



Fitness Reimbursement Program

TIC employees can earn \$25 each month they work out at least six times. That's a maximum of \$25 per month, up to \$300 per year. You can receive cash deposited directly into your bank account or gift cards — the rewards can be redeemed each month, annually or however often you choose. *Note: Fitness rewards are considered taxable income. You will be taxed for the quarter in which you earned the reward. Employees will also be taxed for reimbursements earned by their spouses.*

The **Fitness Reimbursement Program** is part of UnitedHealthcare's Rally Wellness Program. To participate in the program, follow the instructions below.

1. If you haven't registered for a Rally account, follow the instructions below to register.

- If you are enrolled in a company medical plan in the U.S., log in to your UnitedHealthcare account at www.myuhc.com, click on "Visit Rally Health & Wellness" and follow the instructions to register.
- If you are not enrolled in a company medical plan, register for Rally at www.werally.com/client/Kiewit/register and follow the instructions.
- The first time you log in, you will be asked if you use nicotine products and then you will be asked to take the survey.

2. Download the Rally Health app from the App Store or Google Play.



Once you are registered for Rally, you can log in using your email address and password.

3. Check in at your gym each time you go to work out

- Launch the Rally mobile app on your phone
- Navigate to the Rewards screen, select the gym check-in program and tap Check-In
- Locate a gym using built-in location services (you will be asked to allow Rally to access your location)
- When the list of gyms appears, select the one you want to check into. This will become your default gym for future visits.
- Rally will keep track of your gym visits and each month you visit the gym six times, you will be eligible for a \$25 reimbursement.

Note: If your gym is not listed, submit a request through the app to add the gym or call Rally at 877-818-5826. You will need to provide the name, address and phone number of that facility.

Due to COVID-19, the Rally app now allows for home workouts, virtual classes and even family walks to be credited toward your gym incentive. See the app for details.