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| Achieving our health goals is a journey, and sometimes it’s not easy. That’s why we are thrilled to introduce Rally℠, a UnitedHealthcare® digital health and wellness experience. |
| Rally can help you make simple changes to your daily routine, set smart goals and stay on target. After completing a quick and fun survey, you’ll get personalized recommendations to get you moving more, eating better, feeling happier — and you’ll have fun doing it. |
| As a member of UnitedHealthcare, you have access to Rally at no additional cost. |
| **How Rally can help you:** |
| |  |  | | --- | --- | | • | Discover your Rally Age — a way for you to measure your health | | • | Get personalized health tips | | • | Earn chances to win rewards for taking healthy actions | | • | Get full access to your personal health records | |
| **Enjoy all the benefits of Rally today. Get started at** [**myuhc.com.**](https://www.myuhc.com/member/prewelcome.do?currentLanguageFromPreCheck=en) |