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.¹ That’s why 73% of employers want to raise employee awareness of health and risks.² 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 helps make it easier to incent employees to engage in healthier behavior.

What makes us healthy?³
10% access to care
20% genetics
20% environment
50% healthy behaviors

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

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.

**SimplyEngaged works.**

Compared to non-incentive groups, SimplyEngaged groups had:

- **70%+** users check into gyms 9–12 times per month. 4
- **77%** of learners complete an online Wellness Coaching course. 5

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.

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1 Chronic Disease Prevention and Health Promotion, CDC, Nov. 14, 2016. cdc.gov/chronicdisease
2 Staying at Work – Global – 2016, WillisTowersWatson

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