

# RALLY<sup>®</sup>



## Your Journey to Better Health Begins Here

We're excited to welcome you to Rally<sup>®</sup>, a tool you have access to as a UnitedHealthcare member. Rally makes it easy to take charge of your health by putting your UnitedHealthcare benefits and resources in one place.

Now you can find the doctor that's right for you, compare costs by provider and procedure, view your benefits, and get personalized recommendations for activities and programs to help you hit your goals.

Ready to get started? Let's go!

[www.werally.com/partner/optum/salesforce/register](http://www.werally.com/partner/optum/salesforce/register)



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## Register and create your Rally profile

If you're a first-time user, get started by following the onscreen instructions. It'll take just a few moments to create a username that's fun and memorable (but not your real name) — and choose an avatar to participate in Rally's online communities and other activities. If you're already a Rally member, just log in to check out the new experience.

[werally.com/client/salesforce/register](http://werally.com/client/salesforce/register)



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## Take the health survey

Once you've logged in, your Rally experience begins with an easy, fun Health Survey designed to help you better understand your overall health. After you complete the Survey, you'll receive your Rally Age<sup>SM</sup>, a number that indicates how your health age compares with your actual age and gives you a snapshot of your overall health.



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## Manage your health and well-being

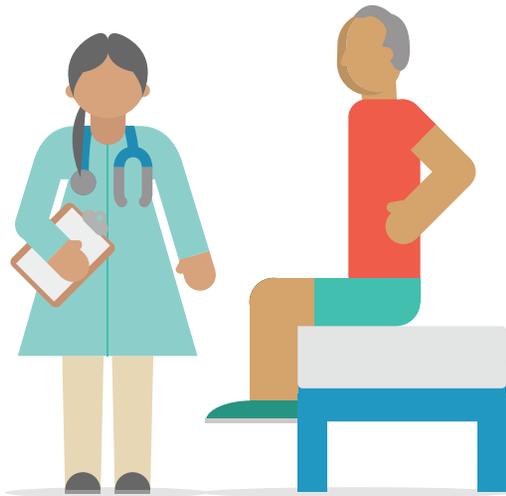
Now that you have your Rally Age, you'll receive personalized recommendations, including programs to help you build healthy habits.

Log in to Rally today to get started at [www.werally.com/partner/optum/salesforce/register](http://www.werally.com/partner/optum/salesforce/register).

## Find a doctor and compare costs

With Rally, you can search for a doctor, hospital, or treatment wherever you are and get a cost estimate based on your actual health plan — so you'll know in advance what you'll pay. You can also check ratings so you can select the high-quality care that's right for you.

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## Dive into communities

Communities is one of the most popular features on Rally. Here, you can interact with other members in a positive, friendly environment. From diet and fitness to sleep, back pain and even relationships, members can share their experiences and offer tips, motivation, and support.

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