

Choose your moves. Get rewarded.



Nothing is more important than your health. That's why we offer Rally® and a wellness program that rewards you for taking action to get and stay as healthy as you can.

Start earning your 2023 wellness incentive today

Complete any combination of the healthy activities outlined below to earn your reward – a medical premium reduction credit for 2023. **You must reach 100% by October 31, 2022, to earn your reward.**



25%

- Annual Physical Exam
- Biometric Screening



20%

- Rally Health Survey
- Mammography Screening
- Cervical Cancer Screening
- Colorectal Cancer Screening
- ORNL Exercise Physiologist or Dietitian (set and complete your personal goal)
- Achieve a Body Mass Index (BMI) less than or equal to 27.5, or decrease your BMI by at least 2 points from last year (as calculated by your biometric screening)



15%

- Santaclaustrophobia Challenge
- HealthFest



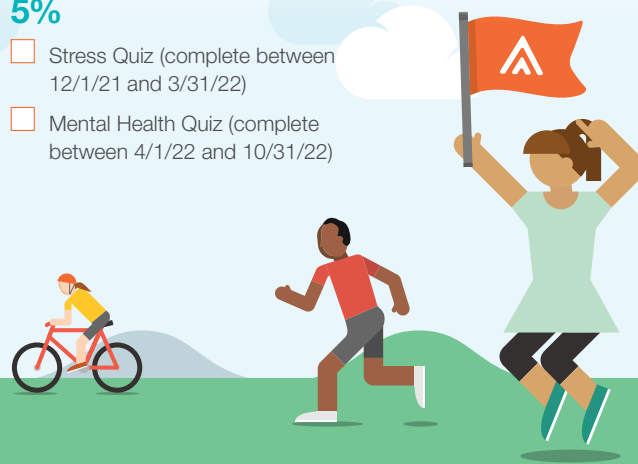
10%

- Confirm Spouse Health Survey Completion
- Confirm Your Visit with the Dentist
- 3 of 5 specific Exercise Missions (complete between 12/1/21 and 3/31/22)
- 3 of 5 specific Sleep Missions (complete between 4/1/22 and 10/31/22)
- Complete an ORNL Wellness Sponsored Walk/Run or Team UT Battelle Activity (earn 10% for each one completed, **up to 30% total**)



5%

- Stress Quiz (complete between 12/1/21 and 3/31/22)
- Mental Health Quiz (complete between 4/1/22 and 10/31/22)



Rally Boot Camp

Attend a lunch and learn session about Rally and ORNL's Wellness Program!*

- Nov. 10 at 11 a.m. ET or
- Nov. 16 at 12:30 p.m. ET

Visit ORNL Today for more information.

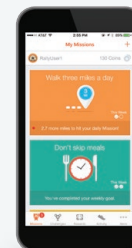


Ready to get started?

Log in to myuhc.com® and look for **Rally Health & Wellness**

OR

Download the Rally app and register using code **ORNL**.



Choose what's right for you

The path to healthy for one person is different than the path for another. You can combine any activities to reach 100% and earn your credit for 2023!

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.