
Fairleigh Dickinson University Personal Rewards Program

**A health incentive program for medical
plan enrollees.**





Fairleigh Dickinson University is pleased to offer **Personal Rewards**, an incentive-based program designed to help you adopt and maintain healthy behaviors as a way of life. By completing the online health assessment and obtaining your annual physical or attending an onsite biometric screening event, you and your enrolled spouse can each earn \$50 gift cards.

Personal Rewards aims to increase your awareness of your own health status and provides education, resources and support to help you stay healthy, get healthy or live better with an existing health condition. This brochure provides a description of the **Personal Rewards** program that will be offered to you in 2019. It also includes a Frequently Asked Questions & Answers section.



Personal Rewards is offered to faculty, staff and their spouses enrolled in the Fairleigh Dickinson University medical plan. All personal health information will be kept confidential and in compliance with HIPAA as it pertains to the sharing of participation data to Fairleigh Dickinson University for the purpose of administering program incentives.

Join us and make 2019 your year for good health!

Fairleigh Dickinson University

Personal Rewards Program Checklist

Complete both items below to earn Personal Rewards dollars.

Personal Rewards Action Item	Activity Description	Dollar Value, Time Period and Limitations	Check When Complete	Notes
	Obtain an annual physical exam with an in-network physician or obtain your biometrics at an onsite screening event	Between January 1, 2019 and September 30, 2019		You can track on www.myuhc.com in the Health Resources tab _____
	Complete the Health Survey on www.myuhc.com	Between January 1, 2019 and September 30, 2019		You can track on www.myuhc.com in the Health Resources tab _____

Personal Rewards Program

Frequently Asked Questions

How does the Personal Rewards incentive program work?

Complete your online health assessment and visit your in-network physician to obtain your annual physical **or** attend an onsite biometric screening event between 1/1/2019 and 9/30/2019. You and your spouse can each earn a \$50.00 gift card by completing these two actions.

Who is eligible to participate? All Fairleigh Dickinson University faculty and staff and their spouses enrolled in FDU's UnitedHealthcare medical plan are eligible to participate.

Are my spouse and/or dependents eligible to participate? Yes, your enrolled spouse is eligible to participate. At this time child dependents enrolled in FDU's UnitedHealthcare medical plan are not eligible.

Do I need to pre-register for the Personal Rewards program? No. All Fairleigh Dickinson University faculty and staff enrolled in the UnitedHealthcare medical plan are automatically enrolled in the **Personal Rewards** program.

What do I need to complete in order to successfully complete the Personal Rewards program?

Faculty, staff and covered spouses enrolled in FDU's UnitedHealthcare medical plan **must** complete the following in order to earn the \$50 gift card:

1. **A. Complete an annual physical with your physician**
OR
B. Obtain your biometric numbers at an onsite biometric event.

AND

2. **Complete the online Health Survey on www.myuhc.com.**

Do my preventive care visits and/or completed health assessments in 2018 count? No. All activities must be completed between 1/1/2019 and 9/30/2019.

Will I receive the incentive if I complete an activity after the specified time frame? No. To be eligible to receive the gift card, you must complete all **Personal Rewards** activities between 1/1/2019 and 9/30/2019.

Personal Rewards Program

Frequently Asked Questions continued

What if I do not have access to a computer? How can I complete the Health Assessment? You can ask your supervisor for assistance. Computer centers are available on each campus that can be utilized by FDU employees. The health assessment can also be completed on home computers or you can contact Human Resources.

How can I track my progress in the Personal Rewards program? Participants can track activities online at www.myuhc.com in their Health Resources tab. Click on “Rewards” to see program details and the activities completed. You may also use this brochure to manually track actions completed.

How do I or my spouse obtain our gift cards? You can go online to myuhc.com, click on the Health Resources tab, then go to the “Rewards” tab and retrieve your gift card.

What should I do first? To get started, it is recommended for you to schedule your annual physical with your physician or plan on attending an onsite biometric screening event. Next, complete the online Health Assessment on www.myuhc.com.

What is preventive care and where can I get more information about covered services? Preventive care is defined by the U.S. Preventive Task Force. Not all services provided by your physician or lab services requested by your physician may be considered preventive in nature, although they may be necessary for your individual health needs. Visit www.uhcpreventivecare.com to search specifically by your age and gender what preventive services you should be receiving and which are payable at 100% by the FDU medical plan if billed by your physician as preventive.

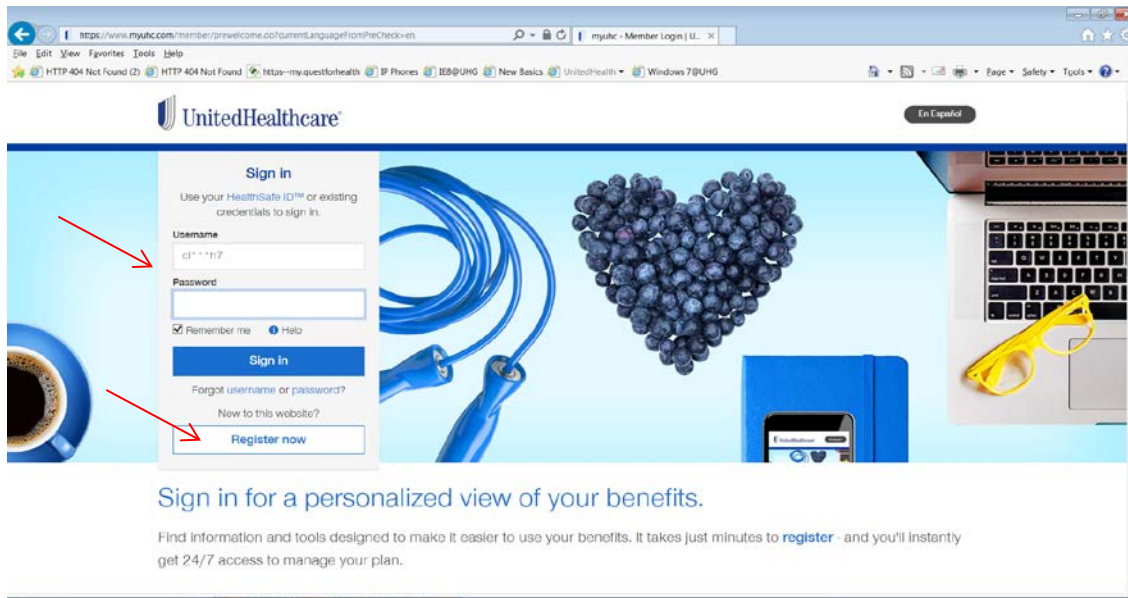
What if I have trouble logging into www.myuhc.com? For technical issues or questions related to the UnitedHealthcare member website (www.myuhc.com) such as the registration process or password issues, please contact the UnitedHealthcare Technical Support Line at [1-877-844-4999](tel:1-877-844-4999).

What if I had a physical or attended a biometric screening event and took my Health Assessment, but did not receive my gift card? First, be sure to return to www.myuhc.com, and then go to the “Health Resources” tab, and “Rewards” tab to claim your card. If you did so and are still having trouble, please call [1-877-818-5826](tel:1-877-818-5826) for Health and Wellness portal support and questions regarding your gift card.

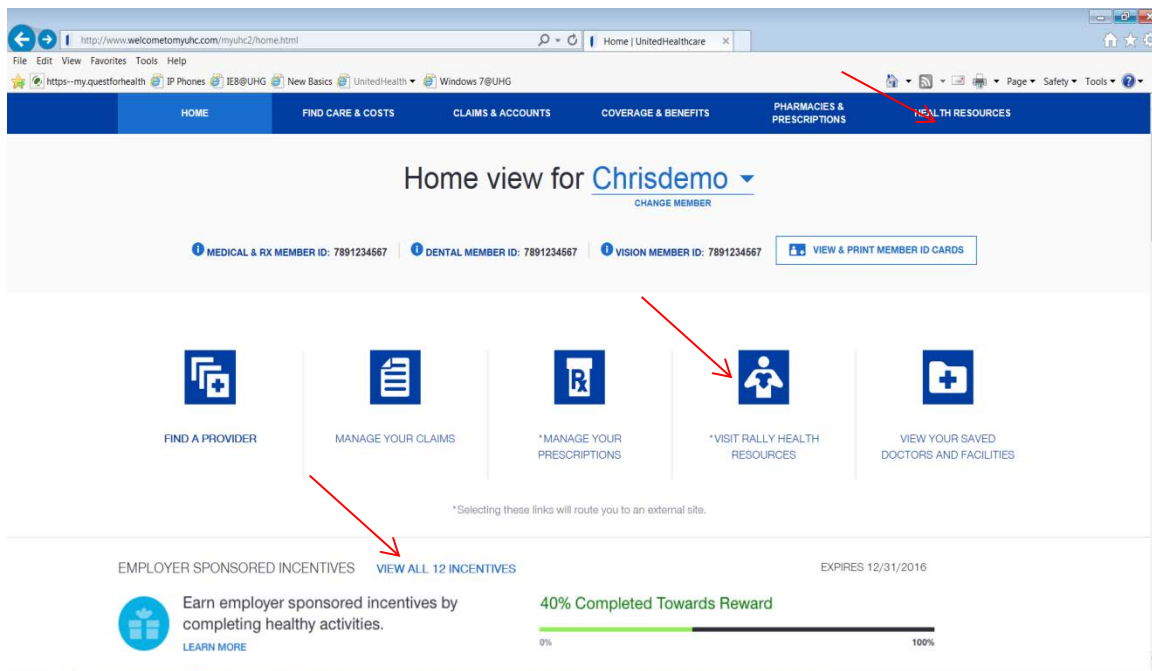
Getting Started with the Personal Rewards Program

How to Complete the Online Health Assessment on the UnitedHealthcare member website at www.myuhc.com.

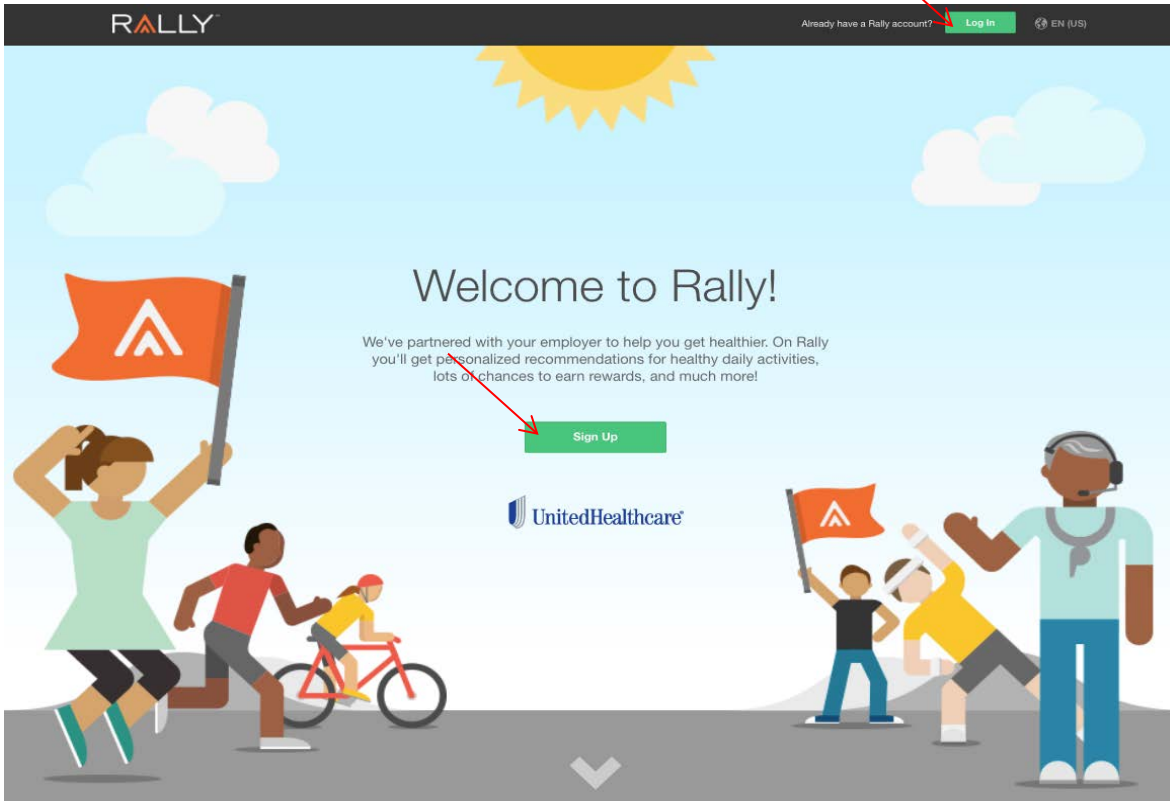
Go to www.myuhc.com and login using your user name and password. If you have never registered on the website, click “Register Now” to create a user name and password. You will need your UnitedHealthcare ID card to register as a new user.



From your home page, click on the Health Resources tab to access the Health Assessment. You may also click on the Visit Rally button or Incentives link.



This will take you to Rally, UnitedHealthcare's wellness site. If this is your first time here, click "Sign up." Existing users will access Rally by logging in.



Follow the four steps to register.

Step 1: Choose an e-mail and create a password.

At Rally, we value your privacy. That's why we'll never ask for your family medical history or other genetic information. Please do not provide it.
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FAQ | Reward Rules | Privacy | Terms | HIPAA | Non-Discrimination Notice | Language: 中文, Español...

Step 2: Accept the privacy terms.

RALLY Already have a Rally account? [Log In](#)

1 — 2 — 3

Keep your Rally data, wherever you go.

You have the option to access Rally with all your personal health data even if you change jobs or insurance. You can agree by checking the box below.


Optional Authorization [En Español](#)

This authorization is **optional**. By agreeing, you authorize Rally to retain and use and disclose your health information that we receive through Services so that we can continue to provide you Services if:

- (1) you no longer receive Services through a particular Rally Partner; or
- (2) the contractual relationship between two Rally Partners or between Rally and a Rally Partner changes or terminates.

Yes, by checking the box, I acknowledge having read, and hereby sign the above **HIPAA Authorization** as of today's date. (Optional)

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At Rally, we value your privacy. That's why we'll never ask for your family medical history or other genetic information. Please do not provide it.
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Step 3: Confirm you are a UnitedHealthcare member.

RALLY Already have a Rally account? [Log In](#)

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Lastly, we just need to confirm your eligibility.


UnitedHealthcare Member ID
You'll find your UnitedHealthcare Member ID on your medical card.

First Name

Last Name

Date Of Birth (mm/dd/yyyy)

[Back](#) [Let's Go!](#)



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Step 4: Pick a profile image and create your user name.

RALLY EN (US)

You're in!


Let's create your identity. This is how folks will see you. Pick an image and permanent username.



< ————— >

We recommend you pick a username that doesn't include your real name or otherwise identify you. It must be between 6 and 20 characters. **Pick a name you really like, as you can't change it later.**


Let's Go!



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Start your Health Survey.

Successful Registration/Start Survey Landing Page




RALLY This information is private and secure. FDU_181_F11

Your Rally experience is just minutes away!

Answer a few questions to find out your Rally Age and get recommended activities just for you.

Start The Survey

- 1** Take the survey
- 2** See your Rally Age
- 3** Get your recommendations



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Complete your survey and get your Rally age!

RALLY This information is private and secure. TestUser14 155 coins EN (US)

Your survey is done! Now you'll get your Rally Age, learn more about your overall health, and see what your next steps are.



Your Rally Age is a measure of your overall health. We look at key information like your age, weight, stress levels, diet and exercise habits, and other factors to figure it out. Based on all of that, you can choose what you'd like to do on Rally to improve your health.

[See Your Profile](#)

RALLY This information is private and secure. TestUser14 155 coins EN (US)

Health Profile Set Goal Make Plan Summary



Powered by Expert 24

Here's a quick snapshot of your results.

Your Rally Age is **5 years above** your real age.

We look at your age, weight, and other key pieces of health data to figure out your Rally Age. We also factor in answers about your fitness, nutrition, stress, and preventive care.

Your Lifestyle

Lots of everyday things can affect your health — what you eat and drink, how much exercise and sleep you get, and how much stress you feel. Rally can help you do better.



Smoking and Nicotine

By not smoking you're doing yourself a big favor. Keep it up, and avoid secondhand smoke as well.



Doing great!

How to Redeem Your Reward!

Once you have completed your biometric screening or obtained an annual physical, please allow 30 days for the information to be reported to Rally. Return to Rally through www.myuhc.com to redeem your \$50 electronic gift card. Click on the orange reward button, then “View Program” under “Let’s Talk Rewards.” There will be a link to click on to redeem your \$50 electronic gift card. If the link is not there, please check back in about a week to allow for Rally to receive information that you attended a screening or had a physical. For Health and Wellness portal support and questions regarding your electronic gift card, please call:

877-818-5826

RALLY

DASHBOARD MISSIONS CHALLENGES COMMUNITIES **REWARDS** RESOURCES

EMPLOYER REWARDS RALLY REWARDS

UnitedHealthcare

Rewards Program

Here are all the awesome rewards offered by your company for completing the following healthy actions. Your overview will update automatically as you make progress. Some activities will take time to process, so don't worry if an action isn't updated right away. Rally will send you an email if your employer's rewards plan changes at any time. Got all that? Check out the FAQ if you have more questions.

Your Progress

Current Plan Ends 12/31/19

Gift Card Credits	\$0
0	\$50 Limit

Gift Card Balance Available \$0

[Browse Gift Cards](#)

Protecting your privacy in the **Personal Rewards Program.**

UnitedHealthcare understands the importance of protecting your privacy.

We care about the relationship we have with you. The services we provide require that we receive personal information and we know it is critical to protect your privacy. Our business practices are in compliance with the privacy requirements under the Health Insurance Portability and Accountability Act (HIPAA). Your personal information will not be shared with your employer. Your personal information will be used only by UnitedHealthcare and its wellness program affiliates to provide individualized health information that may help you improve your health practices.

Remember, your health and well-being begins with you.

So take control of your health today and be rewarded.