



REWARDS FOR WELLNESS

Earn a \$50 Co-share Credit!*

Activity #7: 4-Week Rally Mission



Complete a four-week Rally Mission **between January 1, 2017 and March 15, 2017**, and earn a **\$50 co-share credit!** Rally Missions are suggested individual action plans that are based on your Rally Health Survey responses. Missions encompass four categories: Move, Eat, Feel and Care. Choose a mission that is meaningful for you and will help you reach your health goals!

What to do:

Step 1: Log into www.myuhc.com and access Rally (if you have not registered on Rally yet, you will have to do so for this activity. Registration instructions are available at www.wellness.ri.gov).

Step 2: Select the "Missions" tab at the top of any page in Rally.

Step 3: Join the four-week mission of your choice.

Step 4: Successfully complete your mission. Be sure to sign up no later than February 13, 2017 in order to complete your mission by March 15, 2017 and receive a \$50 co-share credit.

Note: If you are already participating in missions, you must join a **NEW mission** on January 1 or later for this activity. You **cannot** carry over missions from 2016.

UnitedHealthcare will track your participation in this activity. After you complete a mission during the time of offer, you can print your Rally Missions page for verification. To learn more, please visit www.wellness.ri.gov.

*All State of Rhode Island employees are eligible to participate in Rewards for Wellness programs and screenings, but only employees who are paying the state employee medical co-shares that are posted www.employeebenefits.ri.gov are eligible to receive co-share credit incentives.