



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

# REWARDING HEALTHY BEHAVIOR

## **WellnessWorks Program MEMBER INCENTIVES**

**August 1, 2025 – July 31, 2026**

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



**Your rewards program has moved to Optum Engage!**

Starting August 1, 2025, wellness rewards will no longer be accessible on the previous Rally website/app. You must log in to the new website or mobile app to access your wellness rewards for the 2025-2026 incentive period.

Visit [ymca.optumengage.com](http://ymca.optumengage.com) or download the Optum Engage mobile app and log in with your HealthSafe ID®.

Once you're in the new site, take the Health Survey to get started and you'll be on your way to earning up to \$350 in gift card rewards!

# HOW IT WORKS:

## LOG IN TO OPTUM ENGAGE

On August 1, 2025, our wellness rewards program moved to a new platform. Until the end of 2025, this platform was called "Rally Engage" but on January 1, 2026, the name was updated to "Optum Engage." This latest change in January was in name only and should have no significant impact to your user experience.

If you have not yet registered for an account on the new platform, visit [ymca.optumengage.com](https://ymca.optumengage.com) or download the Optum Engage mobile app and log in with your HealthSafe ID®.

### TAKE THE HEALTH SURVEY

Once you log in the first time, you can take the Health 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 Health Score, which measures where you are in your overall health journey.

### CHOOSE YOUR PATH

Select from the programs and activities below to earn the remaining \$300 of your gift card rewards. You'll also earn digital points that can be used to enter online sweepstakes for even more rewards. Once the program/activity has been completed, log back in to Optum Engage 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. After you've selected your gift card, you'll receive an email with the code, or you can access it on the Rewards page.

All covered employees, retirees, and spouses/domestic partners are eligible to earn the gift card rewards. Adult children dependents over the age of 18 may create an account on Optum Engage and participate in the activities/programs below, however they are NOT eligible to earn gift card rewards.

INCENTED PROGRAM / ACTIVITY	REWARD
<b>Start Here</b> ▶ Take the Health Survey to unlock the options below	\$50
Complete three missions <sup>2</sup>	\$25
Watch video about the Employee Assistance Program (EAP) benefit	\$25
Take two (2) quizzes to learn more about your benefits	\$25
Set goals and track your daily steps with Stride Meet your goal at least 12 times during any calendar month to earn the reward for that month	\$25 per month!
<b>NEW!</b> Enroll in Wellos and attend 3 coaching sessions <sup>2</sup>	\$50
Get an applicable preventive screening: <sup>2</sup> Annual Physical/Wellness Exam (≥18 yrs old) Colorectal Cancer Screening (>45 yrs old) <sup>1</sup> Mammogram Screening (Females ≥40 yrs old) <sup>1</sup> Cervical Cancer Screening (Females 21–65 yrs old) <sup>1</sup>	\$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 LetsGetChecked)	\$100
Complete 12 sessions of the YMCA's Diabetes Prevention Program <sup>2</sup>	\$100
Complete LIVESTRONG at the YMCA® program for cancer survivors <sup>2</sup>	\$100
Complete at least 9 sessions of the Real Appeal weight loss program <sup>2</sup>	\$100
<b>NEW!</b> Complete the Quit for Life® tobacco cessation program <sup>2</sup>	\$100
Participate in Virta to lose weight, or to reverse or prevent Type 2 diabetes and prediabetes Enroll in the treatment program - \$50 Participate for at least 6 months - \$100	\$150
Choose from any of the activities above to earn a maximum of:	\$350

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

<sup>2</sup>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.

For more information on individual programs, see [YBenefits.org/wellness](https://YBenefits.org/wellness)