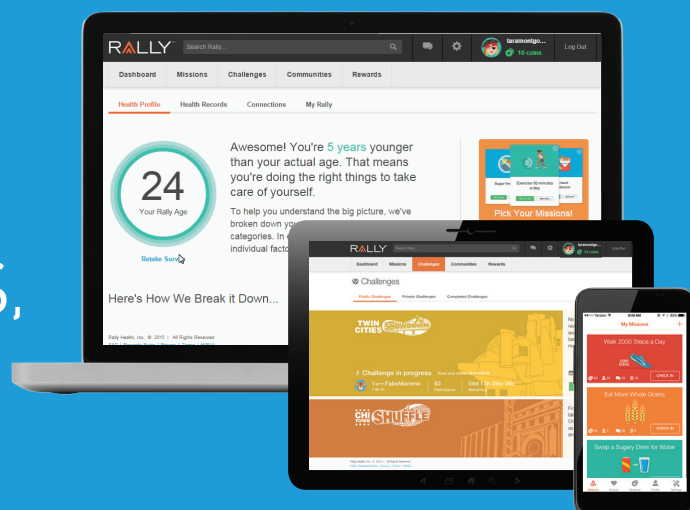


# GREAT HEALTH RECOMMENDATIONS, JUST FOR YOU.

Rally<sup>SM</sup> can help you get healthier, one small step at a time.



**Rally shows you how to make simple changes to your daily routine, set smart goals and stay on target. You'll get personalized recommendations on how to move more, eat better and feel happier—and have fun doing it.**

Start with the quick Health Survey and get your Rally Age, a measure of your overall health. Rally will then recommend missions for you: simple activities designed to help immediately improve your diet, fitness and mood. Start easy, and level up when you're ready.

Plus, on Rally there are lots of ways to earn Rally coins, which you can use for chances to win great rewards. Rack up coins for participating in missions, pushing yourself in a challenge and even just for logging in every day.

Rally is available as part of your employee benefits package.



Get Your Rally Age



Build Better Habits



Win Cool Stuff

## BETTER HEALTH STARTS ONLINE.

Register today through the online member center at [myHPNOnline.com](http://myHPNOnline.com) or [mySHLonline.com](http://mySHLonline.com).

Rally Health provides health and well-being information and support as part of your health plan. It does not provide medical advice or other health services, and is not a substitute for your doctor's care. If you have specific health care needs, consult an appropriate health care professional. Participation in the health survey is voluntary. Your responses will be kept confidential in accordance with the law and will only be used to provide health and wellness recommendations or conduct other plan activities. Your Rally Age is based on self-disclosed information, including any applicable biometric screening data.

All trademarks are the property of their respective owners. Rally Health and the Rally logo(s) are registered service marks of Rally Health, Inc.

Copyright © 2015 Rally Health, Inc. All Rights Reserved.



HEALTH PLAN OF NEVADA  
A UnitedHealthcare Company



SIERRA HEALTH AND LIFE  
A UnitedHealthcare Company

Health plan coverage provided by Health Plan of Nevada. Insurance coverage provided by Sierra Health and Life.