



2020 Wellness Program

All active employees who participate in any of the School District U-46’s three health plans may participate in the Wellness Program. Employees who reach 100% completion in Rally Rewards will qualify to receive a \$120 incentive. Employees may also qualify to receive an additional \$120 incentive if they have a spouse enrolled in the health plan who reaches 100% completion in their own separate Rally account. Employees have twelve full months to reach 100% completion of activities in the Rally portal, starting January 1, 2020 and ending December 31, 2020.

School District U-46 will receive notification reports from United Healthcare when employees and their spouses have reached 100% completion in Rally Rewards. Employees will be paid the \$120 incentive as earnings on their regular paycheck approximately 2 months after the end of every quarter. Employees must be actively employed at the time the incentive is paid. No incentives will be paid to terminated or retired employees.

The tentative incentive payment schedule for 2020 Rally completion is as follows:

| 100% Rally Completion | Incentive Pay Date (tentative) |
|------------------------------|---------------------------------------|
| 3/31/2020 | 5/15/2020 |
| 6/30/2020 | 8/21/2020 |
| 9/30/2020 | 11/27/2020 |
| 12/31/2020 | 2/19/2021 |

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 prior years, you will be prompted to complete the survey again for the new2020 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.
- Navigate to the Rewards tab and select "Employer Rewards".
- Scroll down to "Program Activities" to view available options for earning points. Available activities will vary by age and gender of the participant.
- At the top of the screen, you will see your "Your Progress" with a percentage of completion.
- 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 1/1/2020, you will see those listed here, too. For example, if you had a preventive physical since 1/1/2020, you would see an award of 30% completion for that activity.
- You and your spouse both need to each reach 100% completion by 12/31/2020 to qualify for the 2020 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.

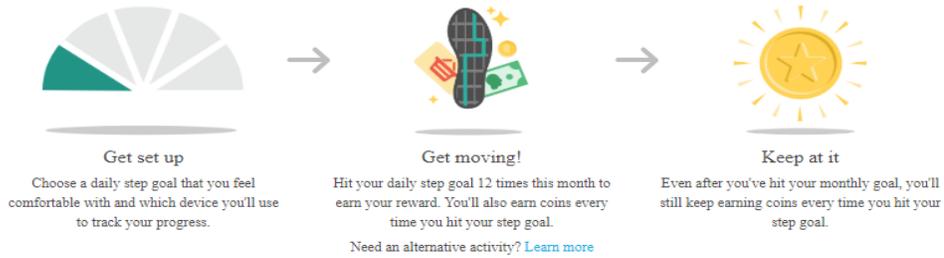
BONUS INCENTIVE PROGRAM – Stride Program

Stride provides incentives for taking healthy actions through daily exercise. It monitors the number of steps you take or the motion if you are cycling. The program recognizes that each person is different, so it offers a number of options to obtain the incentive reward.

Get started with Stride by logging into your Rally account and clicking on the Employer Reward Page. On the Rewards page under Program Activities, you will see the Stride Program listed – click on “View Details” and then “Get Started” to enter the activity experience.

- 1) You will be prompted to select your daily step goal:
 - Light – 5,000 steps
 - Moderate – 6,250 steps
 - Somewhat active – 8,750 steps
 - Active – 10,000 steps
 - Very Active – 12,500 steps
- 2) You will then be prompted to sync your motion tracking device. Please note that devices are required to participate in Stride. If you do not have a wearable device, you can sync with Rally mobile via your smartphone to track your steps. If you plan on getting your “steps” in through cycling, you may want to consider the following:
 - a. Since a rider's arm does not move as much, you may want to take your device and put it in a pocket or tuck it in the leg of your bike shorts. This tracks the movement as you pedal.
 - b. Strava is also a popular app with cyclists and available to sync with Rally. You can use the GPS feature. It will convert to the miles of the ride to an equivalent in steps for Stride.
- 3) The last step is to confirm your experience – noting the step goal selected and the device you will be syncing with.
 - a. Once you have set up the activity and launched it, you can sync your device as well as track your daily steps, your reward status and coin earnings
 - b. You can earn the monthly incentive of \$20 once you achieve your step goal for 12 days within the month. You may “cash in” your reward for gift cards once you earn them or accumulate them during the calendar year, but you may not carry over to another calendar year.
 - c. You will also receive Rally coins each day you check in and more Rally coins for every day you reach your daily goal, regardless of whether or not you achieve the 12 days of reaching your goal within a month.

Here's how it works:



NEED HELP WITH STRIDE?

8am – 10pm CST, Monday – Friday

(844) 334-4944

Or online at the Prevention and Wellbeing Consumer Support Center

<https://helpcenter.werally.com/rally/s/contactsupport>