



BETTER HEALTH IN YOUR HANDS

Introducing Rally® — an app that is designed to help you improve and maintain your health.

After taking a quick Health Survey, Rally will offer personalized recommendations to help you move more, eat better, and stress less. Sync your tracking device, join a Challenge, and earn virtual coins that you can exchange for rewards for taking healthy steps every day.



Get Started!

Go to:

RallyHealth.com/GetMobile

New to Rally? Please register using Rally Mobile Code: **MARYLAND**

Already on Rally? You're all set. Download the app and login.



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.

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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