



## SimplyEngaged® Reward Overview

### Take care of your health and be rewarded

SimplyEngaged is a personal health and wellness program which allows you to earn rewards when you complete these health and wellness actions.

#### It's easy to start earning rewards<sup>1</sup>

Access the Reward Program Overview through Rally™ when you log in to **myuhc.com** for specific details regarding your wellness incentive program.

#### Earn a Reward

- Participate in a biometric health screening<sup>2</sup> and get a \$75 reward**
  - ▶ Participate in a confidential event through any of the following convenient options: Worksite event (if employer has elected); Health Provider Form; or Lab Screening
  - ▶ Learn more about your important health numbers: total cholesterol, blood pressure and Body Mass Index (BMI).
- Complete an online health survey<sup>2</sup> through Rally when you log in to myuhc.com® within 90 days of the start of the program and get a \$25 reward**
  - ▶ Answer all of the survey questions to personalize your overall experience.
  - ▶ Complete the survey and receive your results as a “Rally Age” – an indicator of how your health age compares with your actual age.
- Get a \$20 reward each month that you visit a participating fitness center<sup>2</sup> at least 12 times per month**
  - ▶ Register at a participating fitness center or YMCA® through the Health and Wellness tab on myuhc.com.
  - ▶ You must present your fitness ID card each time you go to the gym.
- Complete a telephone-based health coaching program and get a \$75 reward**
  - ▶ Complete the health survey in order to participate in this health coaching program.
  - ▶ Call the Health Coach at 1-800-478-1057 to begin working on your personal health improvement plan.
  - ▶ Plan accordingly. A telephone-based health coaching session takes three to five months to complete.
- Complete at least 3 Missions<sup>2</sup> through the Rally experience and get a \$50 reward**
  - ▶ Complete the health survey to receive suggested online health actions or “Missions”. Missions are interactive and provide choice that may help you maintain your health.
  - ▶ Plan accordingly. Each mission can take at least four weeks to complete.
- Estimate health care costs on myuhc.com and get a \$25 reward**
  - ▶ Perform at least one cost estimate on an upcoming procedure.
  - ▶ Get simple, comprehensive estimates for your health care costs to help you make more informed decisions.

## 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 critical to protect your privacy. Our business practices are in compliance with the privacy requirements under the Health Insurance Portability and Accountability Act (HIPAA), and other applicable privacy and security requirements.

Remember, your health and well-being begins with you.  
So take control of your health today and be rewarded.



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



<sup>1</sup> 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. The worksite event is for employees only. Children may not participate in the reward program. Incentives can be earned only once every plan year.

<sup>2</sup> Log in to myuhc.com with your user name and password. If you are not registered, you can follow the steps under "Register Now". After you are logged into myuhc.com, click on the Health and Wellness tab to access the Rally experience.

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.

Coins can also be earned under another program, called Rally, for completing certain healthy actions including the ones noted throughout this program.

YMCA is a registered trademark of YMCA of the USA.

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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SimplyEngaged<sup>®</sup> 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.

All UnitedHealthcare members can access a cost estimator online tool at myuhc.com. Depending on your specific benefit plan and the ZIP code that is entered, either the myHealthcare Cost Estimator or the Treatment Cost Estimator will be available. A mobile version of myHealthcare Cost Estimator is available in the Health4Me mobile app, and additional ZIP codes and procedures will be added soon. This tool is not intended to be a guarantee of your costs or benefits. Your actual costs and/or benefits may vary. When accessing the tool, please refer to the Terms and Conditions of Use and Why Your Costs May Vary sections for further information regarding cost estimates. Refer to your health plan coverage document for information regarding your specific benefits.

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

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