



## YMCA EMPLOYEE BENEFITS

A nonprofit benefit Plan exclusively serving YMCAs since 1970.

# REWARDING HEALTHY BEHAVIOR

## WellnessWorks Program MEMBER INCENTIVES

**August 1, 2023 – July 31, 2024**

Help your YMCA lower the cost of coverage  
and earn up to \$300 in gift card rewards!

### GET STARTED IN 3 STEPS:

- Log in to your Rally account at [ymca.werally.com](https://ymca.werally.com)  
*UHC Members can also log in via single-sign on at [myuhc.com](https://myuhc.com).  
Registration required the first time.*
- Take the Rally Health Survey
- Choose from the activities and programs listed on the back page to earn up to \$300 in gift cards



## HOW IT WORKS:

### TAKE THE SURVEY & GET YOUR RALLY HEALTH SCORE

Log in to your Rally account at [ymca.werally.com](http://ymca.werally.com) (or through [myuhc.com](http://myuhc.com)). If it's your first time, you'll be prompted to register and choose an Avatar and user name that you can use to post in the online communities or other activities. Note: Your user name should be fun and memorable, but NOT your real name, for the sake of privacy.

Once you've taken your Survey, you'll get your Rally Health Score, a dynamic measurement tool that can help you understand where you are in your health journey. From there, you can create a custom path to participate in missions, goals, and activities targeted to helping you improve or maintain your healthy lifestyle.

### EARN REWARDS

Rally makes it easy to check in and track your progress as you work through your Missions and other rewardable activities. Along the way you'll earn digital coins, which you can use to enter online sweepstakes for great prizes from Rally. All medical plan members aged 18 and over are eligible for the digital coins and Rally sweepstakes.

In addition to Rally prizes, all covered employees, pre-65 retirees, and spouses/domestic partners are eligible to earn up to \$300 in gift cards from YMCA Employee Benefits by participating in any of the programs or activities below. Once you complete an activity, you'll log in to Rally to redeem your reward by selecting an e-gift card from a list of vendors. Your e-gift card will be sent to your email within a few minutes, so make sure you entered the correct email address when you registered on Rally. You may also want to add "@werally.com" to your list of approved senders so that your gift card doesn't get lost in spam.

INCENTED PROGRAM / ACTIVITY	REWARD
<b>Getting Started</b>	
Take the Rally Health Survey	Earn Rally coins, plus your YMCA can earn an incentive to help keep your insurance costs low
<b>Taking the Next Step</b>	
Complete three Rally Missions	\$25
<b>NEW:</b> Watch video about the Employee Assistance Program (EAP) benefit	\$25
Take two (2) Rally quizzes to learn more about your benefits	\$25
Complete a <a href="#">Wellness Coaching</a> program—Programs available online or over the phone. <sup>2</sup>	\$50
<b>Maximizing Well-Being</b>	
Get an applicable preventive screening: <sup>2</sup> Annual Physical/Wellness Exam (≥18 yrs old) Colorectal Cancer Screening (>50 yrs old) <sup>1</sup> Mammogram Screening (Females ≥40 yrs old) <sup>1</sup> Cervical Cancer Screening (Females 21-65 yrs old) <sup>1</sup>	\$100 <i>The reward will be triggered after your doctor submits the claim.</i>
Get a biometric screening (in-person or using an at-home kit from <a href="#">Lets Get Checked</a> )	\$100
Complete 12 sessions of the YMCA's <a href="#">Diabetes Prevention Program</a> <sup>2</sup>	\$100
Complete <a href="#">LIVESTRONG at the YMCA</a> ® program for cancer survivors <sup>2</sup>	\$100
Complete at least 9 sessions of the <a href="#">Real Appeal</a> weight loss program <sup>2</sup>	\$100
Participate in <a href="#">Virta</a> to reverse or prevent type 2 diabetes* Enroll in the treatment program - \$50 Participate for a least 6 months - \$100	\$150
*Virta is available to members with type 2 diabetes, prediabetes, and/or a BMI of 30+	
Choose from any of the activities above to earn a maximum of:	\$300

<sup>1</sup> Only the applicable screenings based on gender/age listed here are eligible for incentive. Reward triggered once insurance claim is processed.

<sup>2</sup> Members can participate multiple times, however only the first completion is incented per incentive period.

### CONDITIONAL ALTERNATIVE

If a medical condition makes it unreasonably difficult for a participant to achieve the standards for the incentives under this program, or if it is medically inadvisable for a participant to attempt to achieve the standards for the incentives under this program, participants may call the Senior Manager of Benefits Administration and Compliance at 312-419-8786 to request a reasonable alternative.

See our [WellnessWorks FAQs](#) for additional details.