

Get started with SimplyEngaged today

Access the Reward Program Overview through Rally when you log in to **uhcwest.com** for specific details regarding your wellness incentive program.

Earn a Reward

- ✓ Participate in biometric health screening²
- ✓ Complete a health survey² through Rally when you log in to **uhcwest.com** within 90 days of the start of the program
- ✓ Visit a participating fitness center² at least 12 times per month
- ✓ Complete a telephone-based health coaching program
- ✓ Complete at least 3 missions² through the Rally experience

Access your health actions through the Rally experience when you log in to **uhcwest.com**, or call **1-855-215-0230** if you have questions about your rewards.



¹ Type of reward is determined by your employer. Log into **uhcwest.com** and click on Health and Wellness tab to learn more about the reward applicable to you. A reward maximum applies. Employees and covered spouses can earn rewards separately.

² Log in to **uhcwest.com** with your user name and password. If you are not registered, you can follow the steps under "Register Now". After you are logged into **uhcwest.com**, click on the Health and Wellness tab to access the Rally experience.

Children may not participate in the reward program.

Incentives can be earned only once every plan year. Gift card rewards expire 120 day ending the incentive period.

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.

YMCA is a registered trademark of YMCA of the USA.

Health plan coverage provided by or through UnitedHealthcare Insurance Company and UnitedHealthcare of California, UnitedHealthcare of Oklahoma, Inc., UnitedHealthcare of Oregon, Inc., UnitedHealthcare Benefits of Texas, Inc., UnitedHealthcare of Washington, Inc. Administrative services provided by PacifiCare Health Plan Administrators, Inc., Prescription Solutions or OptumHealth Care Solutions, Inc. Behavioral health products are provided by U.S. Behavioral Health Plan, California (USBHPC) or United Behavioral Health (UBH).

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Begin your journey to your health actions and SimplyEngaged[®] rewards¹ within **RallySM** on **uhcwest.com**



Access your SimplyEngaged health actions through uhcwest.com

You can access Rally on the health and wellness page once you log in to **uhcwest.com**. Then click on "Start Today" under, Take our Health Assessment.

If you haven't yet registered on **uhcwest.com**, click "Register Now" and follow the prompts, then proceed to the Health & Wellness tab as described above.

The screenshot shows the UnitedHealthcare member website interface. At the top, there are navigation links for "Member/Visitor Home", "Health Plans", "Tools & Services", and "Health & Wellness". The "Health & Wellness" tab is selected. The main content area features a "WELCOME" message, a "Log In" form with fields for Member ID and Password, and a "Not Registered Yet?" section with a "Register Now for Member Access" link. There are also sections for "HIGHLIGHTS" and "Need Insurance? REQUEST A QUOTE!". The footer includes "ENJOY THE REWARDS OF A HEALTHY LIFESTYLE" and "TRANSLATION INFORMATION" with links for English, Español, and 中文.

How is Rally different from other health and wellness websites?

The focus is on your overall health and well-being

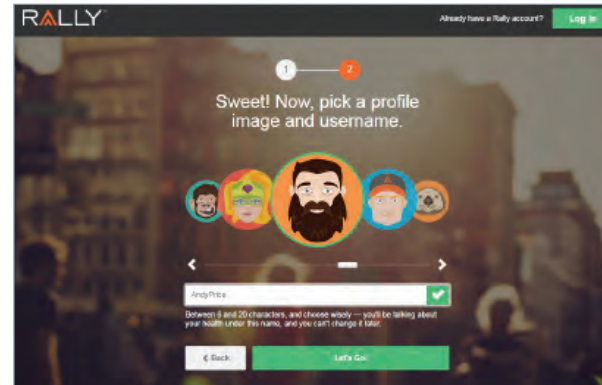
Rally goes beyond your physical health and factors in important emotional, financial, social and community connections. Combining these important aspects of your overall well-being may help you manage your health.



Access the SimplyEngaged program

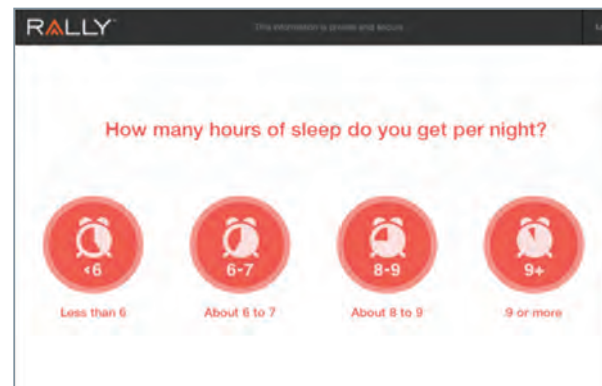
Let's get started with Rally

You are now on the Rally registration page. Register by following the 3 simple on-screen steps. 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.



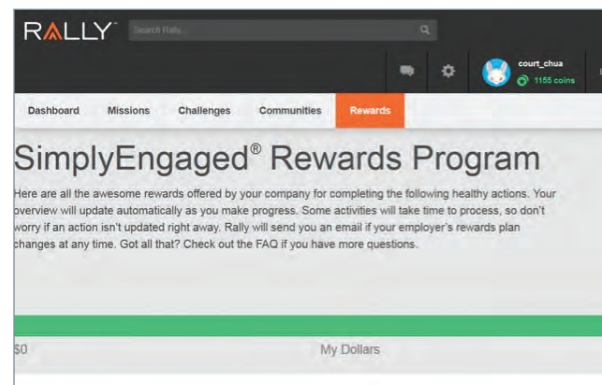
Take the health survey

With Rally it takes just a few minutes to get immediate results. You will experience an interactive journey answering questions to personalize your Rally experience. Upon completion of the health survey, you receive your results as a "Rally Age" – a number that provides you with an indicator of how your health age compares with your actual age.



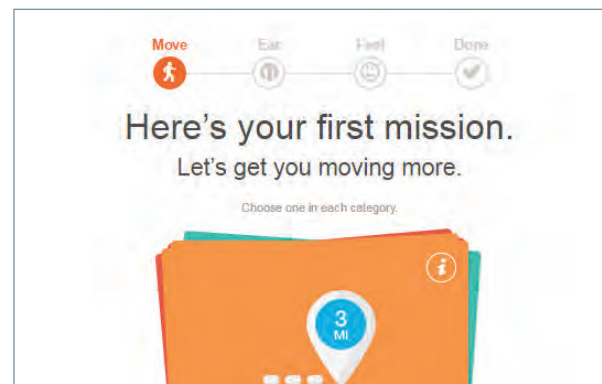
SimplyEngaged Reward Program Overview

Take the opportunity to familiarize yourself with SimplyEngaged. All of your available health actions and applicable rewards¹ are displayed and tracked here. As you complete certain SimplyEngaged actions, you earn rewards.



Select your Missions

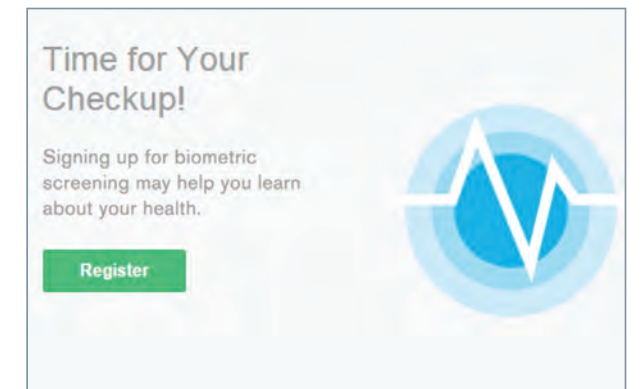
In addition to your Rally Age you will also receive personalized and interactive results including suggested missions, or individual action plans, based on your health survey. Missions provide you with suggested activities you can do to help improve or maintain your health.



Access the SimplyEngaged program

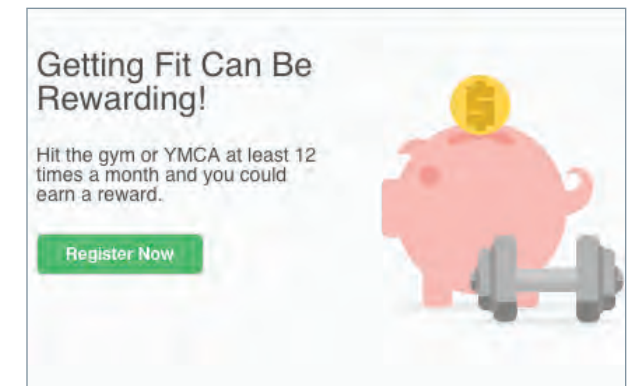
Participate in a Biometric Screening

A biometric screening may help you better understand your health numbers and what they may mean to your overall health. Access the screening options through Rally when you log in to **uhcwest.com**.



Visit the gym

To help you stay motivated, you will get a reward for visiting a participating fitness center or YMCA® at least 12 times a month. You can access the registration through Rally on **uhcwest.com** and select from a network of leading fitness centers.



Complete a Telephonic Wellness Coaching Program

Once you've received your biometric screening results and completed the health survey, you'll have some suggested goals that may help improve your overall health and wellness. To help meet your goals, you can take part in telephone-based coaching.

