

2023 Wellness Program

PEBC Medical Plan Participants
Earn \$300 or \$600!



TAKE ACTION BY OCT. 31, 2023

When it comes to your health, knowledge is power. That's why the 2023 wellness program is an important step in your wellness journey. Active employees and their spouses enrolled in either the PPO or HDP medical plan are eligible to participate in the wellness plan and earn an incentive.



As an employee, you can earn a \$300 reward for earning 300 points. A covered spouse can earn an additional \$300 reward for achieving 300 points, as long as the employee has earned their 300 points.*

Get started with Rally®

To get started, 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!



Earn rewards

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 these activities by Oct. 31.

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 BY
Jan. 1 — March 31	May 31
April 1 — June 30	Aug. 31
July 1 — Oct. 31	Dec. 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.



Earning points

STEP
1

Step 1 Complete the Rally Health Survey (75 points)

It takes just 10 minutes, and you must complete it to earn a reward. Once complete, you'll learn about your Health Score and receive a personalized list of recommended steps to improve your health.

STEP
2

Step 2 Choose from the options below to earn 300 points

Between Jan. 1, 2023, and Oct. 31, 2023, earn points using any combination of the options below.



Biometric screening (100 points)

Once per year, complete a biometric screening (cholesterol, blood sugar, etc.) to earn 100 points. You can complete a biometric screening at either:

- **Biometric screening onsite** — your employer may sponsor screening events at work.
- **Doctor visit** — have your doctor identify your biometrics during an office visit. 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.

Personal Health Action (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 condition management and related health actions.

3 Rally Missions (75 points)

Complete 3 Rally Missions. Each Mission takes 4 weeks, and you must complete 3 to earn 75 points. You can do all 3 at the same time or at different times during the wellness program.

Wellness program (50 points)

Once per year, complete the following programs to earn 50 points each:

- Complete **Personal Wellness Coaching** — telephonic, email or chat. Sessions can be done once per week. Minimum 3 sessions over 6 weeks.
- Complete **Quit For Life**®.
- Complete **9 sessions of Real Appeal**®.
- Enroll in the **Maternity Support Program**.

Preventive care (50 points)

Complete one of the following preventive care activities to earn 50 points:

- Annual physical
- Preventive mammogram
- Preventive colorectal screening
- Preventive cervical cancer screening

Online actions (50 points)

Complete one of the following online activities to earn 50 points:

- Complete a search using the Find and Price Care tool.
- Complete a Virtual Visit.

Rally Challenge (25 points)

Complete a private or public Challenge on Rally and receive 25 points for every one you complete.



* Spouse must be enrolled in the plan to participate and remain enrolled at the time of payout for additional reward payout.

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.

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