



## The PEBC Wellness Program

Active employees and a spouse enrolled in either the PPO or HDP medical plan are eligible to participate in the wellness plan and earn an incentive.

- An employee can earn a \$300 reward for achieving 300 points.
- A spouse can earn a \$300 reward for achieving 300 points — **as long as the employee has earned 300 points.**
- The spouse must be enrolled in the plan to participate and remain enrolled at the time of payout for additional reward payout.

### Get Started with Rally®

Download the Rally app on your phone or for those enrolled in the PPO plan or HDP, log in at **myuhc.com** and select the icon “Visit Rally Health and Wellness” to register and take your health assessment.

If you opt out of your employer’s medical plan, you can still access the wellness portal at **werally.com/client/pebc/register/**. Although you cannot earn points or a reward, you can take the health assessment, participate in online activities and learn more about how you can improve your health!

### Timing and earning points

- The Rewards earning period runs from Jan. 1 through Oct. 31.
- Personal Wellness Coaching, Missions and Disease Management take time to complete — plan accordingly to complete these activities by Oct. 31.
- Points are not awarded for partially completed programs and do not roll over to another year.

### How is the reward paid?

The default payment method is cash, which means the funds will be included in a payroll check on a post- tax basis. For PEBC County participants only, you can choose to have your reward deposited to your health care FSA or, if you have not exceeded the annual HSA contribution limit, to your HSA. You may select your preferred payment options when you qualify for a reward.

## When is your reward paid?

Rewards are paid 3 times during the year based on when you earn 300 points individually or 600 points when participating with a spouse. You must be an employee (or a covered spouse) at the time of payout to receive your reward.

Date Points are Earned	Date Reward is Paid
Jan. 1 — March 31	May 31
Jan. 1 — June 30	Aug. 31
Jan. 1 — Oct. 31	Dec. 31

## Earning points

**REQUIRED** — First complete the Health Risk Assessment (Health Survey) and earn 75 points. Then earn additional points as shown below.

### Earn 300 points

Between Jan. 1, 2020, and Oct. 31, 2020, using any combination of the options below.

### Earn 150 points

Once per year either at a:

- Biometric screening onsite — your employer may sponsor screening events at work.
- Or, have your doctor identify your biometrics during an office visit (cholesterol, blood sugar, etc.). Points are triggered via UHC claims; they generally appear within 21 business days from the date of service, depending on when the provider submits the claim.

### Earn 100 points

If you are qualified for **Disease Management** for the treatment of a chronic condition and you are contacted by a UnitedHealthCare nurse, you can earn 100 points for participating.

### Earn 75 points

If you complete 3 Rally Missions (once each year):

- Each Mission takes 4 weeks.
- You must complete 3 Missions to earn 75 points.
- If you want, you can do all 3 at the same time.

### Earn 50 points

For each of the following activities (once per year):

- Complete **Personal Wellness Coaching** — this can be either telephonic, email or chat. It can be done once per week. Minimum of 3 sessions over 6 weeks.
- Complete **Quit For Life**®.
- Complete **9 sessions of RealAppeal**.
- Enroll in **Healthy Pregnancy**.
- Complete a **Challenge** on Rally.

