



YMCA EMPLOYEE BENEFITS

A nonprofit benefit Plan exclusively serving YMCAs since 1970.

REWARDING HEALTHY BEHAVIOR

WellnessWorks Program MEMBER INCENTIVES

August 1, 2024 – July 31, 2025

Help your YMCA lower the cost of coverage
and earn up to \$350 in gift card rewards!

GET STARTED IN 3 STEPS:

- Log in to your Rally account at ymca.werally.com
UHC Members can also log in via single-sign on at myuhc.com.
Registration required the first time.
- Take the Rally Health Survey and earn your first \$50
- Choose from the activities and programs listed on the back page to earn more rewards!

HOW IT WORKS:

LOG IN TO RALLY

Log in to your Rally account at ymca.werally.com (or through myuhc.com). If it's your first time, you'll be prompted to register and choose an Avatar and user name that you can use to post in the online communities or other activities.

Note: Your user name should be fun and memorable, but NOT your real name, for the sake of privacy.

TAKE THE SURVEY

Once you're logged in, take the Rally Survey to earn your first \$50 in rewards and unlock all the other programs/activities. Once the survey is complete, you'll also get a Rally Health Score, which measures where you are in your overall health journey.

SELECT YOUR PATH TO HEALTH

Your Rally Health Score will include some recommendations for missions and/or goals to get you started on improving or maintaining your health. Or you can customize your own path! Select from the programs and activities below to earn the remaining \$300 of your gift card rewards. You'll also earn digital Rally coins that can be used to enter online sweepstakes for even more rewards. Once the program/activity has been completed, log back in to Rally to redeem your rewards for e-gift cards from a large list of online vendors. Some activities are rewarded automatically once the claim has been received and may take a few weeks to show up as complete. Once redeemed, your e-gift card will be sent to your email within a few minutes (or you can retrieve it from your Rewards tab on Rally).

All medical plan members aged 18+ should take the Rally survey and are eligible to participate in the programs or activities below. However, only employees, retirees, and spouses/domestic partners are eligible to earn the gift card rewards.

Start Here

INCENTED PROGRAM / ACTIVITY	REWARD
Take the Rally Health Survey to unlock the options below	\$50
Complete three Rally Missions	\$25
Watch video about the Employee Assistance Program (EAP) benefit	\$25
Take two (2) Rally quizzes to learn more about your benefits	\$25
NEW! Set goals and track your daily steps with Rally Stride Meet your goal at least 12 times during any calendar month to earn the reward for that month	\$25 per month!
Complete a Wellness Coaching program—Programs available online or over the phone. ²	\$50
Get an applicable preventive screening: ² Annual Physical/Wellness Exam (≥18 yrs old) Colorectal Cancer Screening (≥45 yrs old) ¹ Mammogram Screening (Females ≥40 yrs old) ¹ Cervical Cancer Screening (Females 21-65 yrs old) ¹	\$100 The reward will be triggered after your doctor submits the claim.
Get a biometric screening (in-person or using an at-home kit from Lets Get Checked)	\$100
Complete 12 sessions of the YMCA's Diabetes Prevention Program ²	\$100
Complete LIVESTRONG at the YMCA® program for cancer survivors ²	\$100
Complete at least 9 sessions of the Real Appeal weight loss program ²	\$100
Participate in Virta to reverse or prevent type 2 diabetes* Enroll in the treatment program - \$50 Participate for at least 6 months - \$100 *Virta is available to members with type 2 diabetes, prediabetes, and/or a BMI of 30+	\$150
Choose from any of the activities above to earn a maximum of:	\$350

¹ Only the applicable screenings based on gender/age listed here are eligible for incentive. Reward triggered once insurance claim is processed.

² Members can participate multiple times, however only the first completion is incented per incentive period.

CONDITIONAL ALTERNATIVE

If a medical condition makes it unreasonably difficult for a participant to achieve the standards for the incentives under this program, or if it is medically inadvisable for a participant to attempt to achieve the standards for the incentives under this program, participants may call the Senior Client Manager at 312-419-8786 to request a reasonable alternative.

See our [WellnessWorks FAQs](#) for additional details.