Earn up to $300* for completing health and wellness activities.

With SimplyEngaged Plus, you can get rewarded for taking healthier actions.

Here’s how SimplyEngaged Plus works.

With Rally®, you can access the SimplyEngaged® Plus health and wellness activities available to you. For each Health Action you complete, you’ll earn Rally Coins,* which you can redeem for great rewards. Plus, you can earn financial incentives provided through gift cards, health account deposits or premium reductions. Rally’s digital experience gives you one place to easily track your activities and rewards.

To get started, go to myuhc.com® > Health Resources > Rally.

<table>
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<tr>
<th>Health Actions:</th>
<th>Reward:</th>
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<tr>
<td>Complete the Health Survey and watch the video.</td>
<td>$25 + Rally Coins</td>
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<tr>
<td>The Health Survey takes about 15 minutes and upon completion you’ll receive personalized recommendations to help you set health goals. Pair this with a short Health Actions video to see your opportunities to earn rewards.</td>
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<th>Complete a coaching program.</th>
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<td>The results of your Health Survey will provide recommendations for coaching programs that may help improve your health and wellness. These programs are available at no additional cost as part of your health plan benefits. Complete one of the following programs to earn more rewards:</td>
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<td>Wellness Coaching provides access to expert coaches and digital tools to help you reach your health goals. It’s all about getting and staying healthy—your way—anytime. Choose from a variety of programs, like sleeping better, eating smarter and getting fit.</td>
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<tr>
<td>Real Appeal® can help you start living a healthier life with online weight loss tools proven to help you achieve lifelong results, one small step at a time. Real Appeal delivers the support you need to lose weight through online coaching, a Success Kit delivered to your door and a community of members to keep you motivated.</td>
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<tr>
<td>Quit For Life® has helped 4 million members quit smoking or using tobacco.¹ It provides the tools, 1-on-1 support and a personalized plan to help you quit your way.</td>
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CONTINUED
Health Actions:

Complete a Biometric screening.
A Biometric health screening may help you and your doctor make more informed decisions about your health.

**Reward:**

$50 per metric and Rally coins based on the following health outcome results:

- Blood pressure of 130/80 or better.
- Body mass index (BMI) of 25.0 or less or a 2-point or more improvement.
- Total cholesterol is less than 200.
- Tobacco-free.

You have 3 options to participate in the health screening:

1. Employer on-site event, if available.
2. Doctor's office or convenience care clinic. (Provider Results form must be completed.)
3. Participating Quest Diagnostics® provider.

Complete a Virtual Visit.

Virtual Visits can be a convenient option when you need care. You can talk to a doctor—24/7—by phone or video for conditions like the flu, allergies, rashes, migraines and many more.

**Reward:**

$25 + Rally Coins

Complete a Gym Check-In.

Check in to a participating fitness center at least 12 days per month on the Rally Health app. Select from a network of leading fitness centers where you'll find boxing, climbing, cycling, yoga, Pilates, traditional gyms and more.

**Reward:**

$20/mo. + Rally Coins

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