
Rally[®] Rewards

It pays to make healthy choices

Brooks Rehabilitation wants to reward you for taking care of your health! Rally Rewards is a free incentive program that encourages simple steps toward a healthier lifestyle. Rally is a product of Rally Health, Inc., an independent company that offers a digital health platform on behalf of Blue Cross and Blue Shield of Florida, Inc.

How does it work?

The next page has a list of activities you can complete to earn your reward. Complete enough activities to earn the reward. It's that simple!

To get started, you need to complete your Rally health survey. After your survey, you have until Dec. 31, 2019 to complete the your activities

Who can participate?

Brooks Rehabilitation employees and spouses who have primary coverage through Blue Cross and Blue Shield of Florida, Inc. can participate. Dependent children are not eligible.



Your rewards dashboard

Go to your Rally account and select the Rewards tab at any time to see eligible activities and track your progress.

To log in to Rally:

- Go to www.MyHealthToolkitFL.com.
 - Log in to your member account.
 - Select the **Wellness** tab, then select **Rally**.
 - On your first visit to Rally, select "Sign Up" and follow the instructions to create your user account. Your health survey will automatically launch at the end of registration.
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What you can earn?

Brooks Rehab employees will receive a **\$100 gift card** after completing activities listed on the back of this page.

Employees can also earn a **\$250 HSA deposit** if their covered spouse completes the Rally Health Survey.



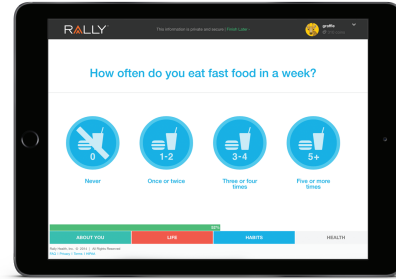
Getting started

Complete the Rally Health Survey

Take a fun and interactive health survey to get your Rally age — a number that can be higher or lower than your physical age based on your lifestyle and risk factors.

To log in to Rally:

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



Activities to earn points

Register for My Health Toolkit (Reward: 50 points)
If you already have an account, your points will be credited to your Rally dashboard.

Register for Teladoc® (Reward: 50 points)
Video chat with a doctor anytime, anywhere with Teladoc. Visit www.teladoc.com to register.

Complete Four Health Coaching Calls (Reward: 200 points)

Complete a Rally Challenge (Reward: 50 points)
Log in to your Rally account to view and sign up for Missions and Challenges. These activities will help you improve and maintain your health by moving more and eating better.

Enroll in the Maternity Program (Reward: 50 points)
Call 855-838-5897, opt. 4 to enroll this is program for prenatal and post-natal support.

Annual Physical Exam (Reward: 300 points)

Annual OB/GYN Exam (Reward: 100 points)

Cervical Cancer Screening (Reward: 100 points)

Mammogram (Reward: 100 points)

Prostate Cancer Screening (Reward: 100 points)

Colorectal Cancer Screening (Reward: 100 points)

Tobacco Free Attestation (Reward: 50 points)

Activities continued

Biometric Screening (Reward: 100 points)

Biometric Outcomes

- **Waist Circumference:** <40 inches for men or < 35 inches for women (Reward: 100 points)
- **BMI:** ≤ 27.5 (Reward: 100 points)
- **Glucose:** < 100 (Reward: 100 points)
- **HDL:** > 50 female, >40 Male (Reward: 100 points)
- **Reasonable Alternatives:** Complete 3 Rally Missions

How to get your reward

Employees: Earn 1,000 points of the 1,750 points available to receive a **\$100 gift card**.

Visit your Rally dashboard to track your progress. Please note that some activities take time to process.

Email Brooks.Wellness@Brooksrehab.org once you have 1,000 points. You will receive your gift card within 30 to 60 days of submission.

Don't forget, you can receive a **\$250 HSA deposit** when your covered spouse completes the Rally Health Survey.