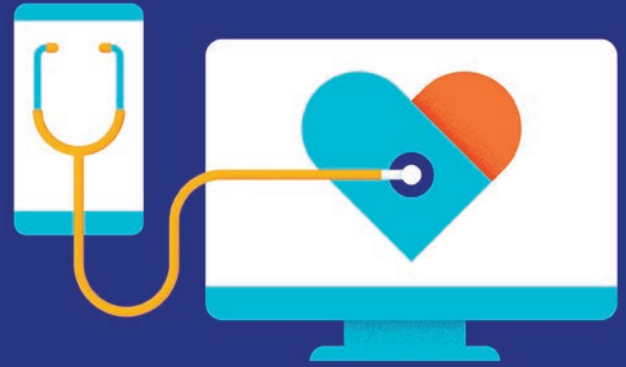




# Access support for a healthier lifestyle — anytime, anywhere



With the Rally<sup>®</sup> app, personalized health recommendations are at your fingertips.

## Start building healthy habits with help from Rally

Get the Rally app, where you can take charge of your health with a simplified experience. Use a single dashboard to track all your health activities, rewards, personalized recommendations and more. You can even sync your favorite activity tracker.

### It's all on the app



#### See your health profile

Take a health survey to see where you may be today in areas like nutrition, fitness and stress level.



#### Focus on your goals

Choose areas to focus on, set goals and track your progress. You'll get recommendations to help you build healthier habits, too.



#### Earn Rally rewards

You can earn Rally Coins—and redeem them for a variety of rewards.

## Download the Rally app and register using code BeWell



United  
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Rally Health<sup>®</sup> 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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