



REWARDS FOR WELLNESS

Earn Two \$50 Co-Share Credits!*

RALLY Activities

Complete the RALLY Health Survey and at least one RALLY Mission before December 31, 2017 and earn two \$50 co-share credits!



RALLY™

The **RALLY Health Survey** is a quick assessment of your overall health that will allow you to reflect on your current health status and create a personalized RALLY experience for you. Your RALLY Health Survey responses allow RALLY to recommend meaningful **RALLY Missions** for you that can help you take action to 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: Once registered on RALLY, you will immediately be brought to the Health Survey. If you are a returning user, click your avatar on the top right hand corner, and then choose "Retake Survey". Complete your survey by **December 31, 2017** and receive a \$50 co-share credit in your February 23, 2018 paycheck.

Step 3: Once you complete the survey, you can instantly join a mission. Select the "Missions" tab and join at least one mission of your choice. Missions take 4 weeks to complete.

Step 4: Successfully complete your mission. Be sure to start your mission by Thanksgiving in order to complete it by **December 31, 2017** and receive a \$50 co-share credit in your March 9, 2018 paycheck.

UnitedHealthcare will track your participation in these activities. 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 co-shares based on the Rhode Island State Employee Health Plan rates that are posted at www.employeebenefits.ri.gov are eligible to earn co-share credit incentives.