



# Get rewarded for going to the gym.

Going to the gym isn't always easy. To help you stay motivated, you will get a reward\* for visiting a participating fitness center at least 12 days in a month.

## Select from a network of leading fitness centers, including:

- 24 Hour Fitness®.
- Snap Fitness®.
- Planet Fitness®.
- Curves®.
- Anytime Fitness®.
- YMCA®.
- Life Time Fitness®.
- LA Fitness®.
- And many more.

Many fitness centers offer passes that let you try a facility before joining.

## How do I enroll?

- 1 Log in to [myuhc.com](https://myuhc.com)®.
- 2 Click on the *Health Resources* tab to go to Rally®.
- 3 On Rally, select *Rewards*.
- 4 Search for *Fitness Reimbursement Goal*.
- 5 Enter your ZIP code and select your facility from the search results. If you don't see your preferred facility available, a referral process exists. Call **1-855-215-0230** if you have questions about your rewards.
- 6 Follow the instructions to enroll in the fitness reimbursement program.
- 7 Show your fitness center membership card each time you visit the facility.
- 8 Earn a reward when you visit the fitness center at least 12 days in a month.



### REWARD — \$20 per month and Rally Coins.

Visit a participating fitness center or local YMCA at least 12 days per month to earn a \$20 monthly reward, as well as Rally Coins.

## UnitedHealthcare understands the importance of protecting your privacy.

We care about the relationship we have with you. The services we provide require that we receive personal information, and we know it is important to protect your privacy. Our business practices are in compliance with the Health Insurance Portability and Accountability Act (HIPAA) and other applicable privacy and security requirements.



If you have questions about your rewards, call 1-855-215-0230.



Log in to [myuhc.com](https://myuhc.com).



\* The incentive period will run from January 1st to December 31st for each year. Rally Coins can also be earned under Rally Health.

A reward can only be earned once per incentive year per health action, with the exception of the Fitness Action, up to the maximum incentive amount. Rally Coins may be used to enter sweepstakes for additional rewards.

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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.

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

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