

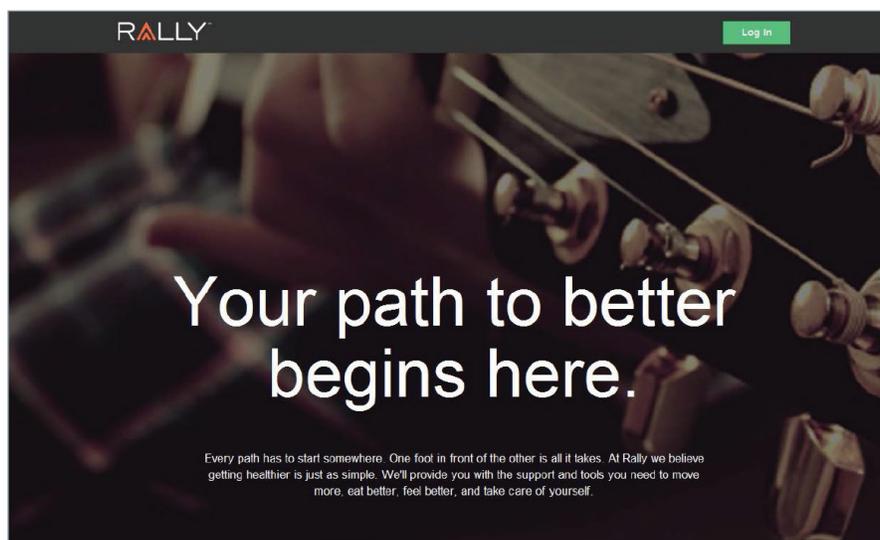


# Begin your journey to managing your health with Rally<sup>SM</sup> on myuhc.com

A fun new way to help improve your health

## A fun and easy-to-use website

UnitedHealthcare is happy to offer Rally, which may help you improve your health, available on **myuhc.com**. This online, interactive experience is designed to make it easy to help you understand healthy behaviors and take any needed steps to help you live a healthier life.



## How is this different from other health and wellness websites?

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



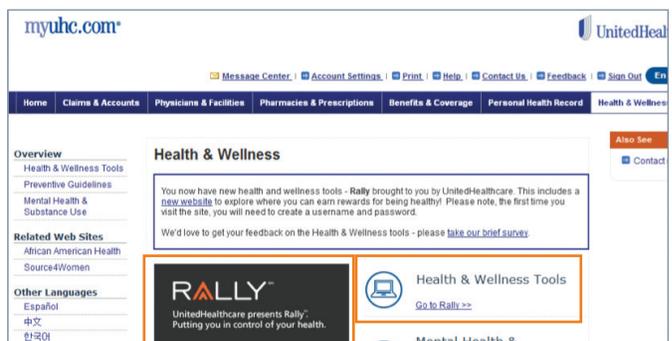
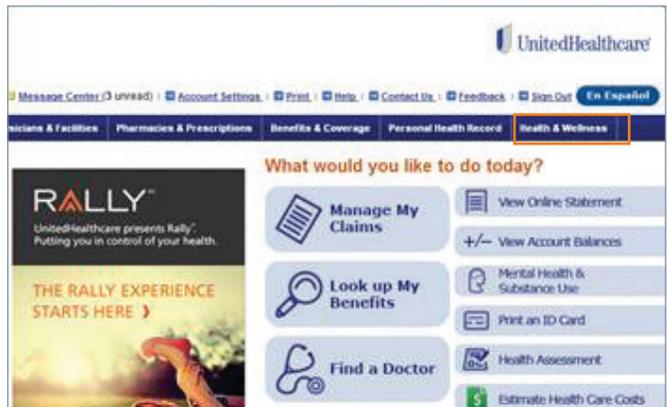
## The first step – log on to myuhc.com

Go to **myuhc.com**. If you are already registered, log in with your username and password and proceed to the "Health & Wellness" tab which is the farthest right tab at the top of the page.

If you have never registered on myuhc.com, click "Register Now" and follow the prompts, then proceed to the Health & Wellness tab as described above

## Health & Wellness tab

Register for Rally by clicking on the Rally banner ad or "Go to Rally" under the health and wellness page.



## Let's get started with Rally

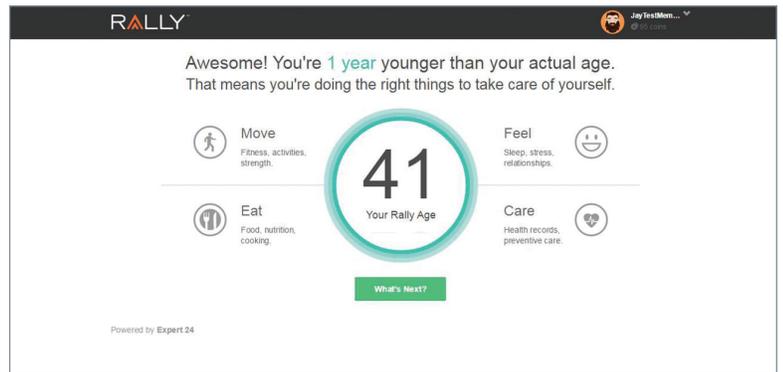
You are now on the Rally registration page. Register by following the 3 simple on-screen steps. You will choose an Avatar to participate in online communities or other activities. Your username should be fun and memorable but NOT your real name.



**With Rally**, it takes just a few minutes to answer some simple questions and get immediate and confidential results. You will be provided with specific health suggestions for you to consider and follow-up actions that are designed to work with you and your daily behaviors. This information may help you better understand your healthy behaviors to help you live a healthier lifestyle.

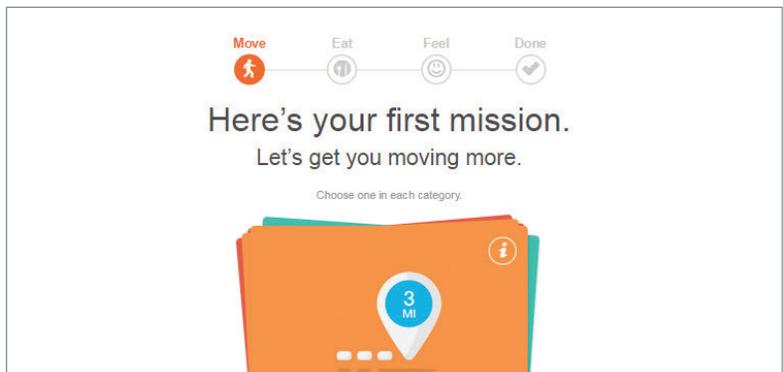
## Rally experience

With Rally, you will experience an interactive journey answering questions that will personalize your Rally experience. This Health Survey will provide you with visual prompts in a clear and easy to follow format. Upon completion of the Health Survey, you receive your results as a "Rally Age" – a number that provides you with an indicator of how your health age compares with your actual age.



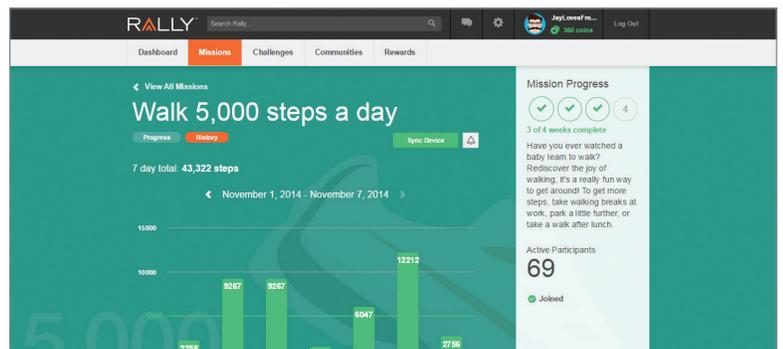
## Select your Missions

In addition to your Rally Age you will also receive personalized and interactive results including suggested Missions, or individual action plans, based on your Health Survey. Missions provide activities to improve or help maintain your health.



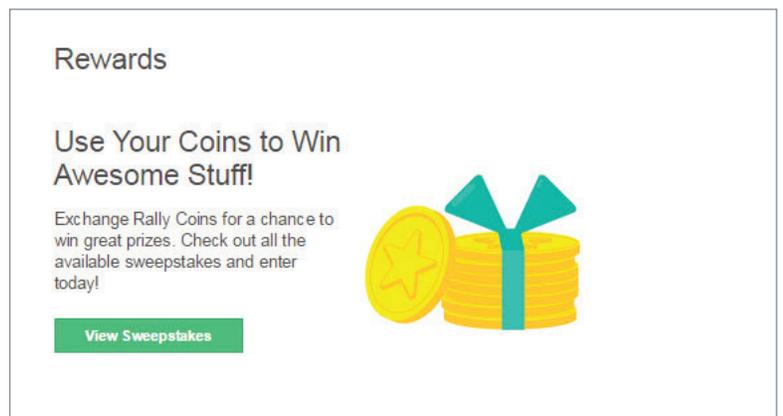
## Track your personalized missions

After joining your Missions you can easily track your progress by self-reporting or integrating wearable fitness devices from FitBit®, Jawbone UP®, or Body Media®.



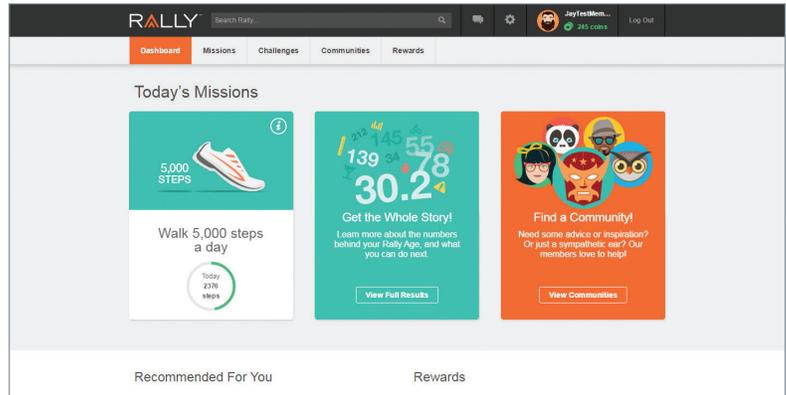
## Earning rewards is easy

As you complete certain activities within Rally you may earn coins for your efforts, which can be used to enter sweepstakes for great prizes.



## Making healthy connections

With Rally, you can also join an online challenge, participate in communities where you can connect with others about health topics important to you, and stay up-to-date on health related news.



## Get started with Rally today

- In about 15 minutes, you can get a personal health summary, complete with suggestions to help you improve your health.
- You'll get real-time feedback and:
  - Missions to help you in changing your behavior
  - Ways to track or monitor your actions, like physical activities, weight loss and more
  - Help as you work toward a healthier lifestyle
  - Your "Rally Age" and how it compares to your "Actual Age," which may help you assess your current health status.



Get started today and start your Rally health and wellness journey, visit [myuhc.com](http://myuhc.com).

**RALLY**<sup>SM</sup>

 **UnitedHealthcare**<sup>®</sup>

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.

Participation in the Health Assessment is strictly voluntary. Any health information collected as part of the assessment will be kept confidential in accordance with the Notice of Privacy Practices; be used only for health and wellness recommendations or for payment, treatment or health care operations; and be shared with your health plan, but not with your employer. Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.