



## SimplyEngaged<sup>®</sup> for Small Business Fitness Reimbursement

# Get rewarded for going to the gym

Going to the gym isn't always easy. To help you stay motivated, you will get a reward<sup>1</sup> for visiting a participating fitness center or YMCA<sup>®</sup> at least 12 times a month.

### Select from a network of leading fitness centers, including:

- ▶ 24 Hour Fitness<sup>®</sup>
- ▶ Curves<sup>®</sup>
- ▶ Life Time Fitness<sup>®</sup>
- ▶ Snap Fitness<sup>®</sup>
- ▶ Anytime Fitness<sup>®</sup>
- ▶ LA Fitness<sup>®</sup>
- ▶ Planet Fitness<sup>®</sup>
- ▶ YMCA<sup>®</sup>
- ▶ And many more

Many fitness centers offer passes that let you try a facility before joining.

### How do I enroll?

1. Log in to myuhc.com
2. Click on the Health & Wellness tab to go to Rally<sup>™</sup>
3. Access the Reward Program Overview
4. Search for a participating fitness center or YMCA. (Availability varies by fitness center.)
5. Select your facility from the search results. If you don't see your preferred facility available, a referral process exists. Call 1-855-215-0230 if you have questions about your rewards.
6. Follow the instructions to enroll in the fitness reimbursement program.
7. Show your fitness center membership card each time you visit the facility.
8. Earn a reward when you visit the fitness center at least 12 times in a month.

Log in to **myuhc.com**, or call  
**1-855-215-0230** if you have  
questions about your rewards.



**UnitedHealthcare understands the importance of protecting your privacy.**

We care about the relationship we have with you. The services we provide require that we receive personal information and we know it is important to protect your privacy. Our business practices are in compliance with the Health Insurance Portability and Accountability Act (HIPAA) and other applicable privacy and security requirements.



<sup>1</sup> Log into myuhc.com and click on the Health and Wellness tab to learn more about the reward program applicable to you. Employees and covered spouse can earn rewards separately. Children may not participate in the reward program.

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Rally Health 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.

SimplyEngaged<sup>®</sup> is a voluntary program. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. You should consult an appropriate health care professional to determine what may be right for you. Rewards may be taxable. You should consult with an appropriate tax professional to determine if you have any tax obligations from receiving rewards under this program. For the online health coaching component of this program, you can choose any alternative to earn your reward. Contact us at 1-855-215-0230 and we will work with you (and, if necessary, your doctor) if you have questions about earning the reward for this health action.

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