



# Are You Younger Than You Think?

**Rally® is designed to help you improve and maintain your health.**

Start with a quick Health Survey to discover your Rally Age.<sup>SM</sup> From there, you'll get personalized recommendations designed to help you move more, eat better, and stress less.

Need more motivation? Earn Rally Coins for almost everything you do on Rally, which are good for chances to win cool rewards.

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## Get started at:

**[RallyHealth.com/RallyAge](https://RallyHealth.com/RallyAge)**

Rally is available to you at no additional cost as part of your employee benefits.

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Your Rally Age is a simple measure to help you assess your overall health.

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.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services Inc. or their affiliates.

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**RALLY®**