



Sleep Better, Move More, Eat Healthier, & Feel Great

Rally® has simple ways to help improve your health. Get recommendations, create healthy habits, and earn rewards along the way.



Take the Rally Health Survey

Your Rally experience begins with the fun and easy Rally Health Survey, designed to help you better understand your overall health before setting simple, everyday goals.



Get Personalized Recommendations

Rally provides personalized recommendations, including well-being programs, everyday activities, and friendly competitions to help you build healthy habits for the long term.



Earn Sweet Rewards

By taking healthy actions and achieving your goals, you'll earn Rally coins, which can be redeemed for great rewards.

Get Started with Rally

Login to myUHC.com and click on the Health Resources tab.

On your phone? Download the Rally® app and register using code **TRAVIS**