

2019 Wellness Program

All active employees who participate in any of the District's three health plans may participate in the Wellness Program. Employees who reach 100% completion in Rally Rewards will qualify to receive a \$260 incentive. Employees may also qualify to receive an additional \$260 incentive if they have a spouse enrolled in the health plan who reaches 100% completion in their own separate Rally account. The total possible incentive that may be earned by an employee in one calendar year is \$520.

Employees have twelve full months to reach 100% completion of activities in the Rally portal, starting January 1, 2019 and ending December 31, 2019.

School District U-46 will receive quarterly reports from United Healthcare which will indicate employees and their spouses who have reached 100% completion in Rally Rewards for that quarter. Employees will be paid the \$260 incentive as earnings on their regular paycheck approximately 2 months after the end of every quarter. You must be actively employed at the time the incentive is paid. No incentives will be paid to terminated or retired employees.

Instructions for tracking wellness activities in the Rally health and wellness portal:

- Employees and their spouses must register separately on www.myuhc.com.
- Once you are logged into www.myuhc.com, select Rally.
- Employees and their spouses must open their own separate Rally accounts. Once you establish your account through www.myuhc.com, you can load the Rally app on a mobile device and login to Rally directly. The initial account set-up must be established first through www.myuhc.com so that it is linked to your health insurance plan.
- Once logged into Rally, take the health survey. Even if you completed the survey in the past, you will be prompted to complete the survey again for this new incentive period. When you finish that survey, it will give you a "Rally Age." The health survey is worth 30% of the points you will need to reach 100% completion.
- If you go to the Rewards tab, it will show a "Program Preview" with a percentage of completion.
- Click on "View Full Program" to see all the options you have for earning points.
- At the top of the screen, you will see your "Total So Far" with a percentage.
- You will also see a listing of "Available Activities" with the corresponding percentages you can earn by doing each activity. Available activities will vary by age and gender of the participant.
- At the bottom of the screen, it will list your "Completed Activities" and the percent you earned for each one. If you took the Health Survey when you first logged in, you should already see the 30% awarded for completing this activity.

- If you have done any other activities since 1/1/19, you will see those listed here, too. For example, if you had a preventive physical since 1/1/19, you would see an award of 40% completion for that activity.
- You and your spouse both need to each reach 100% completion by 12/31/19 to qualify for the 2019 incentive.
- Children on the plan do NOT need to do wellness activities, and no incentives are paid for a child who participates in Rally activities.
- The Benefits staff cannot see your current percent completion. UHC will forward reports at the end of every quarter, so please check your Rally Rewards tab to view your current percent completion.

Please email questions about the Wellness Program to Benefits@u-46.org. For technical support with the Rally portal, call 877-818-5826.