



SimplyEngaged[®] Reward Overview

Take care of your health and be rewarded

SimplyEngaged is a personal health and wellness program which allows you to earn rewards when you complete these health and wellness actions.

It's easy to start earning rewards¹

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

Earn a Reward

- Participate in a biometric health screening² and get a \$75 reward**
 - ▶ Participate in a confidential event through any of the following convenient options: Worksite event (if employer has elected); Health Provider Form; or Lab Screening
 - ▶ Learn more about your important health numbers: total cholesterol, blood pressure and Body Mass Index (BMI).
- Complete an online health survey² through Rally when you log in to myuhc.com[®] within 90 days of the start of the program and get a \$25 reward**
 - ▶ Answer all of the survey questions to personalize your overall experience.
 - ▶ Complete the survey and receive your results as a “Rally Age” – an indicator of how your health age compares with your actual age.
- Get a \$20 reward each month that you visit a participating fitness center² at least 12 times per month**
 - ▶ Register at a participating fitness center or YMCA[®] through the Health and Wellness tab on myuhc.com.
 - ▶ You must present your fitness ID card each time you go to the gym.
- Complete a telephone-based health coaching program and get a \$75 reward**
 - ▶ Complete the health survey in order to participate in this health coaching program.
 - ▶ Call the Health Coach at 1-800-478-1057 to begin working on your personal health improvement plan.
 - ▶ Plan accordingly. A telephone-based health coaching session takes three to five months to complete.
- Complete at least 3 Missions² through the Rally experience and get a \$50 reward**
 - ▶ Complete the health survey to receive suggested online health actions or “Missions”. Missions are interactive and provide choice that may help you maintain your health.
 - ▶ Plan accordingly. Each mission can take at least four weeks to complete.

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 critical to protect your privacy. Our business practices are in compliance with the privacy requirements under the Health Insurance Portability and Accountability Act (HIPAA), and other applicable privacy and security requirements.

Remember, your health and well-being begins with you.
So take control of your health today and be rewarded.



Please call **1-855-215-0230** if you have questions about your rewards.



¹ Type of reward is determined by your employer. Log into myuhc.com and click on the Health and Wellness tab to learn more about the reward applicable to you.

There is a maximum associated with these rewards. Employees and covered spouse can earn rewards separately. The worksite event is for employees only. Children may not participate in the reward program. Incentives can be earned only once every plan year.

² Log in to myuhc.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 myuhc.com, click on the Health and Wellness tab to access the Rally experience.

If a gift card reward is applicable, the opportunity to select a gift card for completing the required activities under this program will expire within 120 days from the last day of the incentive period. Be sure to select a gift card as soon as you have completed the required activities.

Coins can also be earned under another program, called Rally, for completing certain healthy actions including the ones noted throughout this program.

YMCA is a registered trademark of YMCA of the USA.

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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.

All UnitedHealthcare members can access a cost estimator online tool at myuhc.com. Depending on your specific benefit plan and the ZIP code that is entered, either the myHealthcare Cost Estimator or the Treatment Cost Estimator will be available. A mobile version of myHealthcare Cost Estimator is available in the Health4Me mobile app, and additional ZIP codes and procedures will be added soon. This tool is not intended to be a guarantee of your costs or benefits. Your actual costs and/or benefits may vary. When accessing the tool, please refer to the Terms and Conditions of Use and Why Your Costs May Vary sections for further information regarding cost estimates. Refer to your health plan coverage document for information regarding your specific benefits.

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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SimplyEngaged® Health Survey

What's one way to help improve your health?

Find out by taking a confidential health survey and **earn a reward.**¹

It's easy to get started. Here's how:

- 1. Log on to myuhc.com with your user name and password.**
- 2. Click on the "Health & Wellness" tab to access the health survey through Rally™.**
- 3. The health survey takes approximately 15-20 minutes to complete.**

Answer all of the survey questions to personalize your experience. The health survey results may be your starting point for improving your health. With the completion of the health survey, you receive the following:

- ▶ Your results as a "Rally Age" – a number that provides you with an indicator of how your health age compares with your actual age.
- ▶ Personalized and interactive results including suggested Missions, which are your online health actions.
- ▶ Telephonic coaching resources for high-risk health concerns.
- ▶ Health survey data added to your online health record.

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Available for Employees and spouses/domestic partners covered by this UnitedHealthcare plan.



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SimplyEngaged[®] Biometric Screening

Participate and get rewarded

Many serious health conditions develop over time. They may be delayed or prevented if you know your risks and make healthy changes. A biometric health screening may help you better understand your health numbers and what they may mean to your overall health.

Know your numbers for:

- Total cholesterol
- Blood pressure
- Body Mass Index (BMI)

Get started by accessing convenient biometric screening options:

- Log in to **myuhc.com** and click on the Health & Wellness tab.
- Launch Rally™ to access the Reward Program Overview.
- Register for a convenient option.
- Complete a screening, and earn a reward¹.

Your health numbers may help you start making more informed decisions that may lead to better health. You may also review your results with your doctor to begin an individual treatment plan, if necessary.

Access the screening options through Rally when you log in to myuhc.com, or call **1-855-215-0230** if you have questions about your rewards.

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SimplyEngaged® Fitness Reimbursement

Get rewarded for going to the gym

Going to the gym isn't always easy. To help you stay motivated, you will get a reward¹ for visiting a participating fitness center or YMCA® at least 12 times 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
2. Click on the Health & Wellness tab to go to Rally™
3. Access the Reward Program Overview
4. Search for a participating fitness center or YMCA. (Availability varies by fitness center.)
5. 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 times in a month.

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All trademarks are the property of their respective owners.

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SimplyEngaged[®] Health & Wellness Coaching

Empowers you to change behavior and improve your health...

Once you've received your *Know Your Numbers* Screening results and completed the Online Health Assessment* you'll have a good picture of your current health status and, perhaps, some clearly outlined goals and priorities to help improve your overall health and wellness.

The goal of Health & Wellness Coaching is to work with you to make these goals a reality. Health & Wellness Coaching can help you identify behaviors that you may need to change in order to improve your health.

Health & Wellness Coaching can be delivered by telephone, the Internet and mail.

▶ Complete an Online Coaching program and get a \$25 gift card^{A,B,C,D}

- ▶ Following completion of the Online Health Assessment you can visit **myuhc.com** to access the Online Program.
- ▶ Click the "*Health and Wellness*" tab, then select "*I Do*" and "*Add Programs*" to get started. Completing a Health Assessment may auto-enroll you in a coaching program, based on your personalized needs.

▶ Complete a telephone-based coaching program** and get a \$75 gift card^{A,B,C,D}

- ▶ You must complete the Health Assessment* first in order to participate in the Health Coaching program.
- ▶ Once you've completed the Health Assessment, call the wellness coach at 1-800-478-1057 to begin working on your personal health improvement plan.

Complete these programs after you have completed the wellness screening and health assessment to earn rewards.

Employees and spouses/ domestic partners covered by this UnitedHealthcare plan receive their choice of gift cards to over 100 national retailers when they complete the coaching programs.

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A Maximum reward per employee \$175; Maximum reward per family \$350. Each member is eligible to receive a maximum of one reward for completing the wellness activity listed in each category. This includes a maximum of one reward per person for completing the Health Assessment, one for online coaching and one for telephone-based coaching.

B Children may not participate in the reward program.

C Incentives can be earned only once every plan year. This also pertains to the online and telephonic coaching rewards.

D Health Assessments can only be completed once every six months. For example, if you complete a Health Assessment today, you will need to wait six months from today to complete another Health Assessment.

*Members should refer to their health plan ID card and log into the UnitedHealthcare health and wellness website listed on their ID card.

**Members must complete the Health Assessment before enrolling in the telephone-based health coaching program.

UnitedHealth Wellness[®] is a collection of programs and services offered to UnitedHealthcare enrollees to help them stay healthy. It is not an insurance product but is offered to existing enrollees of certain products underwritten or provided by UnitedHealthcare Insurance Company or its affiliates to encourage their participation in wellness programs. Health care professional availability for certain services may be dependent on licensure, scope of practice restrictions or other requirements in the state. Some UnitedHealth Wellness programs and services may not be available in all states or for all group sizes. Components subject to change.

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SimplyEngaged® Gift Card Rewards

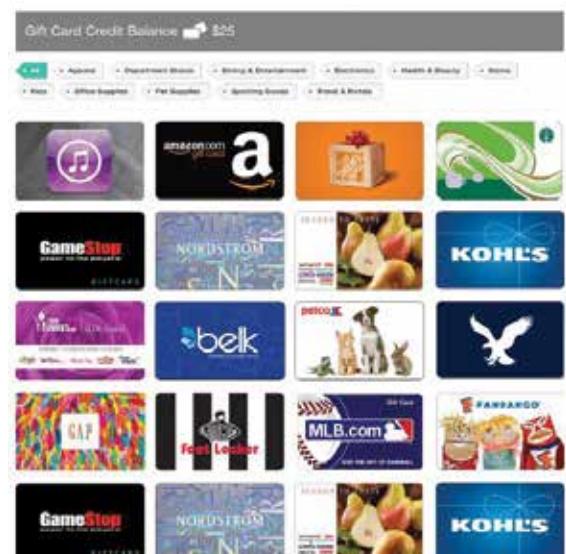
Reward yourself with a gift card from SimplyEngaged®

With the SimplyEngaged program, you can log on to myuhc.com to take advantage of our interactive health and wellness actions. Each completed health and wellness action earns you a reward. Rewards are available in gift card form.

Making your gift card selection is easy!

- ✓ Complete an action on Rally™ though **myuhc.com**, then access the Rewards Program Overview.
- ✓ Select your preference of retail gift card(s) from the wide assortment of choices.
- ✓ Redeem your gift card with your selected retail vendor.

Access the gift card selection through the Rally experience when you log in to myuhc.com or call **1-855-215-0230** if you have questions about your rewards.



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