

# Completing The Biometric Screening



Health Actions



Rewards

SimplyEngaged is an innovative incentive program that may help you and your covered spouse meet personal health and wellness goals. Through this program, you can learn how to make more informed health care decisions, create a personalized action plan and complete specific health actions — all while getting rewarded along the way.

## Here's how to earn and access rewards.

Access [myuhc.com](http://myuhc.com)® and find the SimplyEngaged Reward Program in Rally®, a user-friendly digital experience that supports your engagement throughout your health journey.

You can earn up to **\$200<sup>1</sup>** by completing any combination of activities below:

Health Action	Reward	Description
<b>Biometric Screening</b>	<b>\$75 + Rally Coins</b>	<p>Participate in a confidential screening to earn rewards and learn more about your important health numbers (total cholesterol, body mass index, blood pressure and blood sugar).</p> <p><b>Instructions for obtaining your Physician Results Form:</b></p> <ol style="list-style-type: none"> <li>1. Create a HealthSafe Account on the United Healthcare Site. If you haven't already created an account go to <a href="http://www.myuhc.com">www.myuhc.com</a>. Under "New to this Site?" Click on "Register Now" and complete the registration screens.</li> <li>2. Register for the SimplyEngaged Reward Program in Rally. Log in to <a href="http://www.myuhc.com">www.myuhc.com</a> and create your Rally Account under the Health Resources Tab. You will need your UHC Member ID off of your Medical ID Card. You can call 1-855-215-0230 to get help with the registration process.</li> <li>3. Once your Rally Account has been created Click on the Health Resources Tab (if scheduling from your phone this step may not be needed)</li> <li>4. Click on Rewards Tab</li> <li>5. Under Program Activities go to the "Complete Biometric Screening" Box and click on Learn More</li> <li>6. Choose the Physician Option</li> <li>7. Download Physician Form and follow instructions on the form</li> </ol>



## Start earning and access your rewards today.

1. Log in or register on [myuhc.com](http://myuhc.com).
2. Click the link to Rally under Health Resources.
3. Register on Rally to view and track your activities and start earning your SimplyEngaged rewards.

**Questions? Call 1-855-215-0230.**

<sup>1</sup> The reward type is determined by your employer. The opportunity to select an earned gift card will expire 120 days from the last day of the incentive period. Rally Coins can also be earned under Rally Health.

<sup>2</sup> The employer onsite biometric event is only available for employees.

<sup>3</sup> Additional completed Missions will not be financially rewarded.

<sup>4</sup> A reward can only be earned once per incentive year per health action, with the exception of the Fitness Action, up to the maximum incentive amount. Rally Coins may be used to enter sweepstakes for additional rewards.

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.

SimplyEngaged® 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.

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