



# Make today the day

Focus on well-being



## Win up to \$5,000 in prizes!

State of Florida employees, retirees and covered spouses have access to a variety of resources and programs designed to support and guide you toward your wellness goals. Because, when you make healthy choices, your body and mind benefit. And when you do select activities like completing a health survey or getting an annual physical, your wallet could benefit too.

In 2025, you have 2 chances to win rewards.\*

- For a chance to win 1 of 200 \$250 reward cards, register or log in to [myuhc.com](https://myuhc.com) and complete the Rally Health Survey between Jan. 1, 2025 and Oct. 1, 2025.
- For a chance to win 1 of 4 \$5,000 Blue Apron gift card prizes, in addition to completing the Rally Health Survey on [myuhc.com](https://myuhc.com) as described above, you must complete an annual preventive care exam with a network provider between Jan. 1, 2025 and Oct. 1, 2025.

## Meet your wellness goals with Rally



Take a 1-mile walk? Cook more healthy dinners at home? Get 8 hours of sleep? Rally® is a digital health tool that offers customized recommendations to help you move more, eat better and feel happier – and have fun doing it!

Start with the quick Health Survey and get your Health Score, a measure to help you assess your overall health. Rally will then recommend Missions for you – activities designed to help improve your diet, fitness or mood.

To join or view Rally, visit [myuhc.com](https://myuhc.com) > **My Account** > **Rewards**.



## Get regular preventive care to help stay healthier

When it comes to your health, there's no such thing as starting too early. Eating nutritious foods, staying active, limiting alcohol, managing stress and getting routine checkups are all part of your preventive care.

Your health plan covers eligible preventive care medical services, which means you'll pay \$0 out of pocket when you see a network provider.

Preventive care can help you avoid potentially serious health conditions and/or obtain early diagnosis and treatment. Generally, the sooner your doctor can identify and treat a medical condition, the better the outcome.

## Need a doctor?

Here are 3 ways to find a doctor in your network:



Download the **UnitedHealthcare® app** and tap *Find Care*



Sign in to **myuhc.com®** and use the *Find a Doctor tool*



Call **1-877-614-0581**, to speak with a health advocate



\*For sweepstakes rules, go to [FL2025wellnessrewardsrules.uhc4health.com](https://FL2025wellnessrewardsrules.uhc4health.com). Winners will be notified by Dec. 31, 2025.

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.

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