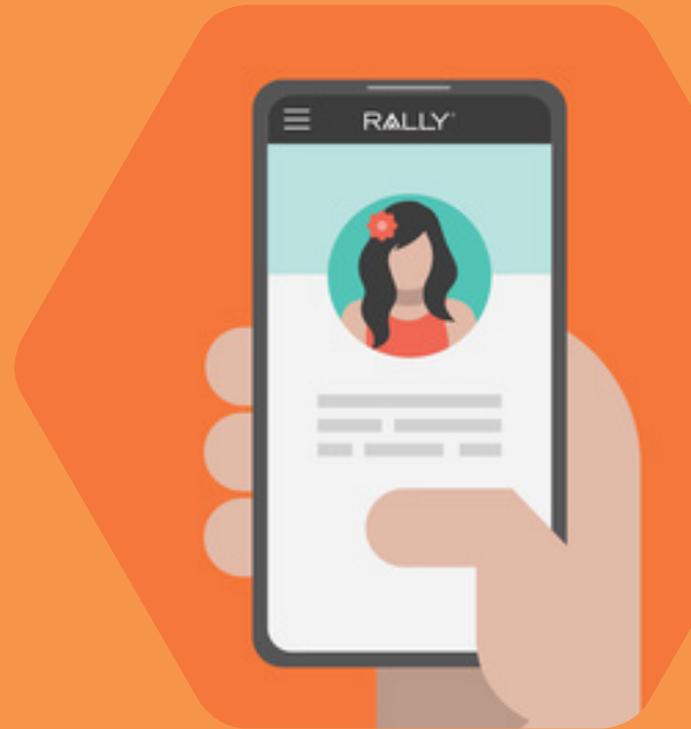




BAC CARES

International Health Fund

Building Access to Care
Member Focused. Quality Health



**Wellness
made easy
with**

RALLY[®]

**New for
2019!**

A note from the **BAC International Health Fund**

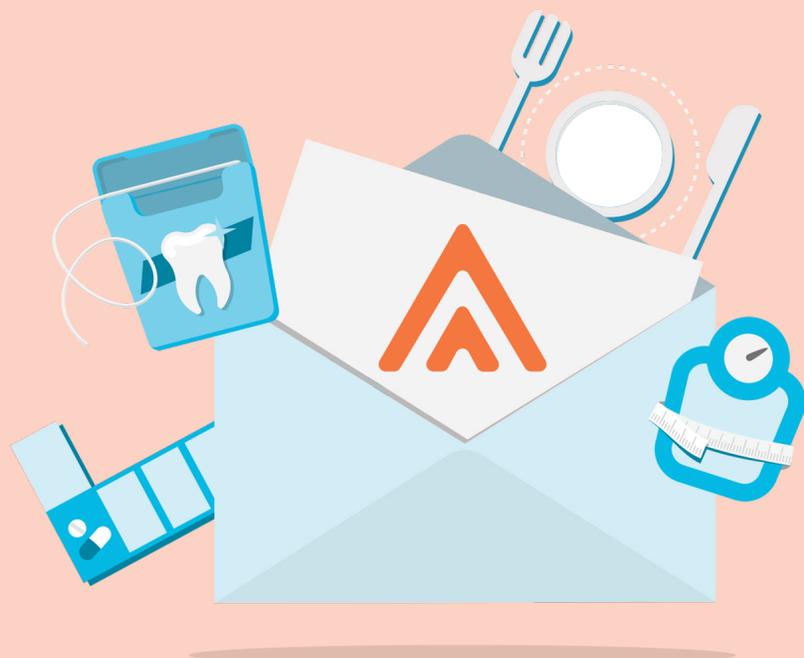
Achieving our health goals is a journey, and sometimes it's not easy. Over the past year, we have been working to develop a program to meet you and your family's health needs. We know not every BAC member is the same. We know not every family is the same. We know you all have unique health goals and challenges. With all of you in mind, we have worked with our UnitedHealthcare partners to develop a program that will not only provide you with resources and opportunities to learn about your health and improve it, but also gives you the chance to earn prizes along the way!

The program is Rally®. Rally is an app that brings together a suite of clinical and wellness programs, available to you at your fingertips. Rally provides a custom member experience for you, based on your current health status and health goals. This program is available FREE of charge to all BAC IHF members and their covered spouses. The following brochure reviews this program in more detail.

Please take the time to review the information. We hope you take advantage of Rally and take steps to a healthier you today!

What is **Rally?**

Rally, a division of UnitedHealth Group, is an App that can help you make simple changes to your daily routine, set health goals and stay on target to meet those goals. After taking a quick Health Survey, Rally will offer personalized recommendations to help you move more, eat better, and stress less. Sync your tracking device, join a Challenge, and earn virtual coins that you can exchange for rewards for taking healthy steps every day. Rally has a variety of programs for you to participate in to improve your health – so you can choose what programs you would like.



What **health actions** can I do to earn coins?



Between January 1, 2019 and December 31, 2019 you have the opportunity to participate in the activities below and earn Rally coins!

The maximum amount of coins you can earn from the activities below is 2,000*. More details on each activity can be found in the Rally app.

▶ Complete Your Annual Physical Exam or Preventive Screening	1,000 Rally Coins
▶ Complete a Biometric Screening	500 Rally Coins
▶ Switch to RX Mail Order Services	250 Rally Coins
▶ Visit the Indiana Clinic	1,000 Rally Coins
▶ Complete a Condition Management Program	1,000 Rally Coins
▶ Complete the Rally Health Survey	500 Rally Coins
▶ Complete a Virtual Visit	500 Rally Coins
▶ Complete Real Appeal	1,000 Rally Coins
▶ Enroll in the Healthy Pregnancy Program	1,000 Rally Coins
▶ Engage with a SavRx Pharmacist	250 Rally Coins
▶ Complete Orthopedic Health Support	1,000 Rally Coins
▶ Complete 3 Rally Missions	500 Rally Coins

Once you have earned Rally coins, you can exchange those coins for **prizes** such as:

- **Official BAC merchandise**
 - **Apple Watch**
 - **Donations to the BAC Disaster Relief Fund**
- and other cool prizes and discounts!



You and your covered spouse are eligible to participate in the program.

* The Rally incentive program caps the coin amount at 2,000 so that each participant in this program has equal opportunity to earn the maximum reward. In addition to the activities listed here, Rally gives coins for participation in other Rally programs, so you can earn more than the 2,000 coins in a year.

How do I get started?

To get started online

- Go to www.myuhc.com and click Rally
- Click “Sign Up” (If you already have an account, go to “Log in” to access your account)
- Follow the steps to create your account
- Get started!

or

To get started on the app

- Go to RallyHealth.com/GetMobile or visit the app store on your device and search for “Rally by Rally Health”
- Download the app on your preferred device
- Enter Code **BAC123**
- Follow the steps to create your account
- Get started!



Program Questions?

Call BAC IHF Fund Office at
1-888-880-8222.

Need tech support?

Call Rally at 1-855-215-0230.