



YMCA EMPLOYEE BENEFITS
A nonprofit benefit Plan exclusively
serving YMCAs since 1970.

Member Incentive Option Detail

August 1, 2025 - July 31, 2026

All employees, retirees, as COBRA participants, as well as spouses/domestic partners of any such, who are enrolled in a YMCA Employee Benefits medical plan are eligible to earn up to \$350 per year in gift card rewards by completing the applicable programs or activities below. Visit YBenefits.org/wellness to learn more.

Program/Activity	Reward	Requirements to Earn	Processing Time Once Complete
Take the Health Survey	\$50	The survey must be taken with the member's own account on ymca.rallyengage.com within the current incentive period.	Immediately upon completion
The Health Survey must be completed to "unlock" the other incentive options below. If any of the activities/programs below are completed prior to the Survey, the rewards will be in a pending status until the Survey is completed.			
Complete 3 Missions	\$25	Members select "Missions" in Rally Engage to help with health goals. The reward will be triggered after member has completed 3 during the current incentive year.	Immediately <i>These activities all take place on Rally Engage and the applicable rewards should show up within minutes of completion. Member may need to refresh screen or log back in if it doesn't show up immediately.</i>
Watch EAP Video	\$25	Watch a quick video while logged into your account in Rally Engage.	
Take 2 Quizzes	\$25	Members take 2 quizzes featured in Rally Engage to learn more about health-related topics.	
Track daily steps with Stride	\$25/ month*	Sync a fitness tracker & track daily steps with the Stride program (through Rally Engage). Meet the goal at least 12x in the month to earn \$25. Can be repeated all 12 months or until max amount has been earned.	
NEW! Enroll in Wellos & connect with your health coach 3 times	\$50	Wellos is a new program starting 8/1/25. Enroll in a program through Rally Engage or at wellos.com & connect with your coach 3 times to earn the reward.	Up to one week
Get a preventive screening <ul style="list-style-type: none">- Annual Physical/Wellness Exam (18+)- Colorectal Cancer Screening (45+)- Mammogram Screening (Females 40+)- Cervical Cancer Screening (Females 21-65)	\$100	Get one of the preventive screenings listed. The reward is triggered automatically once the provider submits the claim. Members do not need to submit anything further. Only one screening per incentive year may be rewarded.	Up to 4-6 weeks; depends on how quickly provider submits the claim; usually happens sooner

*Other than Stride, which can be earned once per month, activities/programs are only eligible for a reward once per incentive period. This list is subject to change when the annual incentive period starts over on 8/1.



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Get a biometric screening with LetsGetChecked	\$100	Go to LetsGetChecked (accessible through Rally Engage) to select a screening method. Either download a form for your doctor to fill out during an in-person visit, or order an at-home biometric screening kit. Once the form/kit has been returned, the reward will be triggered.	Up to 4 weeks to process; often will be sooner
Complete 12 sessions of the YMCA's Diabetes Prevention Program	\$100	Complete 12 sessions of the YMCA's Diabetes Prevention Program. Once complete, send the attestation form to YMCA Employee Benefits. See form posted on ybenefits.org/wellness for details.	Up to 2 weeks
Complete the LIVESTRONG® at the YMCA program for cancer survivors	\$100	Complete the 12-week program. Once complete, send the attestation form to YMCA Employee Benefits. See form posted on ybenefits.org/wellness for details.	Up to 2 weeks
Complete 9 sessions of the Real Appeal weight loss program	\$100	Enroll in the Real Appeal weight loss program at ymca.realappeal.com. Once 9 sessions have been completed, Rally Engage will receive notification automatically. Members do not need to submit anything.	Up to 1 week
NEW! Complete the Quit for Life® tobacco cessation program	\$100	Enroll in Quit for Life for help to quit smoking. Once the program has been completed, Rally Engage will receive notification. Members do not need to submit anything.	Up to 1 week
Participate in Virta Lose weight or prevent/reverse type 2 diabetes and prediabetes	\$150	Enroll in Virta and submit initial enrollment labwork to earn \$50. Participate for 6 months submit follow-up labwork to earn the remaining \$100. Notification is sent by Virta on a monthly file. Members do not need to submit anything.	Up to 4-6 weeks; depends on timing of milestone in reference to the timing of the monthly file

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