

Get support to eat healthier, sleep better and move more



Rally® can offer small steps for a healthier lifestyle—and help you earn rewards along the way.



Take the **Health Survey**

Use your results to help set health goals



Get personalized recommendations

Build healthier habits with well-being programs, activities and more



Earn rewards

Take healthy actions, achieve goals and earn Rally Coins



Visit myuhc.com > Health Resources > Rally



