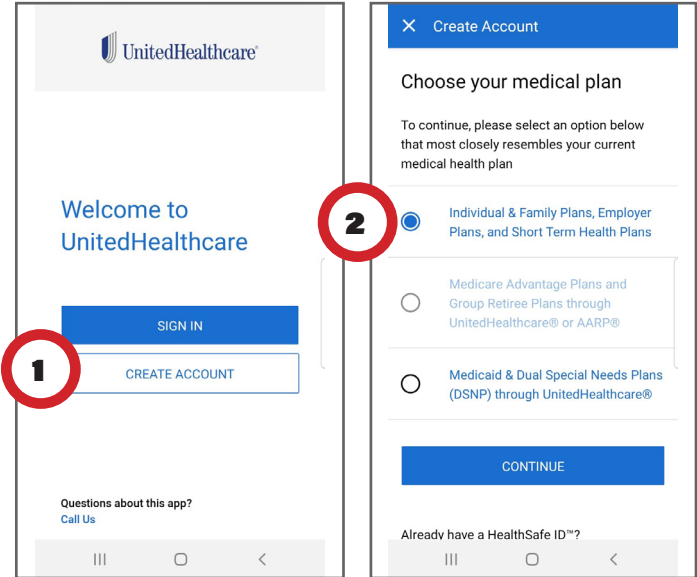


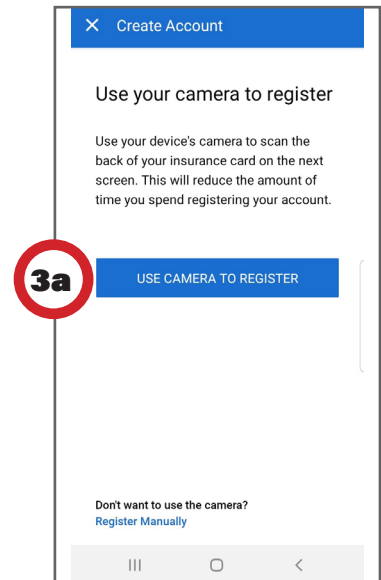
United Healthcare App

Register for the United Healthcare app to get information about your deductibles, account, doctors, plan information, etc. Once you download the app:

1. Choose "Create an Account"
2. Choose "Individual & Family Plans, Employer Plans, and Short Term Health Plans"



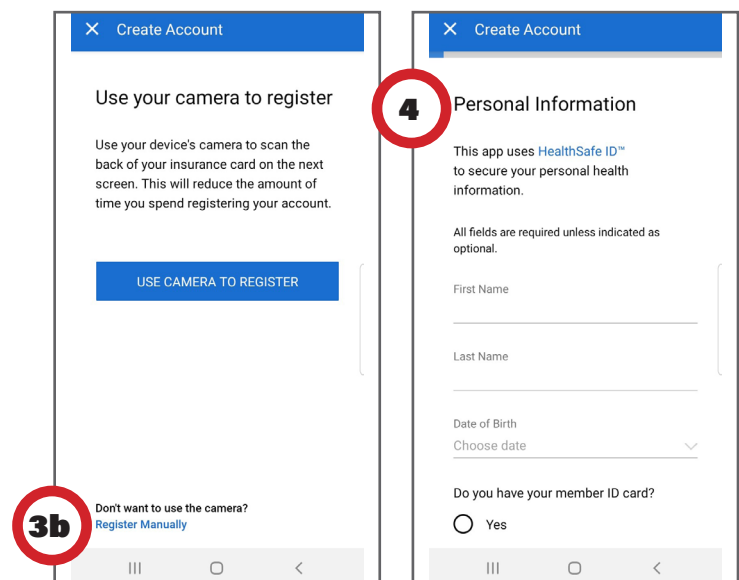
3a. If you **HAVE** received your card in the mail, follow the directions on screen to use your camera to register.



If you have **NOT** received your card the app will provide you with a digital copy.

- 3b. Click "Register Manually"
4. Follow the instructions on screen and fill in your Personal Information

After you have registered for your account, you can now setup your Rally wellness platform account.



Rally Health - Wellness Platform

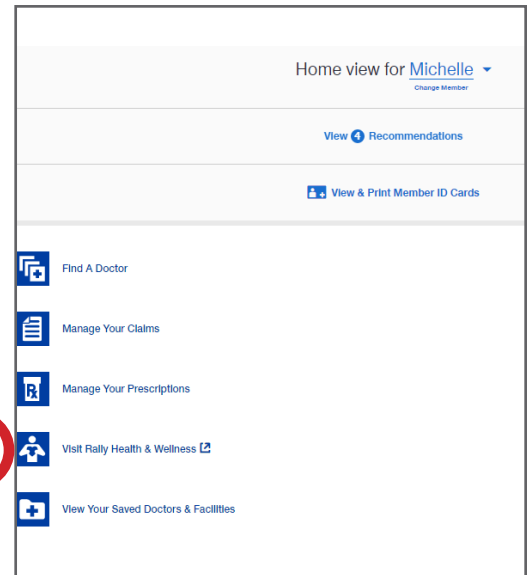
United Healthcare uses a different wellness platform called **Rally**. Rally is the replacement to our old wellness platform (aka Go365). The Rally platform earns you rally coins that can be exchanged for various rewards. The rally coins are earned by completion of certain tasks inside their system. More information can be found at the end of this document regarding rally coins.

In early January, Taste Buds will announce our new wellness engagement program, which includes Rally. The new program will explain how to earn Engaged and Super Engaged status to get a wellness credit toward discounts on your health insurance premiums toward next years plan, so stay tuned!

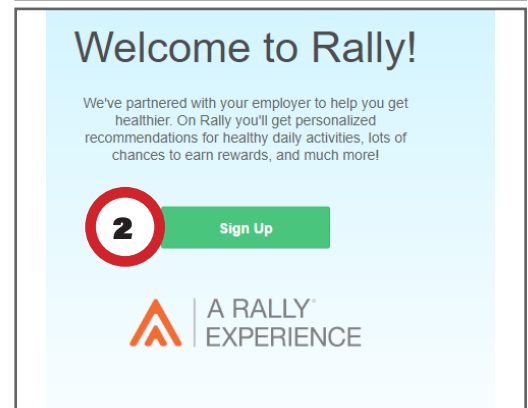
To setup your Rally account, you will need to use your United Healthcare login credentials by going to a WEB BROWSER like Google Chrome, Internet Explorer, or Safari.

Go to MyUHC.com to login and enter in the login information you created for United Healthcare.

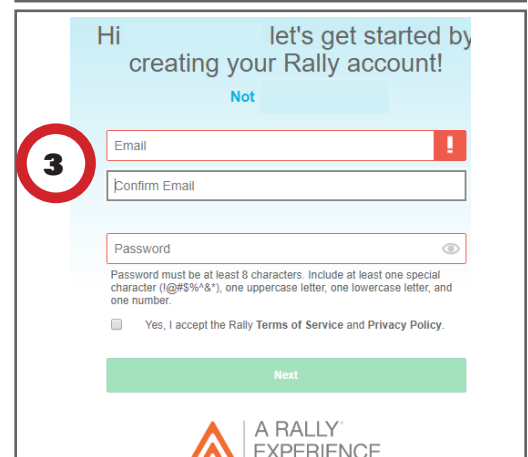
1. Click the "Visit Rally Health & Wellness" link



2. On the login screen click the "Sign Up" button



3. Follow the directions on screen to finish setting up your Rally account.



When complete, you can download the Rally Health app and now begin using the app.

User guide

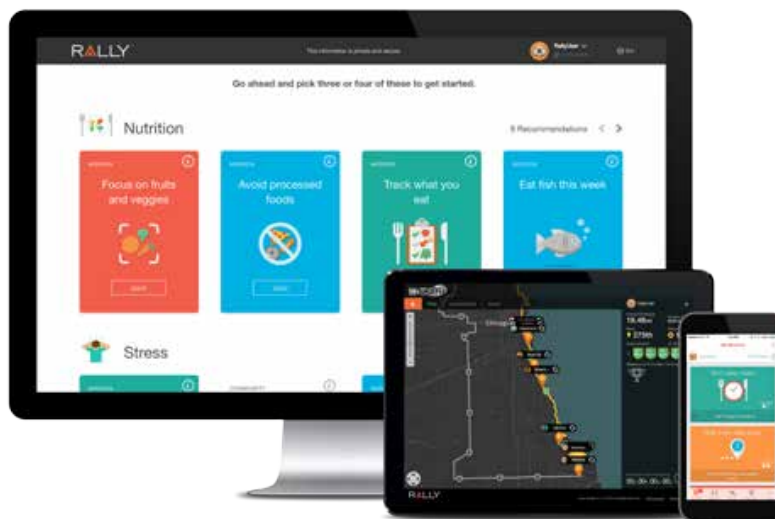
Begin your journey to managing your health with Rally®



What is Rally?

A fun and easy-to-use web and mobile app

Designed to help you improve your health, this interactive web and mobile experience recommends simple actions you can take every day. And Rally rewards you as you make progress.



What's in it for me?

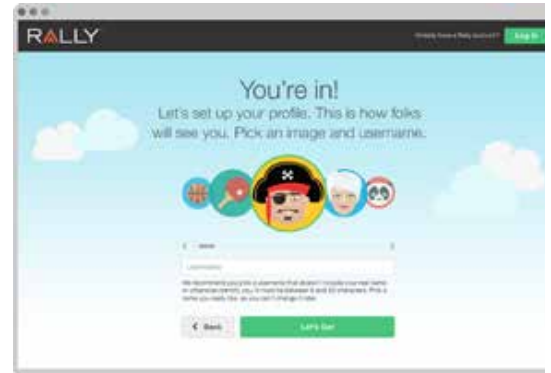
The focus of Rally is to help improve your health and well-being. Rally goes beyond your physical health and factors in emotional, financial, social and community connections. Combining these aspects of your well-being may help you better manage your health.



Get started today at myuhc.com[®]

Create your Rally profile

On the Rally website, register by following on-screen instructions. You will choose an Avatar to participate in online communities or other activities. Your username should be fun and memorable but not your real name.



Take Rally on the go!

Once you've registered, download the Rally app at the App Store[®] or Google Play[™], and login. Check in to Missions, track your steps, see progress in Challenges, use your Rally Coins and more — from the palm of your hand.



Want to get your eligible spouse or dependent registered on Rally?

Follow all the same instructions as above to create their own account. You can challenge each other, send encouragement and get healthier together.

Rally experience

Rally Age

You will start on Rally by answering questions that will personalize your Rally profile. The Health Survey is presented as a visual experience with a clear, easy-to-follow format. Upon completion of the Health Survey, you will receive your Rally AgeSM – a number that indicates how your health age compares with your actual age.



Missions

In addition to your Rally Age, you will also receive personalized recommendations, in the form of simple activities, known as Missions. Your recommended Missions may help you improve or maintain your health. After joining your Missions, you may easily track your progress by self-reporting or using wearable fitness devices from Fitbit®, Jawbone UP® or Body Media®.



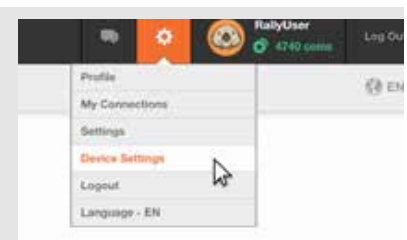
Rewards

As you complete certain activities within Rally, you may earn coins for your efforts, which can be used to enter sweepstakes for a chance to win rewards.



Syncing your device

Click on the gear icon in the top right corner of any page and select **Device Settings** from the drop-down menu. Select the button for your device (for example, your Fitbit) and click **Update Activity Device**. You will be taken to the manufacturer's website and will need to log in to your account there. When you're done, return to the Challenge or Mission and you'll be able to sync your device.



Additional features

Challenges

Rally Health Challenges may help you get more active and stay motivated by rewarding you as you work toward walking, running, biking or swimming goals. And whatever your interests or fitness level, there's sure to be a Challenge for you. You'll earn Rally Coins along the way, which you can exchange for a chance to win great rewards!



Communities

One of the most popular features on Rally, Communities offer members a chance to interact with each other in a positive, friendly environment. From diet and fitness to sleep, back pain and even relationships, our members can share their experiences and offer tips, motivation and support.



Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

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 of the health survey is voluntary. Your responses will be used in accordance with law to provide health and wellness recommendations and to conduct other plan activities. Your Health Age is based on self-disclosed information, including any applicable biometric screening data.

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Rally Coins

Everything you need to know



What are Rally Coins?

Pretty much everything you do on Rally will earn you Rally Coins. You can redeem these for chances to win great rewards such as fitness trackers, gift cards and more.

Where can I find my Rally Coin balance?

You can always see your coin balance right below your username in the top right corner of any page in Rally. You can also find your coin balance under the "Rewards" tab.

How do I earn Rally Coins?

There are many ways to earn Rally Coins. For example, you earn coins for logging in every day, completing the Health Survey, and making progress in Missions and Challenges. The amount of coins you can earn depends on the activities you complete. The chart below highlights some ways to earn:

Activity	Coins Earned
Logging in once	5
Logging in on consecutive days	10
Completing the Survey	150
Successfully reaching a daily Mission objective	10
Successfully reaching a weekly Mission objective	20
Successfully completing a Mission	75
Placing 1st in a Challenge	100
Placing 2nd in a Challenge	75
Placing 3rd in a Challenge	50



Are Rally Coins equivalent to currency?

No. Rally Coins are unique to Rally and are only good for use within our platforms. Rally Coins cannot be exchanged for an equivalent to real currency (e.g. USD).

What can I do with my Rally Coins?

Log in to Rally and check the Rewards section to see all available Rewards. From there, you can view the Sweepstakes, Marketplace items, Auctions, and Donations, if applicable. To enter a sweepstakes, simply click the Enter button. Your entry will be competing against the total Rally population, unless specifically noted. In the Rally Marketplace, you can choose to exchange coins for significant discounts on a wide selection of popular items. Rally Auctions lets you bid your Rally Coins on rewards of your choice, and if you're not the highest bidder, you get to keep your coins and try again. Finally, you can donate your coins to help trigger a donation by Rally to one of several worthy causes. When a charity reaches a certain coin threshold, Rally makes a substantial cash donation to that charity.

Are my Rally Coin donations tax deductible?

Sorry, no. Rally Health will be making a cash donation to each specified charity at the end of every calendar quarter if the number of Rally Coins donated collectively meets certain specified thresholds. As Rally Coins have no cash value and Rally Health is the organization directly making the donations, they are not tax deductible for individual users.

How do I know if my redemption of Rally Coins went through?

We will send out a confirmation email once you redeem your coins. The email will let you know that your exchange went through and will provide a link to the Rewards Redemption page where you can find the discount or the link to the discounted product. You can also check the coin history in your Rally account, or the Reward Activity section.

When I redeem a discount, do I have to pay taxes on it?

No. The discount codes provided on Marketplace are not deemed taxable income.