



Healthy Actions have their own Rewards

Now you can take healthy steps and be rewarded with the UnitedHealth Personal Rewards® program.

The UnitedHealth Personal Rewards program is an innovative incentive program that may help you meet your personal health and wellness goals. Through this program you may learn to make more informed health care decisions, create a personalized action plan, complete specific health actions, and get rewarded.

It is easy to get started

Schedule your annual preventive care exam with your primary care doctor in the network. Then take the health survey located on myuhc.com®. Through your preventive care exam and the health survey you will be provided with information to help you assess your current health status, and learn about any potential health risk factors that you need to address.

Once you have completed your health survey you can create your personal action plan and access online health action plans called Missions and other activities designed to help you stay healthy, get healthy or live with a health condition. These tools are provided to you based on the information you enter into the health survey, or you can simply select to participate on your own. Missions and other health suggestions are identified for you based on your responses to the health survey, and designed to help you manage your health.

Complete your Health Actions

The UnitedHealth Personal Rewards program allows you to earn rewards for completing specific health actions. Many of your “Health Actions” may be completed as part of your annual preventive care exam or biometric screening. And if you require support for specific conditions, based on your tests results, you may be able to earn rewards for completing specific coaching or wellness activities.



Track your progress

Earn Rewards



Your participation in UnitedHealth Personal Rewards and the health survey is confidential. Personal health information is protected by federal law and not shared with your employer.



If you are unable to meet a standard related to a health factor to obtain a reward under this program, you might qualify for an opportunity to earn the same reward by different means. Contact your plan representative and we will work with you (and, if necessary, your doctor) to find another way for you to earn the same reward.

Log into myuhc.com and click on the Health and Wellness tab to learn more about the reward applicable to you. There is a maximum associated with these rewards. Employees and covered spouse, if applicable, can earn rewards separately. Children may not participate in the reward program. Incentives can be earned only once every plan year.

Rally Health provides health and well-being information and support as part of your health plan. It does not provide medical advice or other health services, and is not a substitute for your doctor's care. If you have specific health care needs, consult an appropriate health care professional. Participation in the health survey is voluntary. Your responses will be kept confidential in accordance with the law and will only be used to provide health and wellness recommendations or conduct other plan activities.

All UnitedHealthcare members can access a cost estimator online tool at myuhc.com. Depending on your specific benefit plan and the ZIP code that is entered, either the myHealthcare Cost Estimator or the Treatment Cost Estimator will be available. A mobile version of myHealthcare Cost Estimator is available in the Health4Me mobile app, and additional ZIP codes and procedures will be added soon. This tool is not intended to be a guarantee of your costs or benefits. Your actual costs and/or benefits may vary. When accessing the tool, please refer to the Terms and Conditions of Use and Why Your Costs May Vary sections for further information regarding cost estimates. Refer to your health plan coverage document for information regarding your specific benefits.

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