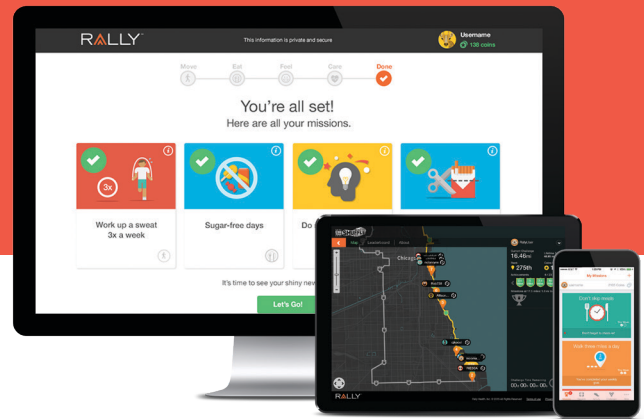


# Program Overview and Frequently Asked Questions (FAQs)



## What is Rally®?

Rally is a digital health support tool designed to help you move more, eat better and feel happier — and have fun while doing it. Rally shows you how to make simple changes to your daily routine, set smart goals and stay on target. Start by taking the quick Health Survey to get your Rally Age<sup>SM</sup>, one way to help you assess your overall health. Then complete your biometric screening to learn your numbers. Rally will recommend Missions for you: simple activities designed to help improve your diet, fitness and well-being. Also on Rally there are lots of ways to earn Rally Coins, which you can use for chances to win great rewards. Rack up Rally Coins for joining Rally Missions, pushing yourself in a Challenge and even just for logging in every day.


## Why should I participate?

Living a healthy lifestyle is a personal choice that can reap huge rewards, physically, emotionally and financially. Because it's so important, all employees and eligible spouses have been enrolled in Rally, a fun and engaging way to help you begin your personal health journey. The program is optional — you can participate as much or as little as you want. You and your spouse can qualify for lower medical premiums in 2020 simply by taking the Rally Health Survey and getting a biometric screening. Those who choose to get actively involved with Rally and commit to improving their health will see even greater rewards.


## How do I start?

Employees and spouses enrolled in a Kiewit medical plan in the United States can access Rally through **myuhc.com**®. After logging in, click on the “Visit Rally Health & Wellness” icon. If enrolled in the Kiewit international medical plan, register for Rally at **werally.com/client/kiewit/register**. Employees and spouses not enrolled in a Kiewit medical plan can access Rally at **werally.com/client/kiewit/register**. Once logged in, start by taking the Health Survey.


## What is a Health Survey?

 The Health Survey is an engagement tool that allows for site personalization, including your Rally Age and recommendations for Missions. You must take your Health Survey to begin your Rally experience.

## What is my Rally Age?

 Your Rally Age is the age that your body “feels” like, which is often different than your actual age. Rally uses your collected information and any applicable biometric screening data to calculate this number. It then compares this number to your real age so you can better understand how old (or young) your body really feels.

## What is a Mission?

 Completing the Health Survey will also provide you with personalized recommendations known as Missions. Your recommended Missions are designed to help you improve or maintain your health.

See additional Frequently Asked Questions once logged into Rally.

**RALLY**®

## What is a Challenge?



Rally Health Challenges are a fun way to push yourself and earn rewards. Compete with others using a tracking device to count your steps on virtual courses.

## What are Rally Coins?



Rally rewards you with “coins” when you complete a task. You can then redeem your coins in a wide variety of sweepstakes for chances to win health- and technology-related prizes such as fitness trackers, gift cards and more. You can earn Rally Coins when you complete a task, such as finishing your Health Survey or completing a Mission.

## What is the Fitness Reimbursement Program?

Visit a fitness center six times each month to earn a \$25 gift card (up to \$300 in cards annually). Log in to Rally and look for the Fitness Reimbursement Program banner for more details. If you have questions about the program, call 1-877-818-5826.



## What is Quit For Life®?

It can be hard to quit smoking. The Quit For Life program helps people learn to live without tobacco and offers tobacco users powerful tools and support every step of the way. Enrolling is quick and easy at **1-866-QUIT4LIFE (1-866-784-8454)**.



## What is Personal Coaching?

Personal Coaching combines online and live coaching, along with the latest content and tools, to help improve your health and well-being. Topics include nutrition, sleep, fitness, stress management and more. Log on to Rally and look for the Personal Coaching banner for more details.



# RALLY®

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.

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