



MISSION: A HEALTHIER YOU

Find out how to achieve it with Rally.



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

REGISTER TODAY
at myuhc.com®.

Available online via your computer, smartphone or tablet, Rally is an interactive way to make getting healthier fun. It even works with wearables like Fitbit®, Jawbone® and BodyMedia®.



Get Your Rally AgeSM

Answer a few easy questions to help you assess your overall health.



Build Better Habits

Get personalized activity recommendations to reach your health goals.



Win Cool Stuff

Collect Rally Coins and bonus incentives for taking positive steps and making healthier choices every day.

IPG | **1-866-679-0946**

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. Your Health Age is based on self-disclosed information, including any applicable biometric screening data.

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