



Eat healthier, sleep better, and move more



Rally® can offer small steps to help improve your health. Get recommendations, create healthy habits, and earn rewards along the way.



Take the Health Survey

Use your results to help set health goals.



Get personalized recommendations

Build healthy habits with well-being programs, activities, and more.



Earn rewards

Take healthy actions and achieve goals — earn Rally coins.

Get started today.

rallyhealth.com/well

On your phone? Download the Rally app and register using code **BeWell**.

UnitedHealthcare® | RALLY®

Rally is available to you at no additional cost as part of your UnitedHealthcare benefit 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 Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

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