



# Personalized health recommendations for you

Rally® can help you get healthier, one small step at a time.

Rally is designed to help you make changes to your daily routine, set smart goals and track your progress. You'll get personalized recommendations to help you move more, eat better and improve your health—and have fun doing it.

Start with the quick Health Survey and get your Health Score, a measure to help you assess your overall health. Rally will then recommend Missions for you: activities designed to help improve your diet, fitness and mood. Start easy and level up when you're ready.

On Rally, you'll get lots of ways to earn Rally Coins to use for chances to win rewards. Rack up Rally Coins for taking healthy actions, like joining Missions, completing healthy activities or pushing yourself in a Challenge.

Rally is part of your health plan benefits, which means it's available at no additional cost to you.



**Get your Health Score**



**Build healthy habits**



**Win cool stuff**



Get started today at [myuhc.com](https://myuhc.com)® > Health Resources

**United  
Healthcare**

**RALLY®**

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

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.

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