

2021 Rally Overview

What can I do with Rally?

- Schedule your biometric screening and complete your health survey.
- Access [missions and quizzes](#).
- Track completion of [wellness incentives](#).
- Enter sweepstakes, join online communities, and more.
- Learn more with the [Rally Help Guide](#).




How do I access the Rally website?

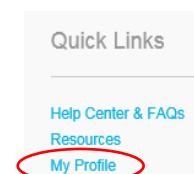
- Log in to the UnitedHealthcare website at myuhc.com and scroll down to select *Rally* under Quick Links.
- NOTE: Employees who opt out of health plan coverage should log in to Rally at <https://werally.com/client/pinellas/register>.



Visit Rally Health & Wellness [↗](#)

How do I complete my biometric screening and health survey?

- To schedule your **biometric screening**, log in to Rally to set up your Quest Diagnostics lab appointment or to print a Physician Results Form. 
- To access the **health survey**, log in to Rally, scroll down to *Quick Links*, select *My Profile* and *Health Profile*. Answer the questions as prompted.
- For more information, see the [Biometric Screening and Health Survey FAQs](#).



How do I check my activity completions?

- Log in to Rally, select the *Rewards* tab and scroll down to the *Completed* section to view completed activities.
- Activity completion can take up to 3 months to appear in Rally.
- For more information, see the [Rally Quick Guide to Verify Completion](#).

What is my Rally Age?

- Rally provides a health measurement calculation called Rally Age that may be greater or less than your actual age.
- Rally Age is based on your biometric screening data and your survey responses about fitness, stress, nutrition, preventive care, etc.

What are Rally coins and missions?

- **Coins:** Earn digital rewards for logging into Rally, making progress in a mission, completing the health survey, and joining online Rally communities. To redeem, select *Rewards*, *Rally Rewards* and scroll down to *Sweepstakes*, *Auctions*, or *Donations*.
 - *Sweepstakes:* Enter a drawing to win fitness trackers, gift cards and other fun prizes.
 - *Auctions:* Place a bid on fitness-related items.
 - *Donations:* Donate your Rally coins to a charity (the list changes every quarter).
- **Mission:** A four-week action plan based on survey responses. For example, if you don't exercise regularly, Rally might recommend daily walks for one month. Please note that six missions offer incentive rewards in addition to coins (see [Rally Missions & Quizzes](#)).