

2021 Wellness Incentive: Rally Missions & Quizzes

1. Log into Rally to access the activities. The time required ranges from a few minutes for the quizzes to one month for the missions.
2. Earn up to 12,500 reward points or \$50 cash total (see the table below).
3. Earn incentives for one activity or both if desired.
4. Following completion, the incentive will be rewarded at the next [semi-annual payout](#).

Activity	Rally %	Reward Points	Cash	Employee	Spouse (on County plan)	Opt Out
Rally Missions: Complete 3 out of 6 missions	15%	5,000	\$30	Yes	No	Yes
Rally Quizzes: Complete 3 quizzes	10%	5,000	\$20	Yes	No	Yes

Missions

Complete 3 of the 6 missions (your choice):

1. *Check Blood Pressure*: Keep your heart healthy by checking your blood pressure at least 4 times a week for one month.
2. *Cut Back on Added Sugar*: Be a food detective and look for hidden sugar. Reduce your sugar intake at least twice a week for one month.
3. *Dim Lights an Hour Before Bed*: Improve your sleep with this bedtime ritual at least 3 nights a week for one month.
4. *Eat More Fiber*: Stay full longer and regulate your blood sugar by eating high-fiber foods at least 4 times a week for one month.
5. *Eat Mindfully*: Fight overeating by turning off screens, sitting down and savoring your food at least 4 times a week for one month.
6. *Stand Up Every Hour*: Do you sit most of the day? Energize, stretch and burn extra calories by standing up at least 8 times daily for one month.

Quizzes

Complete all 3 quizzes:

1. Exercise: Test your fitness IQ.
2. Mental Health: Take this quiz to check out your mental health smarts.
3. Stress Relief IQ: Test your knowledge on how to reduce stress.

Log into myuhc.com, select Rally, select the Rewards tab, and choose an activity.

(NOTE: Employees who opt out of health plan coverage should log in to Rally at <https://werally.com/client/pinellas/register>.)