video chat with a doctor are not an insurance product, health care provider or a health plan. Unless otherwise required, benefits are available only when services are delivered through a Designated Virtual Network Provider. Virtual Visits are not intended to address emergency or life-threatening medical conditions and should not be used in those circumstances. Services may not be available at all times, or in all locations, or for all members. Check your benefit plan to determine if these services are available.

Real Appeal is a voluntary weight loss program that is offered to eligible participants as part of their benefit plan. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical and/or nutritional advice. Participants should consult an appropriate health care professional to determine what may be right for them. Any items/tools that are provided may be taxable and participants should consult an appropriate tax professional to determine any tax obligations they may have from receiving items/tools under the program.

UnitedHealthcare understands the importance of protecting your privacy. We care about the relationship we have with you. Our business practices are in compliance with the Health Insurance Portability and Accountability Act (HIPAA) and other applicable privacy and security requirements.

The Quit For Life Program provides information regarding tobacco cessation methods and related well-being support. Any health information provided by you is kept confidential in accordance with the law. The Quit For Life Program does not provide clinical treatment or medical services and should not be considered a substitute for your doctor’s care. Please discuss with your doctor how the information provided is right for you. Participation in this program is voluntary. If you have specific health care needs or questions, consult an appropriate health care professional. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.

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.

SimplyEngaged® is a voluntary program. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. You should consult with an appropriate health care professional to determine what may be right for you. Rewards may be taxable. You should consult with an appropriate tax professional to determine if you have any tax obligations from receiving rewards under this program. 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.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.