



Get Credit for Living Healthy in 2024

UHC-enrolled employees can earn up to \$250 per year from Fresenius Medical Care.

UHC-enrolled spouses/domestic partners and covered dependents can earn Rally Coins.

At Fresenius Medical Care, the health and well-being of you and your families are at the heart of who we are as a company. That is why we are excited to offer Rally®, a digital wellness experience that offers recommendations to help you get healthier and earn rewards along the way. UHC-enrolled employees can earn up to \$250 a year* for taking healthy actions on Rally. You and your UHC-enrolled family members can earn Rally coins and redeem them for discounts on products and services and enter sweepstakes for a chance to win cash prizes and gift cards.

Healthy Activity	Reward Value	Details
(Complete between January 1 – November 30)**	UHC-enrolled Employees - Dollars* UHC-enrolled Employee Family Members - Coins	Visit Rally at RallyHealth.com/FMCNA to get started!
Health Survey	\$25/250 Coins	Complete your Rally Health Survey
Preventive Screening	\$100/1,000 Coins	Complete any screening that is appropriate for you: <ul style="list-style-type: none">• Annual physical (everyone 18+)• Prenatal visit (females)• Mammogram (females 40+)• Cervical (females 21-65)• Colon cancer (colonoscopy, fecal occult, flex sigmoid (everyone 45+)• Prostate exam (males 50+)
Personal Health Action or Wellness Coaching	\$100/1,000 Coins	Visit Rally to learn more about coaching and disease management programs.
Virtual Visit	\$25 each/250 Coins (Max 2x=\$50/500 Coins)	Access Virtual Visits through Rally for no to low cost healthcare needs.
Health Care Cost Estimator	\$25/250 Coins	Create a personalized cost estimate. Visit Rally to learn more.
Complete 3 Rally Missions	\$75/750 Coins	Check out fun Rally Missions designed to help you improve your diet, fitness, sleep and/or mood. Complete any three Missions to earn your reward.
Complete a Challenge	\$25 each/250 Coins (Max 3x=\$75/750 Coins)	Complete a private challenge to earn your reward. Repeatable up to 3 times.
Get a 2nd MD Consult	\$100/1000 Coins	NEW FOR 2024! Call 2nd MD at 1.866.269.3534 for Consultation to get your incentive
Real Appeal	\$100/1,000 Coins	Meet with an online coach to create health goals, track your activity, and find new ways to keep your body moving. (Complete 9 sessions).
Livongo Diabetes Program	Activation: \$25/250 Coins 5 Blood Glucose Checks/Month \$50 each/500 Coins, (Max 3x=\$150/1,500 Coins)	Enroll in Livongo for Diabetes to receive your Livongo Meter. Complete your first blood glucose check with your Livongo Meter to earn your reward. Are you participating in Livongo for Diabetes? Complete 5 blood glucose checks in a month to earn your reward. Repeatable up to 3 times!



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Non UHC-enrolled employees can earn Rally Coins.

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Healthy Activity	Reward Value	Details
(complete between January 1 – November 30)**	Non UHC-enrolled Employees – Coins	Visit Rally at RallyHealth.com/FMCNA to get started!
Health Survey	500 Coins	Complete your Rally Health Survey
Complete 3 Rally Missions	1,000 Coins	Check out fun Rally Missions designed to help you improve your diet, fitness, sleep and/or mood. Complete any three Missions to earn your reward.
Complete a Challenge	350 coins (Max 3x=1050 coins)	Complete a private challenge to earn your reward. Repeatable up to 3 times.

Visit Rally at RallyHealth.com/FMCNA to get started.



*Your rewards dollars will be deposited directly into your paycheck on a quarterly basis. For full details, visit FMC Employee Service Center

**By participating, you agree to Rally Health's Rewards Rules which can be found at <https://health.werally.com/corporate/sweepstakes/>.