

RALLY™

Getting Healthier Just Got Easier



RallySM can help you get healthier, one small step at a time.

We'll show you how to make simple changes to your daily routine, set smart goals for yourself, and stay on target. You'll get personalized recommendations to get you moving more, eating better, feeling happier — and you'll have fun doing it.

Start with our quick Health Survey. We'll tell you your Rally Age, a measure of your overall health, and recommend Missions for you — simple activities designed to immediately improve your diet, your fitness, and your mood. Start easy, and level up when you're ready.

Plus, there are lots of ways to earn Rally Coins, which you can use for a chance to win awesome rewards. Rack up coins for participating in Missions, pushing yourself in a Challenge — even just for logging in every day!

Check it out today!

Go to <http://ICUBAbenefits.org>

Visit **MyHealthToolkit** through the Single Sign-On Feature

Select **Wellness**, then **Rally**.



Get Your Rally Age



Build Better Habits

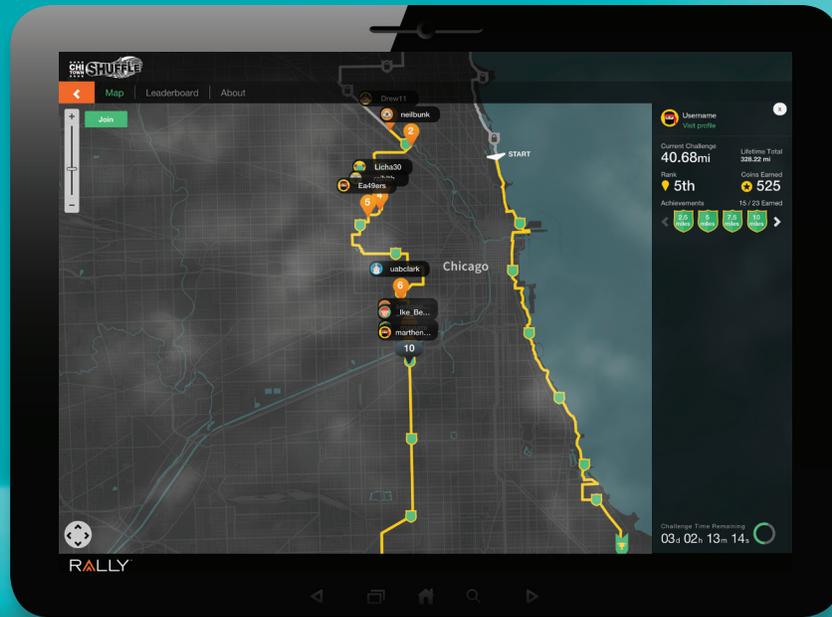


Win Cool Stuff



RALLYSM

Challenge Yourself to Get Moving



When you join a Challenge, you're not just walking around your neighborhood, you're exploring destinations around the world by using your own steps on our virtual courses.

It's simple to sign up for a Challenge, and you can easily keep track of your progress using a fitness tracking device. Whether you choose to compete against friends, coworkers, or the whole community, Challenges are a great way to stay active, get rewarded, and have fun along the way.

Whichever Challenge course you choose, you'll stay motivated as you rack up RallySM Coins and leave other participants in the dust.

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You can explore destinations such as:

- San Francisco
- Chicago
- Washington, DC
- Tuscany
- and more to come



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RALLY™

Getting Healthier Just Got Easier

SPOUSE EDITION



RallySM can help you get healthier, one small step at a time.

We'll show you how to make simple changes to your daily routine, set smart goals for yourself, and stay on target. You'll get personalized recommendations to get you moving more, eating better, feeling happier — and you'll have fun doing it.

Start with our quick Health Survey. We'll tell you your Rally Age, a measure of your overall health, and recommend Missions for you — simple activities designed to immediately improve your diet, your fitness, and your mood. Start easy, and level up when you're ready. **Covered spouses can earn incentive dollars redeemable for electronic gift cards just like employees — Woo Hoo!**

Plus, there are lots of ways to earn Rally Coins, which you can use for a chance to win awesome rewards. Rack up coins for participating in Missions, pushing yourself in a Challenge — even just for logging in every day!

Attention Spouses — Getting started is easy:

First, create your own login at www.MyHealthToolkitFL.com using your BCBS ID number and date of birth. Once you're in — Select **Wellness**, then **Rally** and begin your WellBeing journey with ICUBA and BlueRewards powered by Rally!



Get Your Rally Age



Build Better Habits



Win Cool Stuff

A service for members of



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Introducing RallySM

Get Rewarded for Getting Healthier



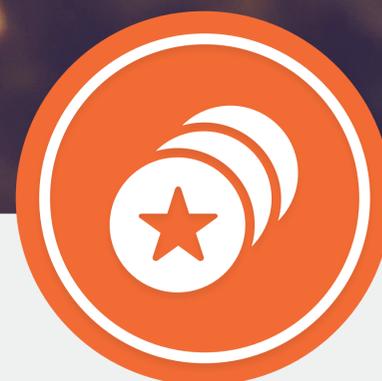
Get Your Rally Age

Answer a few easy questions and get a measure of your overall health.



Build Better Habits

Get personalized activity recommendations to reach your health goals.



Win Cool Stuff

Earn Rally Coins and ICUBA Dollars for a chance to score great rewards.

RALLYSM

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Great Health Recommendations, Just For You



Focus on fruits
and veggies

5,000
STEPS



Walk 5,000
steps a day



Write a list for
the next day

One of the best ways to get healthy and stay healthy is to join a RallySM Mission – a simple activity you can fit into your daily routine.

It's easy to get started. Based on your responses to our fun and easy Health Survey, we'll recommend Missions to get you eating better, moving more, and feeling great. You can also browse the entire list of available Missions and join any time.

Once you're signed up for the Missions you want, check in and log your progress on Rally. This helps you track your progress toward your goals, and it also earns you Rally Coins!

**Personalized Missions
in these four categories:**

- Move – Stay active and fit
- Care – Treat yourself well
- Eat – Upgrade your meals
- Feel – Improve your mood



Go to <http://ICUBAbenefits.org>

Visit **MyHealthToolkit** through the Single Sign-On Feature

Select **Wellness**, then **Rally**

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