

For UnitedHealthcare SignatureValue® HMO members



My benefits. My records. My health. My choices.

myuhc.com®

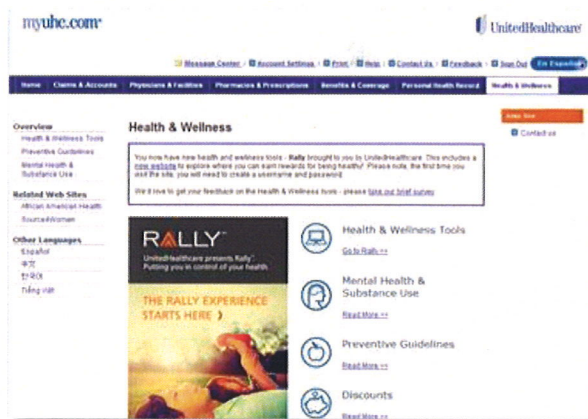
1-800-624-8822



Believe in a healthier you

The Health and Wellness tab on myuhc.com is your own personal website designed to:

- Inspire you to take healthy actions to manage or improve your health
- Encourage you to remain motivated through online health programs and innovative tools that track your progress
- Reinforce your commitment by rewarding your accomplishments



INTRODUCING RALLYSM on myuhc.com — an online experience that makes it easier for you to eat better, move more, and complete activities that help improve your health.

What is Rally?

Rally is a user-friendly digital experience that will engage you in a new way by using technology, gaming and social media to help you understand, learn and find support on your health journey. With Rally we make it easier for you to get motivated to be healthier.

Rally offers:

A Personalized health Survey

Completing the Health Survey with just a few simple questions provides you with immediate and confidential result and suggested activities that may help you learn more about your health helping you live a healthier lifestyle.

Learn Your “Rally Age”

Upon completion of the Health Survey, you will receive your “Rally Age” – a number that helps you assess your health age compared to your actual age.

Participate in Select Missions

In addition to your Rally Age you will also receive personalized activity suggestions or Missions.

Track your Mission Activities

You can easily track your Mission activities and progress by self-reporting or integrating wearable fitness devices from Fitbit®, Jawbone UP®, or Body Media®.

Make Healthy Connections

Rally also offers online challenges and connects you with online communities around health topics and health related news.

Be rewarded for your activities

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 great prizes.



Take advantage of these services as soon as your UnitedHealthcare plan goes into effect by registering at **myuhc.com**.



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.

Health plan coverage provided by or through UnitedHealthcare of California, UnitedHealthcare of Oklahoma, Inc., UnitedHealthcare of Oregon, Inc., UnitedHealthcare Benefits of Texas, Inc., UnitedHealthcare of Washington, Inc. Administrative services provided by UnitedHealthcare Services, Inc., Optum Rx or OptumHealth Care Solutions, Inc. Behavioral health products are provided by U.S. Behavioral Health Plan, California (USBHPC) or United Behavioral Health (UBH).

NurseLineSM is for informational purposes only. Nurses cannot diagnose problems or recommend specific treatment and are not a substitute for your doctor's care. NurseLine services are not an insurance program and may not be discontinued at any time.

The information provided on included programs is for informational purposes only and is not a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you.

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