



## SimplyEngaged® Health Survey

# What's one way to help improve your health?

Find out by taking a confidential health survey and **earn a reward.**<sup>1</sup>

**It's easy to get started. Here's how:**

- 1. Log on to [myuhc.com](https://myuhc.com) with your user name and password.**
- 2. Click on the "Health & Wellness" tab to access the health survey through Rally™.**
- 3. The health survey takes approximately 15-20 minutes to complete.**

Answer all of the survey questions to personalize your experience. The health survey results may be your starting point for improving your health. With the completion of the health survey, you receive the following:

- ▶ Your results as a "Rally Age" – a number that provides you with an indicator of how your health age compares with your actual age.
- ▶ Personalized and interactive results including suggested Missions, which are your online health actions.
- ▶ Telephonic coaching resources for high-risk health concerns.
- ▶ Health survey data added to your online health record.

Please call **1-855-215-0230** if you have questions about your rewards.

## UnitedHealthcare understands the importance of protecting your privacy.

We care about the relationship we have with you. The services we provide require that we receive personal information and we know it is important to protect your privacy. Our business practices are in compliance with the Health Insurance Portability and Accountability Act (HIPAA) and other applicable privacy and security requirements.

*Available for Employees and spouses/domestic partners covered by this UnitedHealthcare plan.*



<sup>1</sup> The type of reward is determined by your employer. Log into myuhc.com and click on the Health and Wellness tab to learn more about the reward applicable to you. There is a maximum associated with these rewards. Employees and covered spouse can earn rewards separately. Children may not participate in the reward program.

If a gift card reward is applicable, the opportunity to select a gift card for completing the required activities under this program will expire within 120 days from the last day of the incentive period. Be sure to select a gift card as soon as you have completed the required activities.

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.

SimplyEngaged® is a voluntary program. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. You should consult with an appropriate health care professional to determine what may be right for you. Rewards may be taxable. You should consult with an appropriate tax professional to determine if you have any tax obligations from receiving rewards under this program. If you are unable to meet a standard related to a health factor to obtain a reward under this program, you might qualify for an opportunity to earn the same reward by different means. Contact us at 1-855-215-0230 and we will work with you (and, if necessary, your doctor) to find another way for you to earn the same reward.

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