

This printable version of the “How to Rally” Tutorial provides you the flexibility to revisit the tutorial information. Please note that there are no clickable links in this resource. The clickable links reflect the online tutorial capabilities only. If you would like to access one of the clickable links, type in the URL provided into your web browser. Blue tabs throughout this document represent the location of the information in the online tutorial.



State of Rhode Island "How to Rally" Tutorial

UnitedHealthcare is happy to offer Rally, an online interactive experience designed to make it easy to help you understand healthy behaviors and take steps to help you live a healthier life.

The goal of the How to Rally tutorial is to provide you with a roadmap to jumpstart your Rally experience. This program will focus on how to access Rally and what programs and services are available to you through the Rally experience.

By reading the "How to Rally" online tutorial and completing the questionnaire by **09/30/16**, all eligible employees will earn a \$50 co-share incentive credit from the State of Rhode Island.

BEGIN TUTORIAL

Please note: The information used in this tutorial is for general informational purposes only and is not intended nor should be construed as medical advice. Individuals should consult an appropriate medical professional to determine what may be right for them.

Let's Rally! (video)

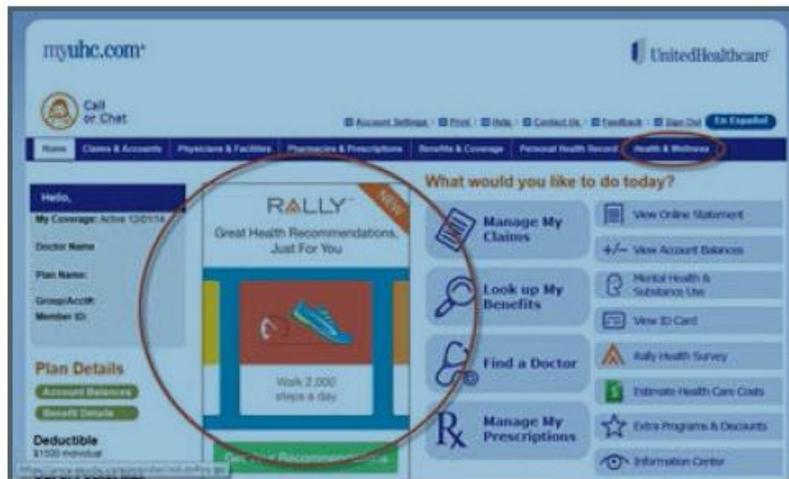


How To Access Rally

Step 1:

Log in to myuhc.com, and go to the **HEALTH & WELLNESS** tab or click the Rally banner ad.

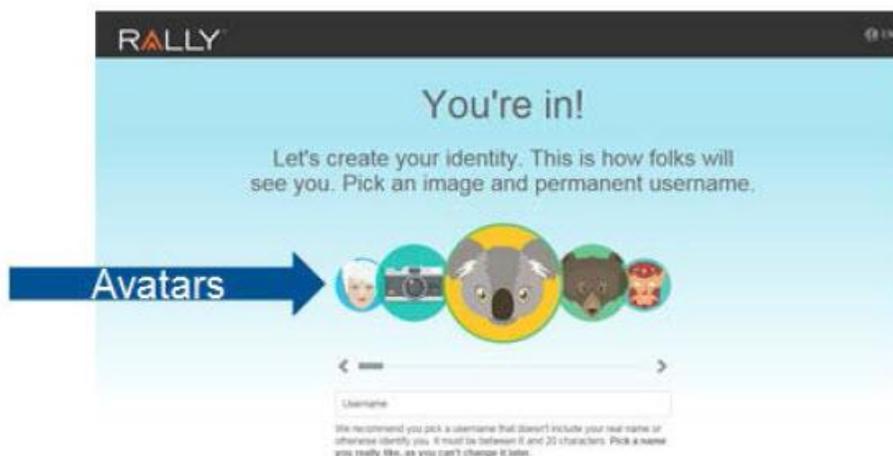
If you have never registered on myuhc.com, click [REGISTER NOW](#) and follow the prompts. Log in instructions are also available on your employer's site: www.wellness.ri.gov.



Step 2:

Getting started. Once you log in, click the banner ad or the HEALTH & WELLNESS tab, you will be on the Rally registration page.

Register by following the on-screen steps. Once registered, you will choose an Avatar (icon) to participate in online communities or other activities. You will also choose a username, which should be fun and memorable but NOT your real name.



IMPORTANT:

Verify and/or update your email address. If you are a returning user, be sure to update your e-mail address on myuhc.com to receive important e-mails regarding your benefits (including Rally!).

Rally Experience: Health Survey

Once you have registered on Rally, you will immediately begin your journey, starting with the Rally **Health Survey**. The Health Survey has replaced the Health Assessment that you may have taken in the past. The Health Survey is an interactive journey where you will answer questions to help personalize your Rally experience.

The Health Survey takes about 15 minutes to finish and provides visual prompts in a clear and easy to follow format.



DID YOU KNOW?

Completion of the Health Survey between **July 15 and December 31, 2016** will earn you \$50 in co-share credits.

Upon completion, you will receive real time results in the form of your personal **Rally Age**, a number that provides you with an indicator of how your health age compares with your actual age.

For example, if your chronological age is 40 but your Rally Age is 45, this may indicate that you are 5 years above your chronological age when considering your current state of health. Don't worry if your Rally Age is "older" than your chronological age. Rally provides interactive programs to help you make improvements in your health and hopefully improve your Rally Age.

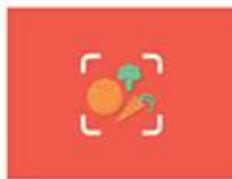
Once you receive your Rally Age, you have successfully completed the survey. Depending on your elected communication preferences (during the registration process) you may or may not receive an e-mail confirming your completion of the survey.

Rally Experience: Your Missions

In addition to receiving your Rally Age, you will also receive personalized and interactive results when you complete your Health Survey. Part of these results are suggested **Missions**, or individual action plans, based on your Health Survey responses. Missions provide activities to help you improve or maintain your health and are designed to be simple, action-focused and attainable.

Mission recommendations are made just for you under four categories:
Move, Eat, Feel and Care.

Recommended For You



Focus on fruits and veggies

Whether it's berries with breakfast, salad at lunch, or steamed greens at supper time, make sure to cover at least half your plate with fruits or veggies twice a day or more.

[Join](#)


Eat more whole grains

Refined flour and white rice have little fiber or vitamins. Go whole for health, and explore grains like amaranth, barley, millet, and spelt. A serving is a half-cup cooked or a slice of bread.

[Join](#)


Cook at home more

If the waiter at your favorite eatery knows more about your life than your mother, it may be time to start cooking. It's easier than you think -- you'll save money and eat better, too.

[Join](#)

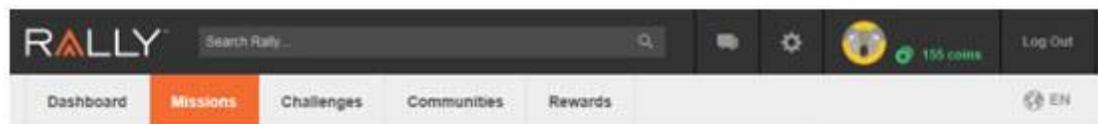

Cut back on added sugar

Sugar is a big source of empty calories - and it's in all kinds of foods you wouldn't suspect. Check the ingredients and try to avoid added or processed sugars like corn syrup (natural sugars in...

[Join](#)

Rally Experience: Join a Mission

To join a Mission, log into myuhc.com, access Rally and select the **MISSIONS** tab at the top of any page in Rally.



Once you reach the Missions page, click **BROWSE ALL**. You'll see the Missions recommended for you at the top, however you can also view all the available Missions in the Missions gallery by scrolling down.

Learn about Missions by clicking the Mission pictures or to join a Mission, click the green **JOIN** button.

You can set up the dates/times at which you would like to be reminded about your Mission. Reminders will be emailed to you. When you're finished, click **SAVE REMINDERS**.

Some Missions may ask you to self-report data or integrate with a device. Follow the appropriate steps to integrate your preferred device.



Eat more whole grains

Refined flour and white rice have little fiber or vitamins. Go whole for health, and explore grains like amaranth, barley, millet, and spelt. A serving is a half-cup cooked or a slice of bread.

[Join](#)

Rally Experience: Check in to a Mission

As you begin participating in your Rally Missions, you will want to periodically check in on how you are doing. Different Missions require different weekly check in amounts, so be sure to know what your chosen Mission requires by clicking the Mission picture.

During a Mission, there are two ways to check in on your Mission progress, through the **Dashboard** or through the **Mission Detail Page**.

Checking in from the Dashboard: After logging in, you will automatically be directed to your Dashboard view of Rally. At the top of the page you will see the Missions you've joined. While only three Mission cards will be presented at one time, you can scroll over to the right to view the rest. If you hover over the bottom half of a Mission card with your mouse, the check in option for that Mission will appear. Simply enter the check in option requested and click the green **CHECK IN** button.

Checking in from the Mission Detail Page: If you'd prefer, or if you've missed a day, you can check in from the Mission Detail Page. Clicking on the Mission card from your Dashboard or the **MISSIONS** tab will allow you to access each detail page. From there you can check in for today or any previous day, back to when you originally joined the Mission.

You may also receive reminder e-mails prompting you to check in depending on your chosen preferences.



Rally Experience: Track & Complete a Mission

Rally Missions last four (4) weeks. You will want to track your progress each week to see how you are doing. You can do this by going to the **Missions Detail Page**. This page can be found by clicking the **MISSIONS** tab.

The page will display the following:

- Each day you checked in
- Your progress for the day, provided you have reached the goal
- Your progress toward the overall goal of completing your Mission

Each Mission is different and the requirements to complete the Mission vary based on the following:

- **Individual Mission expectation** – For example, must walk three miles a day.
- **Minimum success criteria** – You must check in a minimum number of times to be given credit for that week. Note: your week starts on the day you joined the Mission and runs six days after. For example, if you join on Tuesday, your week will end the following Monday.
- **Mission duration** – As a reminder, each Mission lasts four weeks. These weeks don't have to be consecutive, but you must check in a minimum number of times each week for four weeks in order to complete the Mission.

All Mission requirements are available on the **BROWSE ALL** Missions page. Simply click on the Mission you want to explore. Once you join a Mission, you can check the requirements by visiting the **Missions Detail Page**, look on the left side of the screen.

Reminder: Successfully completing 1 four (4) week Mission during the time of offer from January 1, 2017 and March 15, 2017 will earn you a \$50 co-share credit .

You will know you have completed the four (4) weeks of a Mission when the circular 1, 2, 3, and 4 bubbles are highlighted green.

The screenshot displays the 'Missions Detail Page' interface. At the top, there is a sun icon on the left, a 'Today Complete' indicator with a checkmark, and a weekly progress bar for the week of May 31 - June 6, showing '1 of 3 days completed this week'. Below this, the 'Mission Details' section is circled in red, showing '1x Per day' and '3x Per week' with a right-pointing arrow. Underneath are four numbered bubbles (1, 2, 3, 4) representing weeks, with a note 'Complete 4 successful weeks'. To the right, 'This mission could help with:' is followed by three icons: a smiley face, a hand holding a lightbulb, and a hand holding a heart. A large blue arrow labeled 'Completion Bubbles' points from the right towards the numbered bubbles. Below the bubbles, the '75 Coins Available reward' is shown, along with '0x Milestones achieved'. The 'Latest Discussions' section features a post by 'WholeArtist' from 2 hours ago, titled 'In Nature, there are two forces of attraction; 1. Gravitation, and 2. Magnetism. Love's Operation needs careful study.', with 1027 related discussions.

Rally Experience: Challenges

Another behavior change program available to you is the **Rally Challenges**. These virtual physical activity challenges allow you to sign up and participate while competing against other participants. Challenges are an opportunity for a little friendly competition to get you motivated.

To participate in a Challenge, you will use a motion-tracking app or device and track your daily steps as you walk or run. You will be able to visit the Challenges page and see how you measure up against others on virtual racecourses set in cities like San Francisco, Washington, DC, New York, or Las Vegas.

Public Challenges are open to all Rally participants. So not only could you participate with others at the State of Rhode Island, but you could be competing against participants from all around the United States! There are always a variety of Public Challenges available for you to join.



Joining a Challenge

From the top navigation, click on **CHALLENGES**.

You will be brought to the Challenge page where you can view all of the available Public Challenges. To explore a Challenge before you join, click the **PREVIEW** then click **ABOUT**. You can view the virtual Challenge map and explore the Leaderboard. If you would like to participate in a specific Challenge, click the green **JOIN** button.

Once you join a Challenge you will be prompted to set up your tracking device. Follow the appropriate steps to complete this and get started!

To check your progress in a Challenge, simply visit the Challenge page and click on your Challenge. To check if you have completed a Challenge, click the **COMPLETED CHALLENGES** tab on the Challenge page.

Rally Experience: Making Healthy Connections

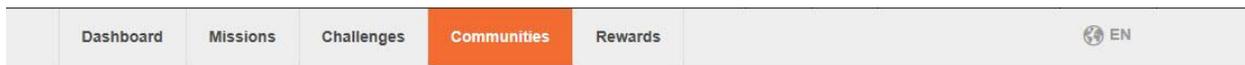
Making healthy connections through Rally can provide you with added education and support on your personal health journey. One way to make these connections is through **Rally Communities**.

Communities are digital forums, that you can join or follow. Through Communities you can meet and interact with people who share your interests. There are many forum topics to choose from.

When you join a Community you can:

- ask questions
- get involved in discussions
- meet and follow coaches
- and more

To explore Communities, log into Rally and select the **COMMUNITIES** tab found in the top navigation. Like Missions, you will have some recommended Communities as well as access to all of the available Communities. You can explore a Community by clicking the Community icon, you can Join a Community by clicking the green JOIN button or you can follow a Community by clicking the FOLLOW button.



All Communities



Behavioral Health

Got the blues? Often feel anxious or panicky? Talk about it in a private, friendly space and share what has worked for you.

Join



Skin, Hair and Nails

We like to think real beauty comes from within. Learn nutrition and self-care tips for healthy nails, hair, and skin – and love what you see in the mirror.

Join



Food and Nutrition

Good food – it's delicious, it brings people together, and it's essential for health. Trade nutrition tips, time-saving shortcuts, and recipes.

Join



Back and Spine

Find out how others keep their backs healthy, recover from injury, and cope with jobs that are hard on their backs.

Join

Rally Experience: Rally Coins

&

Rally Experience: Rally Sweepstakes

Rally Experience: Rally Coins

As you begin to participate in Rally, you will begin earning **Rally Coins**. Rally Coins are awarded to you when you participate and complete activities like the Health Survey or Missions. When you explore a Challenge, Mission or Health Survey you will be able to see the details of Rally Coins.

As you accumulate Coins you can redeem your Coins in **Rally Sweepstakes** for chances to win health and technology-related prizes such as fitness trackers or gift cards.



Coins Are Good. Real Good.

You just earned 40 coins for finishing the first section. After you complete the health profile, you can use your coins to enter drawings to win great prizes.

There's more where that came from!

Keep Going

How many coins do I have?

To find out how many coins you have earned, look next to your Avatar OR click the REWARDS tab to visit the rewards page.



NOTE: Rally Coins do NOT replace the co-share credits.

Rally Experience: Rally Sweepstakes

Redeeming your Rally Coins can be fun. There are a variety of Sweepstakes, sponsored by UnitedHealthcare, available to you. To enter into a Sweepstakes drawing, click the REWARDS tab and scroll down to AVAILABLE REWARDS. You'll see a series of images/text that have drawing details, like how many coins are needed to enter and when the drawing will occur.

Once you choose a drawing you would like to enter, simply click **ENTER**. If you would like to enter more than once - and you have enough coins - you'll see a chance to change your number of entries. When you're ready to continue, click the GO button. The entry confirmation will appear, click the **CONFIRM** button.

You will receive an e-mail immediately confirming your entries. Winners are selected at random and will be notified by e-mail.

Available Rewards

\$10 Starbucks Gift Card
Your coin balance: 15
Cost per entry: 5
Current entry limit: 3
Number of Entries: 1 (5 coins)
Go

4 days left to enter
HelloFresh Gift Card
Delicious and healthy recipes with all the pre-measured ingredients delivered straight to your door!
Multi-Entry Sweepstakes | 30 coins
My entries: 0
13 more coins to go

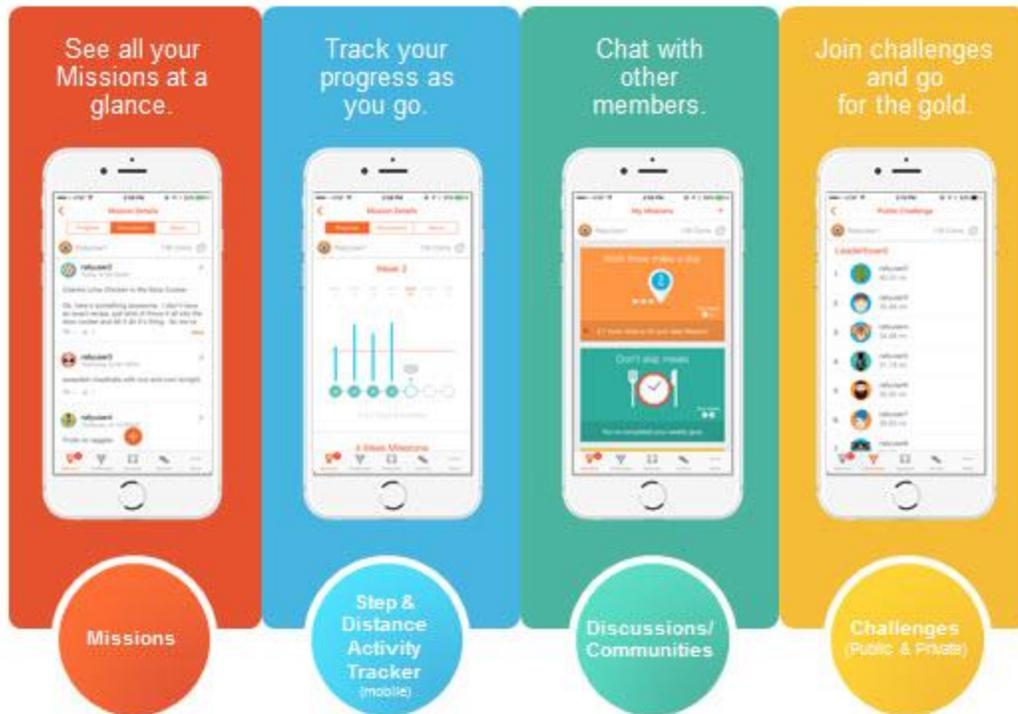
4 days left to enter
Air Plant Terrarium
A charming air plant terrarium perfect for your house, garden, or office.
Multi-Entry Sweepstakes | 3 coins
My entries: 0
Enter

11 days left to enter
Under Armour Band
The ultimate in smart wearable tech, the UA Band gives you a total picture of your health.
Multi-Entry Sweepstakes | 42 coins
My entries: 0
30 more coins to go

Access Rally: Rally App

Once you are registered on Rally, you can continue to access the site through myuhc.com OR you can download the **Rally App**.

The Rally App provides you with a way to check on your progress on the go. Supported devices include: iOS v7.1, iPhone 4 and newer, iPad, Android v4.1 and higher.



For more information about Rally please visit your employers site: www.wellness.ri.gov.