It’s time to Rally!

Achieving our health goals is a journey, and sometimes it’s not easy. In an effort to continue to cultivate a culture of wellness, we are thrilled to introduce Rally, the University’s new voluntary wellness program which begins January 1, 2016. Rally will be replacing our initial wellness partner, PureWellness, and will provide a digital, personalized health experience available to United Healthcare members designed to assist you in making healthier choices and/or building healthier habits. This new platform offers both enhanced technologies as well as integration opportunities which will streamline the user experience.

We are conducting two Rally Town Hall meetings to demonstrate the Rally portal and its interactive wellness site. Bring your questions!

Come to the Rally Town Hall Meetings to learn more about 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

**Rally Town Hall Meetings**

- **Friday, December 11th from 2:00 – 3:00pm - KF Room, Mortensen Library**
- **Wednesday, December 16th from 10:00 – 11:00am – KF Room, Mortensen Library**

As a member of United Healthcare, you have access to Rally at no additional cost.

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.

No matter where you are, it’s time to Rally!