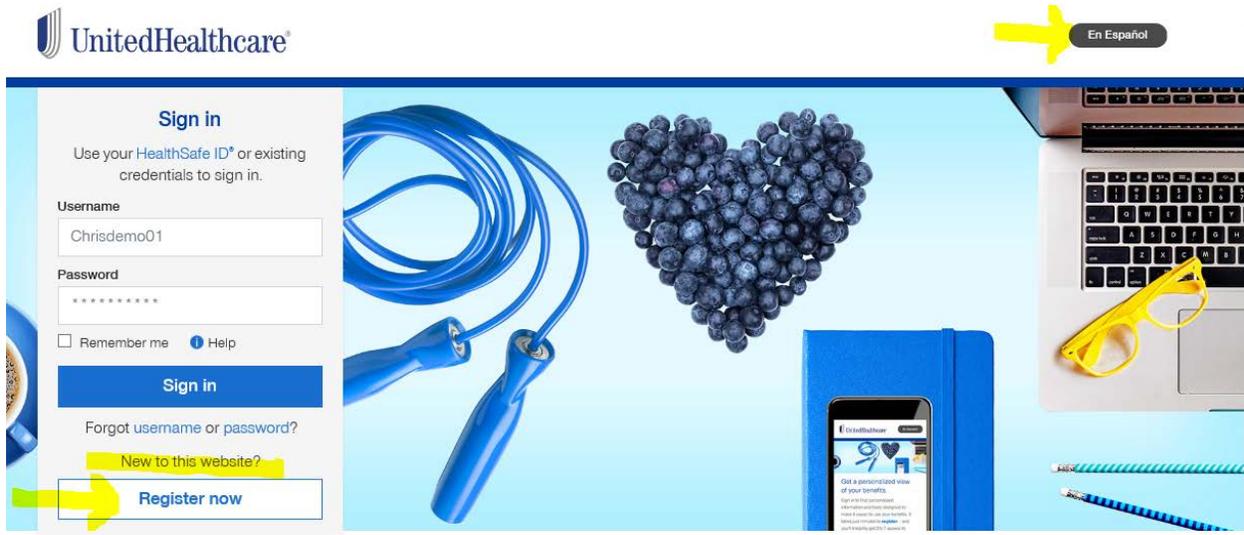# How to access myuhc.com and Rally
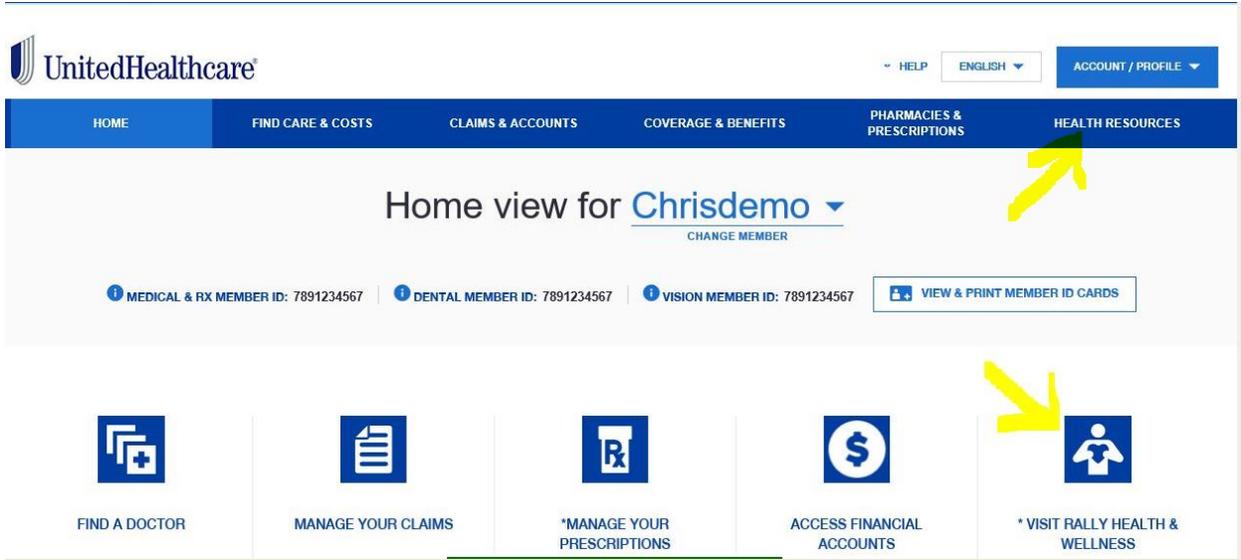
1. Go to www.myuhc.com
2. If you are a first-time user, you will need to register. Have your UHC medical ID card handy. If you are a returning user, simply Sign In.
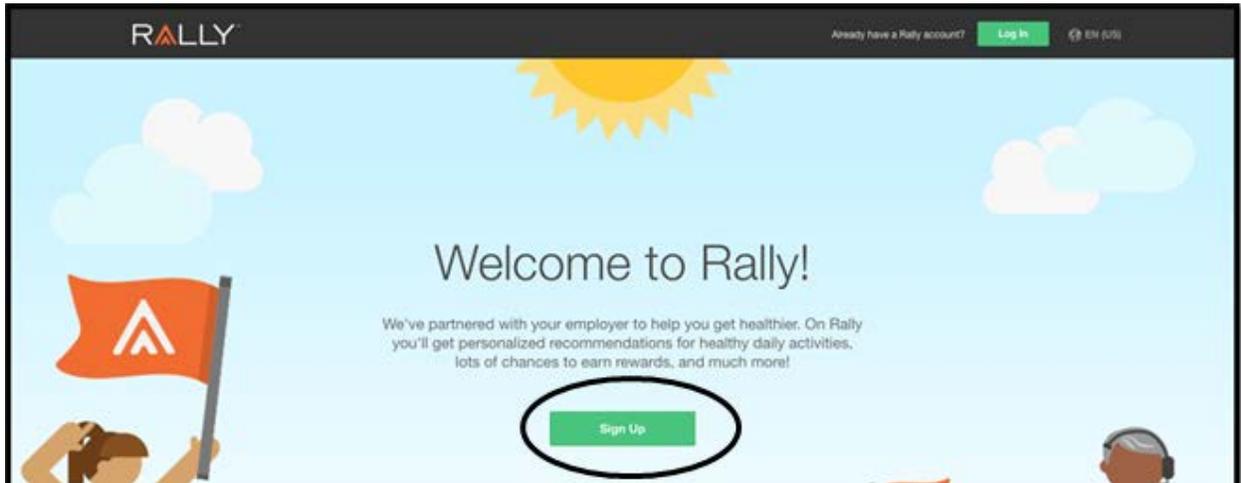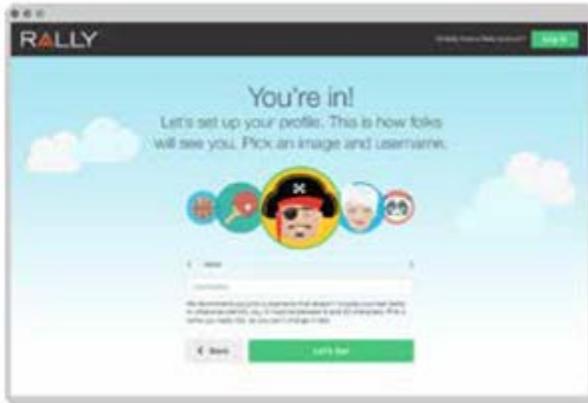
3. Once logged in, you are on the home page of myuhc.com. You can now access the Rally health and wellness site via two different ways. You can click on the "Health Resources" tab on the top-right or just click on the "Visit Rally Health and Wellness" tile.

4. Once you are on the Rally home page, Sign Up and begin your health survey to customize your experience. *TIP: Browsers supported by Rally are; Microsoft Internet Explorer Versions: 11+ Mozilla Firefox, Latest Google Chrome, Latest Android Apple Safari Mobile & Desktop*

Choose a fun avatar and username (TIP: your user name can be viewed by <u>other</u> users when you participate in Public Challenges or Public Communities).

TIP: Rally also has an App, download it today and get started!

Get Moving With Rally Mobile

Getting Healthier Just Got Easier!

Now your employees can take all the Rally℠ features they love on the go. They can check in to Missions, track their steps, see their progress in Challenges, use their Rally Coins, and more — from the palm of their hand.

Exclusive Bonuses for App Users

The Rally app uses the latest mobile technology, letting members track their steps and distance with their phones, analyze their 30-day physical activity, and enjoy super-quick logins. They can even earn 2X Rally Coins by joining the Mobile Mission of the Month.

Better Health at Your Fingertips

It's fun, innovative, and a breeze to use — but the Rally app is about more than convenience. Using it can help teach your employees to make small changes to their habits that will help them live better and stay healthier.

Rally App Features

Set reminders and notifications

Use Rally Coins to earn great rewards

Safe and secure

Available for iPhone and Android

Download App, called Rally Health, code is "UNITED"

For more details on Rally visit myuhc.com®

See all your missions at a glance.

Track your progress as you go.

Chat with other members

Enter to win great rewards

Join challenges and go for the gold!