Introducing Rally.™ Inspiring a healthier you, every day.

Better Begins Now

Made just for you
Answer a few easy questions, and get a customized experience designed for your life.

Sweet, sweet rewards
Earn coins and bonus incentives for taking positive steps and making healthier choices every day.

Mission accepted
Our simple but effective health missions are built to help you reach your health and wellness goals.

Sign up at myuhc.com®

Upon reaching myuhc.com, click on the Health & Wellness tab located in the upper right-hand corner. Please note, the first time you visit the site, you will need to create a user name and password.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates. Participation in the health survey is voluntary. Your health survey 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.

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