



YMCA EMPLOYEE BENEFITS

A nonprofit benefit Plan exclusively serving YMCAs since 1970.

REWARDING HEALTHY BEHAVIOR

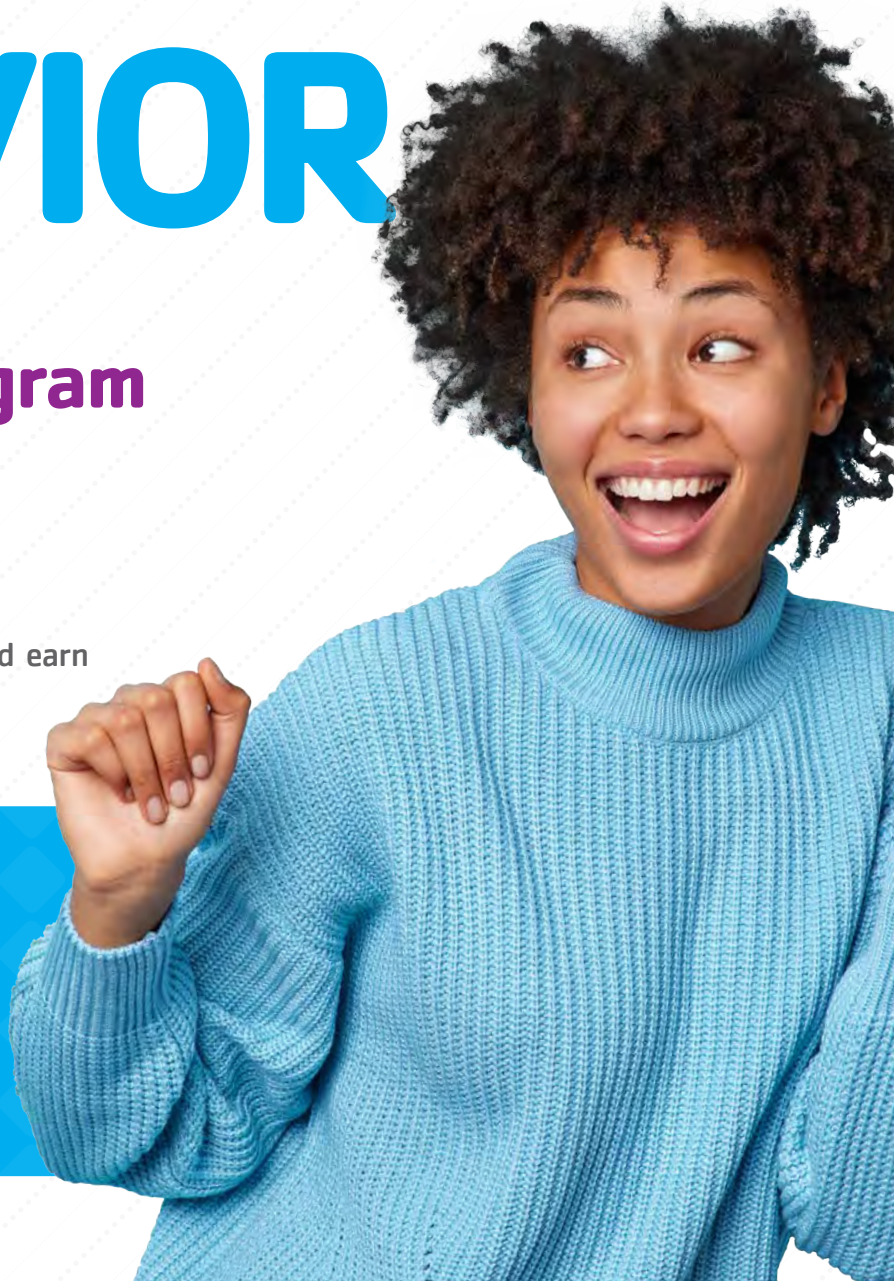
WellnessWorks Program MEMBER INCENTIVES

August 1, 2021 – July 31, 2022

Help your YMCA lower the cost of coverage and earn up to \$300 in gift card rewards!

GET STARTED IN 4 STEPS:

- Register/Log in on myuhc.com
- Click the link to **Rally**
(registration required the first time)
- Take the **Survey** and get your Rally Health Age
- Choose from the **health activities & programs** listed on the back page to earn up to \$300



HOW IT WORKS:

TAKE THE SURVEY & GET YOUR RALLY HEALTH AGE

Log in to your account on myuhc.com and click on one of the links directing you to Rally. If it's your first time, you'll be prompted to register and choose an Avatar and user name that you can use to post in the online communities or other activities. Note: Your user name should be fun and memorable, but NOT your real name, for the sake of privacy.

Once you've taken your Survey, you'll get your Rally Health Age, a measure of how your body feels, in contrast with your real age. From there, you can choose from dozens of Rally Missions, each focused on helping with your personal health goals.

EARN REWARDS

Rally makes it easy to check in and track your progress as you work through your Missions and other rewardable activities. Along the way you'll earn digital coins, which you can use to enter online sweepstakes for great prizes from Rally. All medical plan members aged 18 and over are eligible for the digital coins and Rally sweepstakes.

In addition to Rally prizes, all covered employees, pre-65 retirees, and spouses/domestic partners are eligible to earn up to \$300 in gift cards from YMCA Employee Benefits by participating in any of the programs or activities below. Once you complete an activity, you'll log in to Rally to redeem your reward by selecting an e-gift card from a list of vendors. Your e-gift card will be sent to your email within a few minutes, so be sure you entered the correct email address when you registered on Rally. You may also want to add "@werally.com" to your list of approved senders so that your gift card doesn't get lost in spam.

INCENTED PROGRAM / ACTIVITY	REWARD
Getting Started	
Take the Rally Health Survey	Your YMCA can earn an incentive to help keep the cost of health insurance low
Taking the next step	
Complete three Rally Missions	\$50
Get applicable preventive screenings: ¹ Annual Physical/Wellness Exam (≥18 yrs old) Colorectal Cancer Screening (>50 yrs old) Mammogram Screening (Females ≥40 yrs old) Cervical Cancer Screening (Females 21-65 yrs old)	\$50 each <i>The reward will be triggered after your doctor submits the claim.</i> <i>If eligible for more than one listed, you can earn a reward for each completed.</i>
Attend a Virtual Visit on myuhc.com or the UHC mobile app ²	\$50
NEW: Take 3 online quizzes focused on mental health	\$50
NEW: Get vaccinated against COVID-19 ³	\$50
Maximizing Well-Being	
Get a biometric screening and submit the Health Provider Screening Form	\$100
Complete a Wellness Coaching program—Online programs now available! ²	\$100
Complete a personalized health action with Personal Health Support ² Connect with a coach to create a customized action plan, specifically targeted to your health concerns. The Healthy Pregnancy, Healthy Back, and Orthopedic Decision Support programs are included under this activity, but there are many other ways to earn this reward.	\$100
Complete 12 sessions of the YMCA's Diabetes Prevention Program ²	\$100
Complete LIVESTRONG at the YMCA [®] program for cancer survivors ²	\$100
Complete at least 9 sessions of the Real Appeal weight loss program ²	\$100
Choose from any of the activities above to earn a maximum of:	\$300

¹ Only the applicable screenings based on gender/age listed here are eligible for incentive. Reward triggered once insurance claim is processed.

² Members can participate multiple times, however only the first completion is incented.

³ To earn this reward, member must attest on Rally to being fully vaccinated

CONDITIONAL ALTERNATIVE

If a medical condition makes it unreasonably difficult for a participant to achieve the standards for the incentives under this program, or if it is medically inadvisable for a participant to attempt to achieve the standards for the incentives under this program, participants may call the Senior Manager of Benefits Administration and Compliance at 312-419-8786 to request a reasonable alternative.

See our [WellnessWorks FAQs](#) for additional details.