



2019 Wellness Incentive

Aim Medical Trust participant employees, spouses and children ages 18-26 have the opportunity to receive an incentive up to \$100 if the three wellness activities defined below are completed between 1/1/2019 and 12/31/2019. The wellness incentive will be managed using UnitedHealthcare's Personal Rewards program through the **Rally Wellness Portal**.

1. Complete the online Rally Health Survey.

Incentive Value: \$25

With Rally, you will experience an interactive journey answering questions that will personalize your Rally experience. This Health Survey will provide you with visual prompts in a clear and easy to follow format. Upon completion of the Health Survey, you receive your results as a "Rally Age" – a number that provides you with an indicator of how your health age compares with your actual age.

2. Schedule and have your annual medical physical or annual preventive exam. Health Provider Screening Form must be submitted

Incentive Value: \$50

This includes routine and age appropriate testing ordered by your primary care physician based on your gender and age. Use UnitedHealthcare's helpful link at <http://www.uhcpreventivecare.com> to enter your age and gender for a comprehensive list of all age appropriate screenings. * **Physician/Patient signature is the only required field on the Provider Screening form to earn the incentive.**

3. Completion of three or more missions through the Rally Wellness Portal.

Incentive Value: \$25

A mission is a customized digital action plan designed to help you improve your life. Mission recommendations are made for you under four categories: Move, Eat, Feel and Care. Each mission is designed to be simple, action-focused and attainable. Missions meet you where you are and help you take small steps toward better health.

Additional resources regarding the wellness incentive requirements are included with this program overview. Once your Rally account is created, the portal provides additional customer support via online methods or with a call to the support team.