

## 2021 Wellness Incentive: Wellness Coaching

1. Earn up to 12,500 reward points or \$50 cash.
2. *Online coaching:* Enroll at [Rally Coach](#). The online classes are paced, and some take up to 10 weeks.
3. *One-on-one coaching:* To enroll, call (800) 478-1057 and select option 2 for Wellness Coach. Talk with a coach at least 3 times over a minimum of 6 weeks, or talk once by phone and use live chat or email for the other 2 coaching sessions.
4. Following program completion, the incentive will be rewarded at the next [semi-annual payout](#).

Wellness Coaching	Rally %	Reward Points	Cash	Employee	Spouse (on County plan)	Opt Out
Choose online classes, phone coaching, or a combo	25%	12,500	\$50	Yes	Yes	No

### **What is Wellness Coaching?**

Wellness Coaching is offered by Rally in partnership with UnitedHealthcare. You can communicate with your coach by phone, live chat or email about a variety of topics including:

- Diabetes Lifestyle
- Eat Smart
- Family Wellness
- Fit for Life
- General Wellness
- Healthy Heart
- Sleep Well
- Stress Less
- Weight Wellness



### **Do the Quit Tobacco classes qualify as a wellness incentive?**

No - the Quit Tobacco online classes provided at the Rally Coach website do not qualify for wellness incentive rewards. However, the Quit Tobacco online classes do qualify as a [Tobacco Cessation Program](#) to avoid the annual \$500 tobacco premium.

### **Can I enroll in more than one Wellness Coaching Program at a time?**

No, you can only enroll in one at a time. You may participate in more than one program during the year, but are eligible for only one incentive during a calendar year. A Wellness Coach can help you select the best program for you.

### **Can I enroll in Wellness Coaching and Chronic Condition Management at the same time?**

Yes.