

RALLY WELLNESS REWARDS PROGRAM!

How to Live Well and Get Rewarded in 2025....

Rally, through UnitedHealthcare, is our wellness portal. The Rally Wellness Portal will display all available wellness activities and track your completion and rewards. To get started, log in through your UnitedHealthcare (myUHC.com) account - Go to My Account in the top right corner and click on Rewards. To view on your phone, download the Rally app (code AMGREET).

Wellness Activity in Rally

You must be registered in Rally to earn rewards

Dollars earned in your HSA
(Consumer and Enhanced Consumer Plans)
or HRA (Traditional Plan) and deposited in the
calendar quarter following completion

Complete the Rally health survey

When you log into Rally for the first time every year, you'll be asked to complete a short (40-60 question) survey that takes about 5 minutes to complete. The survey helps to understand your overall health and personalize recommendations for programs and rewards.

\$100/associate \$75/spouse

Get a physical or prenatal exam

When you complete a physical or prenatal exam in 2025, UnitedHealthcare will process your claim and once adjudicated, post to your Rally portal. You'll earn rewards the following quarter. If you've had a physical exam since 1/1/23 and earned Rally Rewards in 2024, your rewards will roll over in 2025.

\$100/associate \$75/spouse

Have a biometric screening

Before your biometric screening appointment, be sure to print and bring with you the Physicians Results form. Complete instructions on how to print this form can be found on AGBenefits.com. If you've had a biometric screening since 1/1/23 and earned Rally Rewards in 2024, your rewards will roll over in 2025.

\$100/associate \$75/spouse

Get a preventive cancer screening

You should always talk to your doctor about when and how often you should be screened based on your age, gender and family history. American Greetings is rewarding associates and spouses for completion of each of the following screenings based on American Cancer Society (ACA) guidelines:

\$100/associate \$75/spouse

- **Breast Cancer Screening** (mammography) for females over the age of 40 - annually
- **Cervical Cancer Screening** for females from 21-65 years - every 3 years
- **Colorectal Cancer Screening** (colonoscopy) for males and females over 45 - every 10 years
- Males under 45 who are not required to complete a screening can attest to that in Rally and earn the reward

Get an annual vision exam

Once you get your annual vision exam, go into Rally and attest completion.

\$50/associate \$45/spouse

Get both of your 6-month dental checkups

Once you get both of your twice-a-year exams, go into Rally and attest completion.

\$50/associate \$45/spouse
(1 time deposit)

Complete Rally missions

You can complete Rally missions – simple activities you can do every day – to help improve your fitness, diet and emotional wellness.

- **3 missions from January - December**

\$50/associate \$40/spouse

Annual Rally Wellness Rewards maximum: Associate Only/Associate + Children = \$550 Associate + Spouse/Family = \$980



Need more information?
Call AGBenefits Advisor @800-397-9249