



# A way to happier, healthier employees.

Chronic diseases are responsible for 7 of 10 deaths each year, and treating people with chronic diseases accounts for 86% of our nation’s health care costs.<sup>1</sup> That’s why 73% of employers want to raise employee awareness of health and risks.<sup>2</sup> You may be able to help your employees change behaviors tied to poor health by offering incentives and resources that help encourage them to get—and stay—healthier.

## Meet a time-tested, turnkey wellness program.

SimplyEngaged® features a simple yet comprehensive approach designed to increase personal ownership of healthy behavior:

- Members are incented for completing health actions, using tools and more.
- Members use a program that is integrated with UnitedHealthcare clinical and wellness programs through Rally®.
- Members are engaged and motivated through a personalized dashboard, rewards overview and set of recommendations.

## SimplyEngaged rewards employees and covered spouses for completing health actions:

SimplyEngaged



Health Actions



Rewards

CONTINUED

**What makes us healthy?<sup>3</sup>**

- 10%** access to care
- 20%** genetics
- 20%** environment
- 50%** healthy behaviors

SimplyEngaged helps make it easier to incent employees to engage in healthier behavior.

Health Actions	SimplyEngaged
Health Survey + Video	Rally Coins
Complete one of the following: Wellness Coaching, Real Appeal® or Quit For Life®	Rally Coins
Complete a Virtual Visit	Rally Coins
Gym Check-In	\$20/month + Rally Coins
<b>Maximum Annual Incentive:</b>	
<b>Up to \$240/employee and \$240/spouse cash reimbursement for Gym Check-In.</b>	
<b>Additional \$10 gift card earned from Rally Coins.</b>	
<b>Private sweepstakes.</b>	

## Simply put, SimplyEngaged works.

Compared to non-incentive groups, SimplyEngaged groups had:

**70%+** users check into gyms 9–12 times per month.<sup>4</sup>

**77%** of learners complete an online Wellness Coaching course.<sup>5</sup>

Offering a wellness incentive program—combined with our core wellness capabilities—lets your employees know you value their health. Plus, encouraging and rewarding them for completing health actions helps put them in control of their well-being.

Members can earn financial rewards for Gym Check-In, up to the annual incentive maximum. Rally Coins are earned by completing any combination of health actions accessed on Rally, and can be used for sweepstakes, discounts, donations and more.

## Helping to create a winning culture of health.

### Employees may:

- Be incented to make positive changes.
- Become aware of healthier lifestyle activities.
- Help build better health through positive habits.

### Employers may see:

- Reduced absenteeism and higher productivity.
- Improved employee morale.
- Possible lower workers' compensation costs.
- Reduced medical claims over time.



**To learn more about SimplyEngaged and how to help your employees become better stewards of their health, contact your UnitedHealthcare representative.**



<sup>1</sup> Chronic Disease Prevention and Health Promotion, CDC, Nov. 14, 2016. [cdc.gov/chronicdisease](http://cdc.gov/chronicdisease). <sup>2</sup> Staying at Work—Global—2016, WillisTowersWatson. <sup>3</sup> F as in Fat: How Obesity Threatens America's Future, Trust for America's Health/Robert Wood Johnson Foundation, August 2014. Accessed June 2020. <sup>4</sup> Rally internal data, 2019. <sup>5</sup> Optum® Academy Quarterly Report, 1Q18.

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.

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.

Real Appeal is a voluntary weight loss program that is offered to eligible participants as part of their benefit plan. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical and/or nutritional advice. Participants should consult an appropriate health care professional to determine what may be right for them. Any items/tools that are provided may be taxable and participants should consult an appropriate tax professional to determine any tax obligations they may have from receiving items/tools under the program.

The Quit For Life Program provides information regarding tobacco cessation methods and related well-being support. Any health information provided by you is kept confidential in accordance with the law. The Quit For Life Program does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you. Participation in this program is voluntary. If you have specific health care needs or questions, consult an appropriate health care professional. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.

Virtual Visits phone and video chat with a doctor are not an insurance product, health care provider or a health plan. Unless otherwise required, benefits are available only when services are delivered through a Designated Virtual Network Provider. Virtual Visits are not intended to address emergency or life-threatening medical conditions and should not be used in those circumstances. Services may not be available at all times, or in all locations, or for all members. Check your benefit plan to determine if these services are available.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates.

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