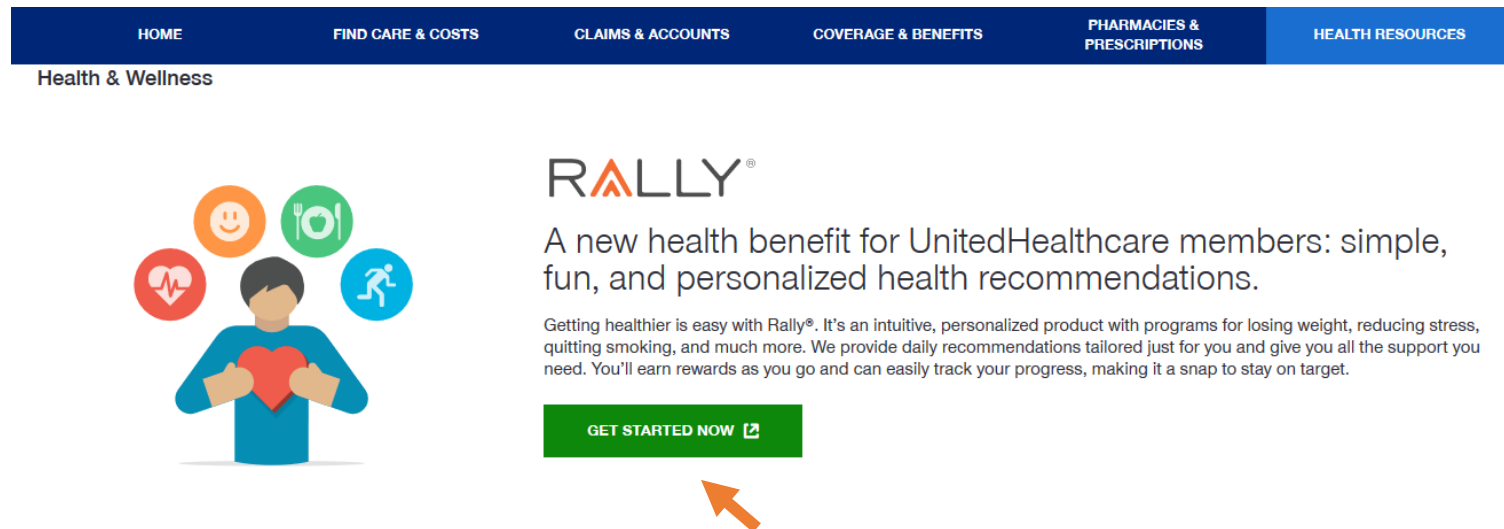


## Southern California Conference Wellness Program

- ✓ **Through United Healthcare**
- ✓ **Free to insured members**

- Register at United Healthcare at [www.myuhc.com](http://www.myuhc.com)
- Once you are logon, select “**Health Resources**”
- Scroll down to Health & Wellness, click “**GET STARTED NOW**’ box.



The screenshot shows a navigation bar with the following items: HOME, FIND CARE & COSTS, CLAIMS & ACCOUNTS, COVERAGE & BENEFITS, PHARMACIES & PRESCRIPTIONS, and HEALTH RESOURCES. Below the navigation bar is a section titled 'Health & Wellness'. On the left, there is an illustration of a person holding a heart, surrounded by icons for a smile, a fork and knife, a heart with a pulse line, and a person running. To the right of the illustration is the 'RALLY' logo and the text: 'A new health benefit for UnitedHealthcare members: simple, fun, and personalized health recommendations.' Below this text is a green button that says 'GET STARTED NOW' with an external link icon. An orange arrow points to the 'HEALTH RESOURCES' menu item, and another orange arrow points to the 'GET STARTED NOW' button.

- You will be redirected to [www.RallyHealth.com](http://www.RallyHealth.com) to register to login.
- Once logon, review your options on the dashboard and choose your activities to start earning real rewards!
- You can earn up to \$200 in gift cards from the stores of your choice within the benefits (calendar) year while maintaining/improving your health.

- Download the mobile app, **Rally Health™** on your smartphone to monitor your progress.

