



Rally[®] Rewards

It pays to make healthy choices



What is RALLY?

RALLY IS THE FLORIDA BLUE MEDICAL WELLNESS PROGRAM

- RALLY is a free incentive program that encourages simple steps toward a healthier lifestyle.
- This program is only for Brooks employees and their spouses who have Florida Blue Medical Insurance with Brooks.
- This is separate from the Brooks Wellness Passport Program.
- RALLY gives those covered with Florida Blue Medical the chance to earn extra incentives for working on and improving their health!



www.myhealthtoolkitfl.com

Brooks RALLY Rewards

Required Health Survey (Assessment)

Employees need to complete the RALLY health survey. Adding HDL/LDL cholesterol, blood pressure, height, weight and waist measurements. Use data from health screenings, doctor visit that is less than 6 months old.

Once spouse complete, those eligible for Health Savings Account (HSA) funding will earn \$250 extra for their HSA. There is no extra fee if spouse does not complete.

New hires will have 60 days from their effective medical date to complete their survey, if this is not done \$31.25 fee per pay will be added until survey is done.

Log in to RALLY:

- Go to www.MyHealthToolkitFL.com
- Log in/register for your member account
- Select the **Wellness tab**, then select **RALLY**

You have from 1/1/19-11/30/18 to complete your activities.

Select the Rewards tab in your RALLY account to see activities and track progress.

Incentives from Brooks

Brooks employees and covered spouses will receive a **\$100 gift card** once they earn 750 points by completing activities.

Email Brooks.Wellness@brooksrehab.org once you have earned 750 points.

Complete Activities to Earn Points

Register for Teladoc Video chat with a doctor anytime, anywhere with Teladoc call 866-789-8155



Complete 3 RALLY Missions Missions are simple activities designed to immediately improve your diet, your fitness, and your mood. These are only for YOU!

Complete a RALLY Challenge Designed to get you moving! These walking challenges allow you to compete against others.

See all the ways to earn points on the next page



Move Well



Eat Better



Feel Good



Care More

2019 RALLY REWARDS: Earn 750 points to earn \$100 gift cards (max 1450)
employees and covered spouses can each earn a \$100 Gift Card.

Category	Goal	Reward Points
RALLY Health Survey	Complete your survey at www.myhealthtoolkitfl.com with required biometric numbers to get your RALLY Age. This is required to earn any RALLY points.	*
Registration	Register for Teladoc at www.myhealthtoolkitfl.com or call 1-866-789-8155	50
	My Health Toolkit at www.myhealthtoolkitfl.com	50
Preventive Care	Get an annual physical	300
Preventive Screening	Get an annual OB/GYN exam	100
	Get a cervical cancer screening	100
	Get a mammogram	100
	Get a colorectal cancer screening	100
	Get a PSA Test	100
Biometric Screening and Outcomes (must use Brooks onsite screening, use offsite code or Florida Blue physician form to get these points)	Complete a Biometric Screening	100
	Achieve a healthy waist circumference (less than 40" Men, less than 35" Women)	100
	Achieve a healthy blood pressure level (less than or equal to 120/80)	100
	Achieve a healthy total cholesterol (less than 200 mg/dl)	100
Overall Well-Being	Complete 3 RALLY Missions	50
	Complete a RALLY Challenge	50
Maternity Support	Complete Maternity Program Call 855-838-5897 to connect with a maternity coach to receive personalized resources to help you have a healthy pregnancy.	50

RALLY Rewards COINS

In addition to the \$100 gift card you can earn through Brooks Rehabilitation, you can earn extra prizes and incentives through RALLY by collecting virtual RALLY coins.

What are RALLY coins?

RALLY rewards you with virtual “coins” whenever you complete a task. You can then redeem your coins for chances to win health- and technology-related prizes (see below).



How do I earn coins?

Almost everything you do on RALLY—taking the Health Survey, checking in for a Mission or Challenge, even just logging in—earns you RALLY coins.

How do I cash in my coins?



Cash in your coins under the “Rewards” tab of RALLY in the following areas:



Marketplace: Buy or receive discounts on your favorite health-related products! For example, 3,500 coins can get you 15% off Fitbit Products.

Sweepstakes: Enter a drawing to win big prizes! Cash in 5-10 coins to enter for your chance to win gift cards to your favorite companies, such as Nike, Whole Foods, and Uber.



Auctions: Bid on your favorite incentives! Use your coins to bid on different prizes like Beats Tour Headphones or an Ab Roller Wheel.



Donations: You can even support your favorite cause! Donate your coins to support different organizations, such as The American Cancer Society, or the American Heart Association.