

2023 City of Tampa Incentives Program Overview

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Objectives

WHAT IS THE NEW PROCESS
FOR EARNING WELLNESS
INCENTIVE DOLLARS?

HOW ARE MY WELLNESS
INCENTIVE DOLLARS PAID
OUT?

WHAT IS RALLY?

WHERE CAN I FIND
ADDITIONAL
RESOURCES/INFORMATION?





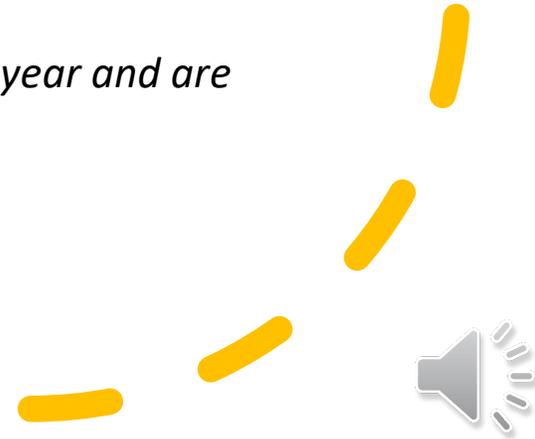
Wellness Incentives

Members covered on the United Healthcare medical plan through the City of Tampa are eligible to earn up to \$1000 in wellness incentives annually*.

City Plan with HRA	Simple Wellness Plan
Incentives applied to your HRA	Incentives applied to your Dollar First Benefit

**Incentives earned in 2022 will apply to this year (2023) and can be viewed in your UHC account information on www.myuhc.com.*

Incentives earned in 2023 will apply to the 2024 plan year and are viewed/earned in **Rally.*





Who Can Earn Incentives?

City Plan with HRA (Health Reimbursement Account)

- Wellness incentive dollars can be earned by both employee and spouse.

Simple Wellness Plan

- Wellness incentive dollars can be earned by the employee only.





How Your Incentive Dollars are Paid Out



HRA and Dollar First funds are automatically applied to medical claims sent to UHC by your provider(s). Claims are paid “first come, first served”.

HRA Plan pays down your deductible

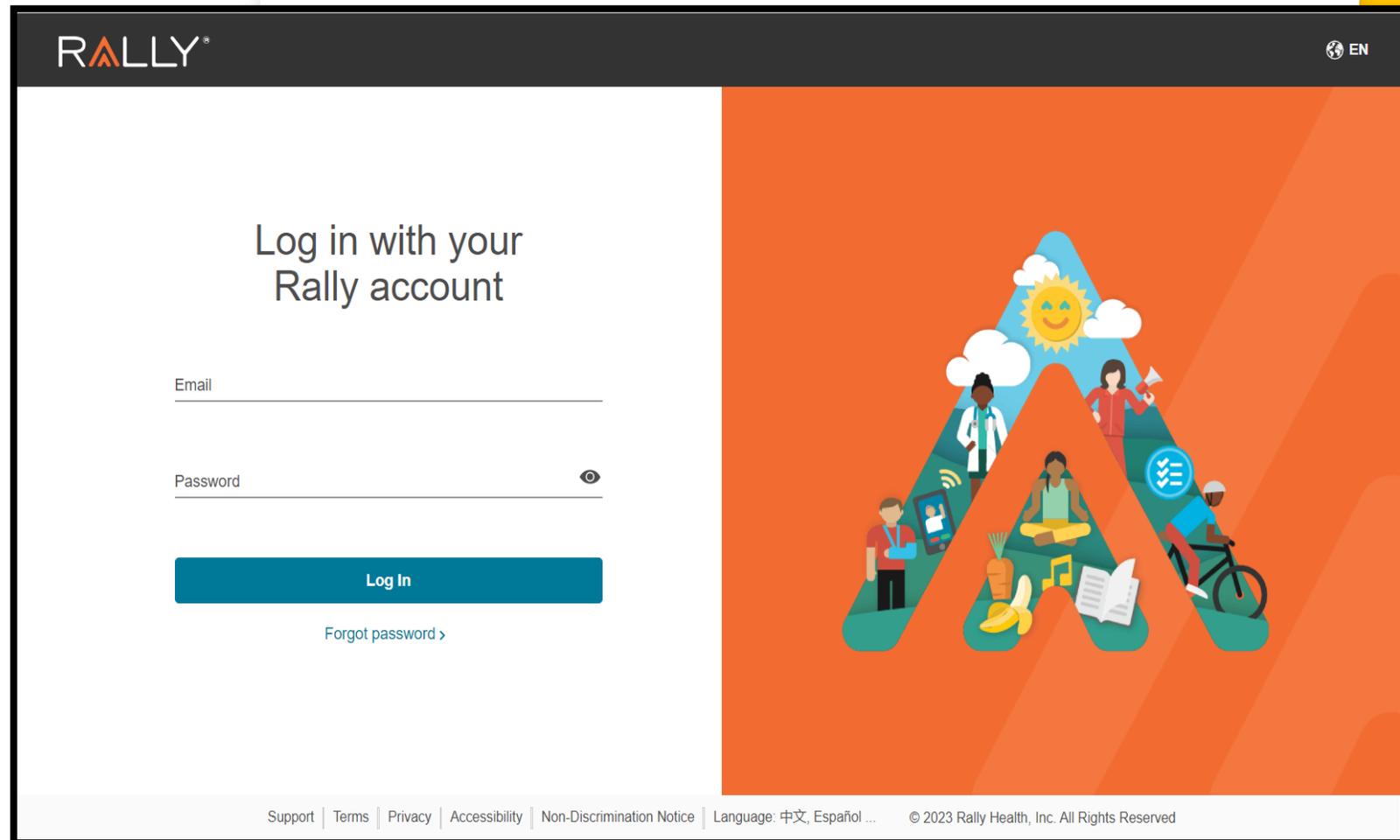
Dollar First Plan does not pay down your deductible

HRA and Dollar First funds cannot be “saved” by the member for a specific use. Example: if you’re planning a procedure in 2023, you cannot save up your incentive dollars to go toward that specific treatment*.

FSA (Flexible Spending Account) contributions can be used to cover the copay and/or saved and applied toward a specific treatment/medical event. This is a **separate benefit you can elect to participate in during Open Enrollment each year.*



New in 2023: Earning Your Incentives in Rally



The screenshot shows the Rally login interface. At the top left is the Rally logo, and at the top right is a language selector showing 'EN'. The main heading is 'Log in with your Rally account'. Below this are two input fields: 'Email' and 'Password', with a toggle icon for the password field. A blue 'Log In' button is positioned below the password field, and a 'Forgot password >' link is centered below the button. The right side of the page features a large orange graphic with a stylized 'A' shape containing various icons representing health and technology: a sun, a doctor, a person with a megaphone, a person with a smartphone, a person meditating, a person on a bicycle, and a list icon. At the bottom of the page, a footer contains links for 'Support', 'Terms', 'Privacy', 'Accessibility', and 'Non-Discrimination Notice', followed by a language selector 'Language: 中文, Español ...' and a copyright notice '© 2023 Rally Health, Inc. All Rights Reserved'.

RALLY®

EN

Log in with your
Rally account

Email

Password

Log In

Forgot password >

Support | Terms | Privacy | Accessibility | Non-Discrimination Notice | Language: 中文, Español ... | © 2023 Rally Health, Inc. All Rights Reserved

www.werally.com



Accessing Rally

- www.myuhc.com
- www.werally.com
- Rally mobile app

The screenshot displays the UnitedHealthcare Health Resources page. At the top, a dark blue navigation bar contains links for Home, Find Care & Costs, Claims & Accounts, Coverage & Benefits, Pharmacies & Prescriptions, and Health & Wellness. The main heading is "Health Resources".

The "Rewards program" section features a progress bar for "YOUR PROGRESS" showing "Dollars \$0" out of a \$1000 goal. A "View Your Program" button is located below the bar. To the right, the "FEATURED ACTIVITY" is "Get a Biometric Screening", which offers a "\$200 Reward". A description explains that users can earn this reward by completing a biometric screening with CareATC or Health and Wellness, or by using Physician Results Forms from Quest. A "Missing a reward?" link is also present.

The "Health & Wellness" section features the "RALLY" logo and an illustration of a person holding a heart, surrounded by icons for health and wellness. The text describes Rally as a new health benefit for UnitedHealthcare members, providing simple, fun, and personalized health recommendations. It mentions programs for losing weight, reducing stress, and quitting smoking. A "Get Started Now" button with an external link icon is at the bottom.



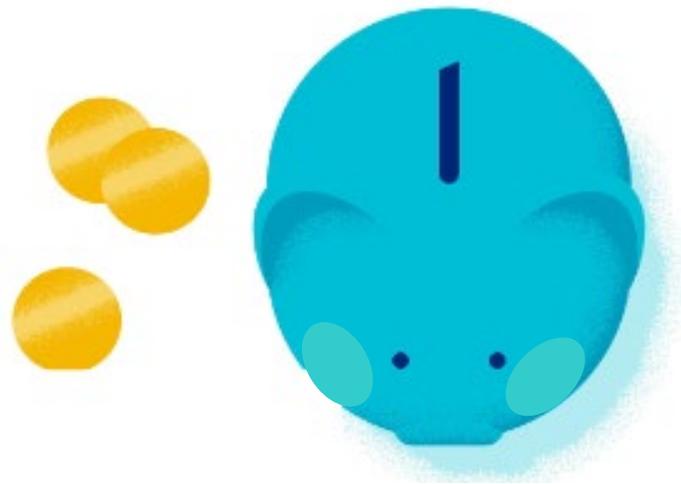


How Does Rally Work?

1. Create your Rally profile
2. Complete the Health Survey
3. Choose personalized activities to hit your goals
4. Get rewarded for healthy actions
5. Earn your City of Tampa health plan incentives



2023 Incentive Program



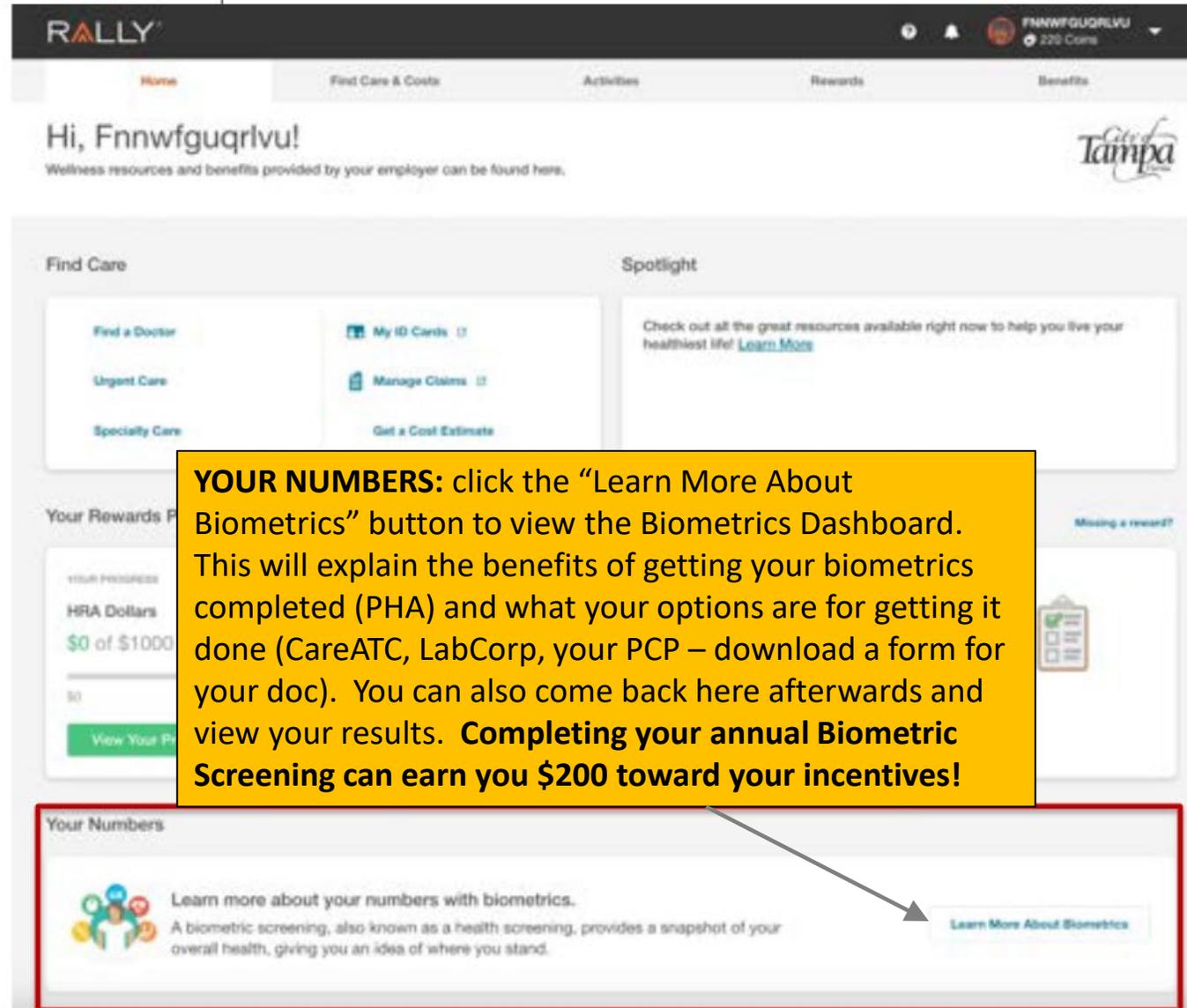
Health Action	Incentive
Rally Health Survey	\$100
Annual Exam, Prenatal Exam, Cancer Screening, Mammogram	\$200
Biometric Screening	\$200
Maternity Support Program	\$200
Complete Real Appeal	\$200
Tobacco-Free Attestation	\$200
Engage with UHC Wellness Coach (3 sessions)	\$200
Virtual Visit	\$100
Complete (3) Rally Missions	\$100
Attend UHC approved Wellness Class (repeatable quarterly)	\$100
Complete a City of Tampa Walking Challenge (repeatable quarterly)	\$100
Receive your Flu Shot/COVID Booster (each)	\$50
Incentive Earning Max	\$1000





Hitting the Highlights





Hi, Fnnwfguqrlvu!
Wellness resources and benefits provided by your employer can be found here.

City of Tampa

Find Care

Spotlight

Check out all the great resources available right now to help you live your healthiest life! [Learn More](#)

Find a Doctor

Urgent Care

Specialty Care

My ID Cards

Manage Claims

Get a Cost Estimate

Your Rewards

YOUR PROGRESS

HRA Dollars

\$0 of \$1000

View Your Progress

Missing a reward?

Your Numbers

Learn more about your numbers with biometrics.

A biometric screening, also known as a health screening, provides a snapshot of your overall health, giving you an idea of where you stand.

[Learn More About Biometrics](#)

YOUR NUMBERS: click the “Learn More About Biometrics” button to view the Biometrics Dashboard. This will explain the benefits of getting your biometrics completed (PHA) and what your options are for getting it done (CareATC, LabCorp, your PCP – download a form for your doc). You can also come back here afterwards and view your results. **Completing your annual Biometric Screening can earn you \$200 toward your incentives!**



RALLY® Missions

The screenshot displays the RALLY Missions interface. At the top, there's a navigation bar with 'RALLY' logo and user profile 'FINWFGUQRLVU' with '200 Coins'. Below is a menu with 'Home', 'Find Care & Costs', 'Activities', 'Rewards', and 'Benefits'. A secondary menu shows 'Your Activities', 'Staying Well & Covid-19', 'Missions' (highlighted), 'Challenges', and 'Communities'. The main content area is titled 'Top Recommended Missions' and includes a filter dropdown set to 'Select'. Four mission cards are shown: 'Stick to a Regular Bed Time', 'Get 7 to 8 Hours of Sleep a Night', 'Track Your Drinking', and 'Swap Alcohol'. Each card has a 'Get Started' button. Below this is the 'All Missions' section with three more cards: 'Drink in Moderation', 'Avoid Alcohol Triggers', and 'Stay Alcohol...'. Each card has a 'Learn More' button.

MISSIONS are activities users can join to help support a healthier lifestyle. Rally recommends individual Missions mostly based on your responses to the Health Survey. The Missions provide opportunities for daily actions toward a range of health and health-related topics including nutrition, fitness, stress management, sleep, care, finance, and even dental care. **Completing 3 Rally Missions can earn you \$100 toward your incentives!**



RALLY® Challenges

Group Challenges
Challenges are a great way to push yourself and engage in healthy, competitive activities with others in the Rally community.

Were you invited to a private challenge?

Your Challenges

CARDIO/NEURO
City of Tampa Walk

3-day private challenge ends in:
02d 15h 34m 50s

[Learn More](#)

Public Challenges

Create a challenge on the Rally app!

Exercise

CITY WALK
Chi Town Shuffle

21 Miles - 7-day Challenge
ends in: 00d 15h 34m 50s

[Learn More](#)

CARDIO/NEURO
Glide to Glory

20 Miles - 5-day Challenge
ends in: 04d 15h 24m 50s

[Learn More](#)

CHALLENGES: Every quarter, the City of Tampa will offer a **Walking Challenge** (remember Wild On Walking?) Keep an eye on the “Your Challenges” section to see when you can enroll. The first quarter challenge will run from February 1 – February 28. You can begin enrolling in the February Walking challenge as early as January 16th.

Public Challenges are open to all Rally users.

User-Created Challenges allow members to create and invite other users to participate in their own private challenge!

You can earn \$100 in incentive dollars for each COT Walking Challenge you complete. Since there’s one every quarter, *that’s up to \$400 you can earn just by walking!*



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Growing healthy every step of the way

