

# Get active, get healthier, get rewards. What's not to like?



## Rally can help you get healthier, one small step at a time.

Rally® shows you how to make simple changes to your daily routine, set smart goals and stay on target. You'll get personalized recommendations on how to move more, eat better and feel happier—and have fun doing it.

Start with the quick Health Survey to help you assess your overall health. Rally will then recommend missions for you: simple activities designed to help immediately improve your diet, fitness and mood. Start easy, and level up when you're ready.

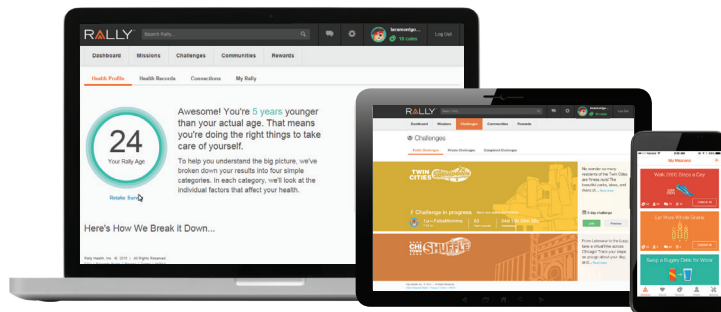
Plus, you can earn Rally coins, which can be redeemed for discounts on a wide selection of name-brand items through the Rally Marketplace<sup>SM</sup>. Rack up coins for joining Missions, pushing yourself in a challenge and even just for logging in every day.

Rally is available at no additional cost to you, as part of your health plan benefits.

# RALLY®

## Find your mission today.

- Set personal health goals.
- Build better habits.
- Win cool stuff.



Register today at [myuhc.com](http://myuhc.com)®.



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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