

## Get started with Rally®



**To access Rally and start earning points toward your rewards, follow these simple steps:**

1. Log in at [myuhc.com](https://myuhc.com).
2. Select the icon “Visit Rally Health and Wellness” in Quick Links.
3. Register for your Rally account.
4. Take your Rally Health Survey (required to earn rewards).
5. Download the Rally app on your phone.

### **Opted out of your employer’s medical plan?**

You can still access the Rally wellness portal at [werally.com/client/pebc/register](https://werally.com/client/pebc/register).

Although you can’t earn points or a reward, you can take the Health Survey, participate in online activities and more.

## PEBC Wellness Program

Active employees and their spouses enrolled in either the PPO plan or HDP are eligible to participate in the wellness program and earn an incentive.

- Employees can earn a \$300 reward for achieving 300 points.
- Spouses 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.

### Timing and earning points

- The rewards earning period runs from Jan. 1 through Oct. 31.
- Coaching programs, Missions and Disease Management take time to complete – plan accordingly to complete 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. Denton, Dallas, Parker and Tarrant County participants 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 three 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 earned	Date reward is paid by
Jan. 1 – March 31	May 31
April 1 – June 30	Aug. 31
July 1 – Oct. 31	Dec. 31

# Earning points

## EARN 300 POINTS

Between Jan. 1, 2022, and Oct. 31, 2022, earn 300 points by using any combination of the options below.

## REQUIRED

First, complete the Health Survey and **earn 75 points**. Then earn additional points as follows.

### EARN 100 POINTS

Once per year, get a biometric screening at either:

- An onsite biometric screening (your employer may sponsor screening events at work), or;
- A doctor's office visit, where your doctor identifies your biometrics (cholesterol, blood sugar, etc.).

Points are triggered via UnitedHealthcare 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 complete a Personal Health Action, you can earn 100 points. Examples of Personal Health Actions include condition management compliance, avoided readmission, hospital discharge planning and medication compliance. You can call in to a condition management nurse regarding relevant health actions, or a nurse may reach out to you to initiate conditional management and related health actions.

### EARN 75 POINTS

Complete three Rally Missions. Each Mission takes four weeks. If you want, you can do all three at the same time. Complete a private or public Challenge on Rally for 25 points.

You must complete three Missions to receive your reward.

### EARN 50 POINTS

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

- Complete personal wellness coaching – telephonic, email or chat. It can be done once per week. Minimum of three sessions over six weeks.
- Complete Quit For Life® tobacco cessation program
- Complete nine sessions of Real Appeal
- Enroll in the Maternity Support Program
- Complete one of the following:
  - Annual physical
  - Mammogram
  - Colon cancer screening
  - Cervical cancer screening
- Complete an annual physical or annual screening
- Use the Find and Price Care tool
- Complete a 24/7 Virtual Visit

Rally Health provides health and well-being information and support as part of your health plan. It does not provide medical advice or other health services, and is not a substitute for your doctor's care. If you have specific health care needs, consult an appropriate health care professional. Participation in the Health Survey is voluntary. Your responses will be kept confidential in accordance with the law and will only be used to provide health and wellness recommendations or conduct other plan activities.