



# Get support to eat healthier, sleep better and move more



Rally® can offer small steps for a healthier lifestyle—and help you earn rewards along the way.



## Take the Health Survey

Use your results to help set health goals.



## Get personalized recommendations

Build healthier habits with well-being programs, activities and more.



## Earn rewards

Take healthy actions, achieve goals and earn Rally Coins.



Visit [myuhc.com](https://myuhc.com)® > Health Resources > Rally

United  
Healthcare

RALLY®

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.

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

B2C EI211145714.0 1/22 © 2022 United HealthCare Services, Inc. All Rights Reserved. 21-1140965-K