



# Rewards for Wellness 2018–2019

## Rally Health Survey & Rally Missions

As part of Rewards for Wellness 2018–2019, **complete the Rally Health Survey by December 31, 2018 and earn \$50 in co-share credit. Complete three Rally Missions and earn an additional \$100 in co-share credit.\***

### All about Rally

The Rally Health Survey is an interactive survey that only takes 10–15 minutes to complete. Upon completion, you will receive your results as a “Rally Age”—a number that provides you with an indicator of how your health age compares to your chronological age. Your responses will also identify an individual action plan to help you improve or maintain your health.

Rally Missions are individual action plans suggested based on your Rally Health Survey responses. Missions provide activities to help you improve or maintain your health and are designed to be simple, action-focused and attainable.



### How to complete\*\*

#### Rally Health Survey

- You must be registered on [myuhc.com](http://myuhc.com) first to access and register on Rally. You can also download the Rally mobile app at [RallyHealth.com/GetMobile](http://RallyHealth.com/GetMobile), registration code: UNITED
- The Rally Health Survey will automatically pop up when you access Rally for the first time. If it doesn't, click on your avatar at the top right and enter your health profile. You will see a button that says “retake survey” or “complete survey.” Click there to either complete or retake the survey for the 2018-2019 program year.

#### Three Rally Missions (one of which must be a physical activity mission)

- Log onto [myuhc.com](http://myuhc.com) or download the Rally mobile app at [RallyHealth.com/GetMobile](http://RallyHealth.com/GetMobile), registration code: UNITED
- In the Rally website, physical activity missions are under the “fitness” category. In the Rally App, physical activity missions are under the “exercise” category.
- **To learn more about completing the Rally Health Survey and Mission activities, including what to do if you are disabled and cannot complete a physical activity mission, please visit [www.employeebenefits.ri.gov/wellness](http://www.employeebenefits.ri.gov/wellness)**

\*All State of Rhode Island employees are eligible to participate in Rewards for Wellness programs and screenings, but only employees who are paying medical co-shares based on the Rhode Island State Employee Health Plan rates that are posted at [www.employeebenefits.ri.gov](http://www.employeebenefits.ri.gov) are eligible to earn co-share credit incentives.

\*\* OEB cannot track the completion of all your activities. Please use the 2018-2019 Program Calendar to keep track of your completions.