



## REWARDS FOR WELLNESS



# Earn Two \$50 Co-Share Credits!\*

## “How To Rally” Online Tutorial Rally Health Survey



### Let's Rally! A fun new way to help improve your health

The Office of Employee Benefits is pleased to present “**Rally**” as part of the 2016-2017 Rewards for Wellness program year. This online, interactive experience is designed to help you understand healthy behaviors and take any needed steps to help you live a healthier life. Rally goes beyond your physical health and factors in important

emotional, financial, social and community connections. Rally, which is offered through UnitedHealthcare’s myuhc.com website, **is available to you at no cost.**

To jumpstart your Rally experience, complete the “How to Rally” online tutorial and the Rally Health Survey. The “How to Rally” tutorial will focus on accessing Rally and introduces the programs and services that are available to you through Rally. The Rally Health Survey has replaced the Health Assessment that many of you have taken in past years. With the Rally Health Survey, you will experience an interactive journey that will personalize your Rally experience.

Begin your Rally experience today! The “How to Rally” online tutorial and the Rally Health Survey can be accessed by visiting [www.wellness.ri.gov](http://www.wellness.ri.gov). You can complete the “How to Rally” online tutorial on the wellness website. You can take the Rally Health Survey at [www.myuhc.com](http://www.myuhc.com) where you will need to register if you have not already done so. Detailed www.myuhc.com registration instructions will be available on [www.wellness.ri.gov](http://www.wellness.ri.gov). If you are already registered with [www.myuhc.com](http://www.myuhc.com), log in with your user name and password and proceed to the “Health and Wellness” tab to access Rally.

To earn the co-share credits, you must complete the “How to Rally” online tutorial between July 15, 2016 and September 30, 2016, and the Rally Health Survey between July 15, 2016 and December 31, 2016. Enjoy your Rally experience and earn a \$50 co-share credit for completing each activity!



\*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 at [www.employeebenefits.ri.gov](http://www.employeebenefits.ri.gov) are eligible to receive incentives for co-share credit.

