

2022 User guide

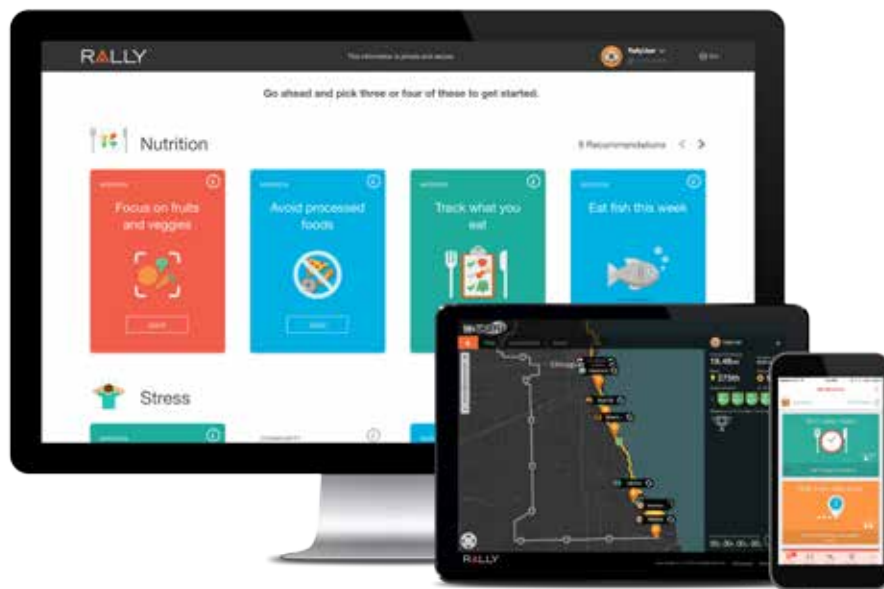
Begin your journey to managing your health with Rally®



What is Rally?

A fun and easy-to-use web and mobile app

Designed to help you improve your health, this interactive web and mobile experience recommends simple actions you can take every day. And Rally rewards you as you make progress.



What's in it for me?

The focus of Rally is to help improve your health and well-being. Rally goes beyond your physical health and factors in emotional, financial, social and community connections. Combining these aspects of your well-being may help you better manage your health.

RALLY®

UnitedHealthcare®



Get started today at myuhc.com[®]

Create your Rally profile

On the Rally website, register by following on-screen instructions. You will choose an Avatar to participate in online communities or other activities. Your username should be fun and memorable but not your real name.



Take Rally on the go!

Once you've registered, download the Rally app at the App Store[®] or Google Play[™], and login. Check in to Missions, track your steps, see progress in Challenges, use your Rally Coins and more — from the palm of your hand.



Want to get your eligible spouse or dependent registered on Rally?

Follow all the same instructions as above to create their own account. You can challenge each other, send encouragement and get healthier together.



Rally experience

Rally Health Score- **New!! Starting April 2022**

You will start on Rally by answering questions that will personalize your Rally profile. The Health Survey is presented as a visual experience with a clear, easy-to-follow format. Upon completion of the Health Survey, you will receive your Health Score.

The Health Score gives you an idea of your overall health, based on how you are doing in several categories (Nutrition, Exercise, Sleep, State of Mind, Biometrics, Substance Use). Generally speaking, you'll want to aim for a greater Health Score in the higher range. If there are areas for improvement, we'll make recommendations on how you might increase your Health Score

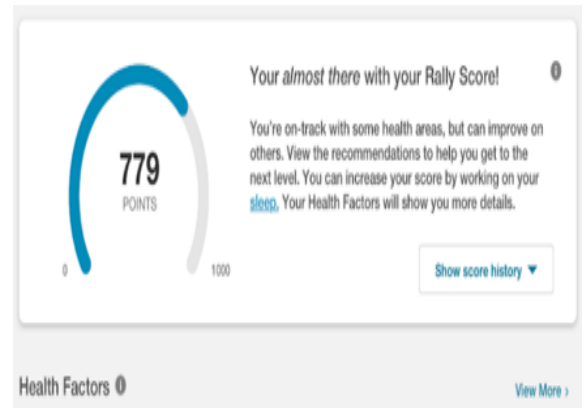
Doing Great	800 - 1000
Almost There	400 - 799
Needs Work	0 - 399

Missions

In addition to your Health Score, you will also receive personalized recommendations, in the form of simple activities, known as Missions. Your recommended Missions may help you improve or maintain your health. After joining your Missions, you may easily track your progress by self-reporting or using wearable fitness devices from Fitbit®, Jawbone UP® or Body Media®

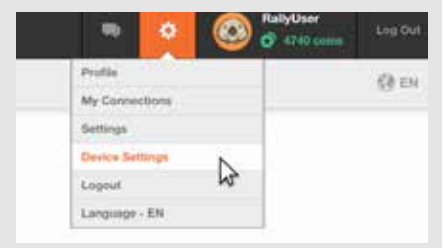
Rewards

As you complete certain activities within Rally, you may earn coins for your efforts, which can be used to enter sweepstakes for a chance to win rewards.



Syncing your device

Click on the gear icon in the top right corner of any page and select **Device Settings** from the drop-down menu. Select the button for your device (for example, your Fitbit) and click **Update Activity Device**. You will be taken to the manufacturer's website and will need to log in to your account there. When you're done, return to the Challenge or Mission and you'll be able to sync your device.





Additional features

Challenges

Rally Health Challenges may help you get more active and stay motivated by rewarding you as you work toward walking, running, biking or swimming goals. And whatever your interests or fitness level, there's sure to be a Challenge for you. You'll earn Rally Coins along the way, which you can exchange for a chance to win great rewards!



Communities

One of the most popular features on Rally, Communities offer members a chance to interact with each other in a positive, friendly environment. From diet and fitness to sleep, back pain and even relationships, our members can share their experiences and offer tips, motivation and support.



Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

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 of the health survey is voluntary. Your responses will be used in accordance with law to provide health and wellness recommendations and to conduct other plan activities. Your Health Age is based on self-disclosed information, including any applicable biometric screening data.

All trademarks are the property of their respective owners.

MT-1146575.0 9/17 © 2017 United HealthCare Services, Inc. All rights reserved. 17-5042-A