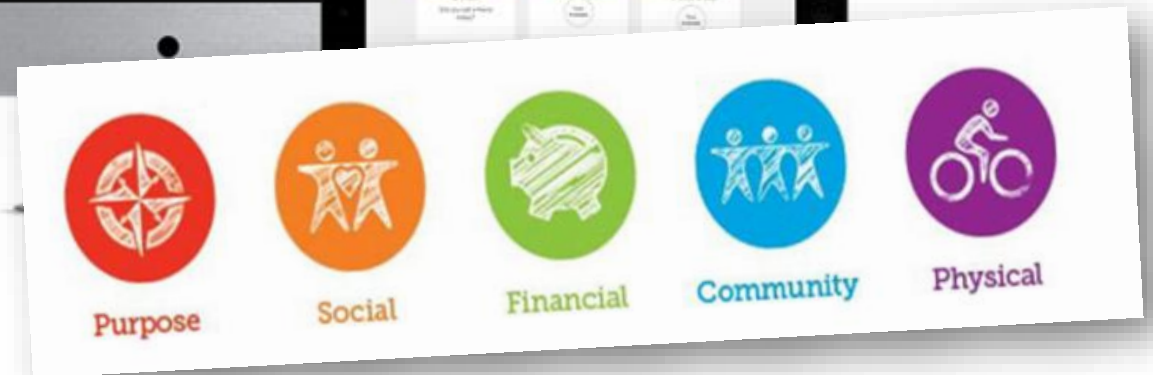
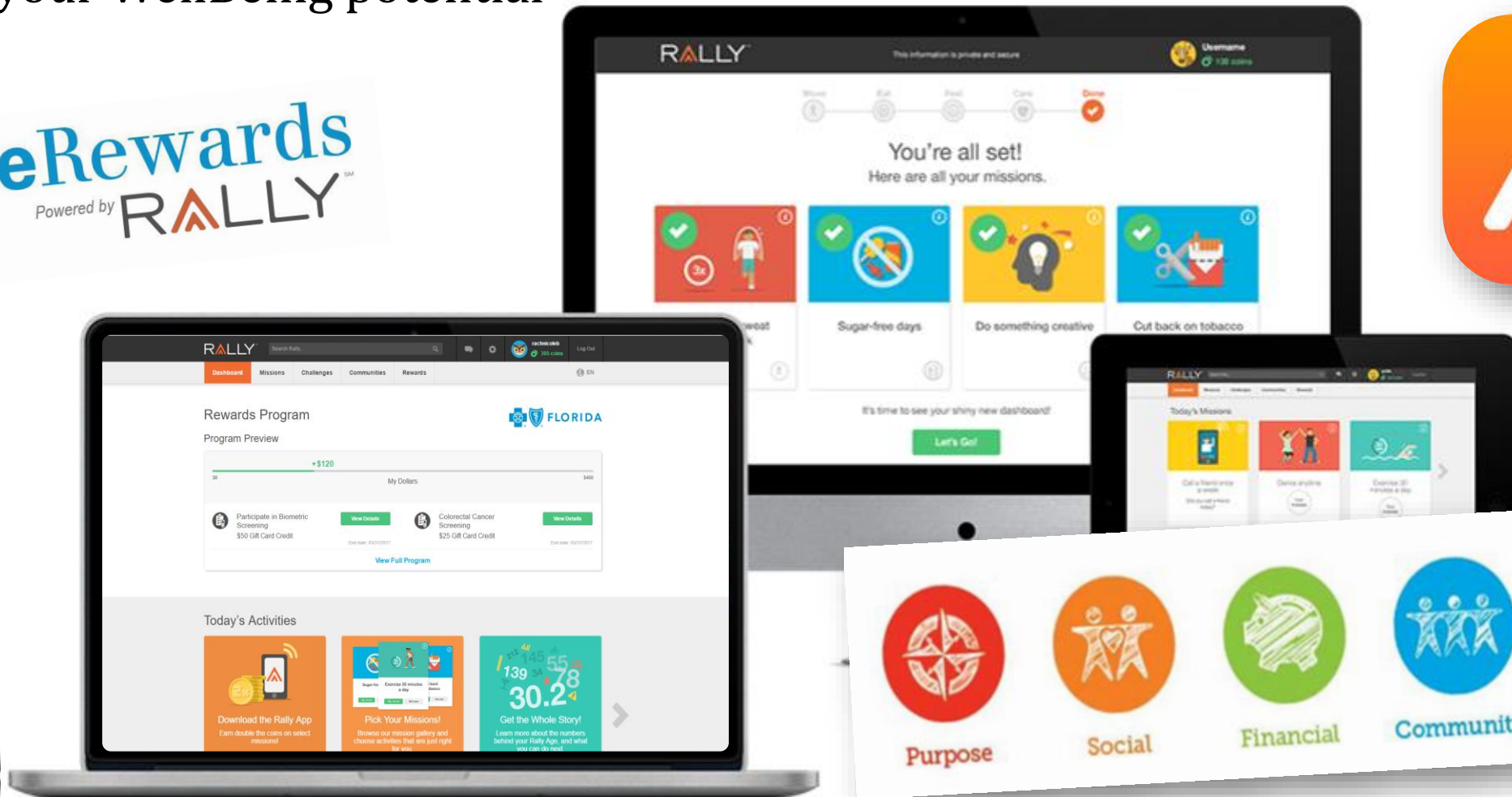


Introducing Rally!

With enrollment in ICUBA's medical plan, you open the door to exciting ways to reach your WellBeing potential

BlueRewards
Powered by **RALLY**



BlueRewards powered by Rally 2019-2020 Incentive Plan

**\$250 ICUBA
Incentive Dollars**
(redeemable for gift cards in Rally)



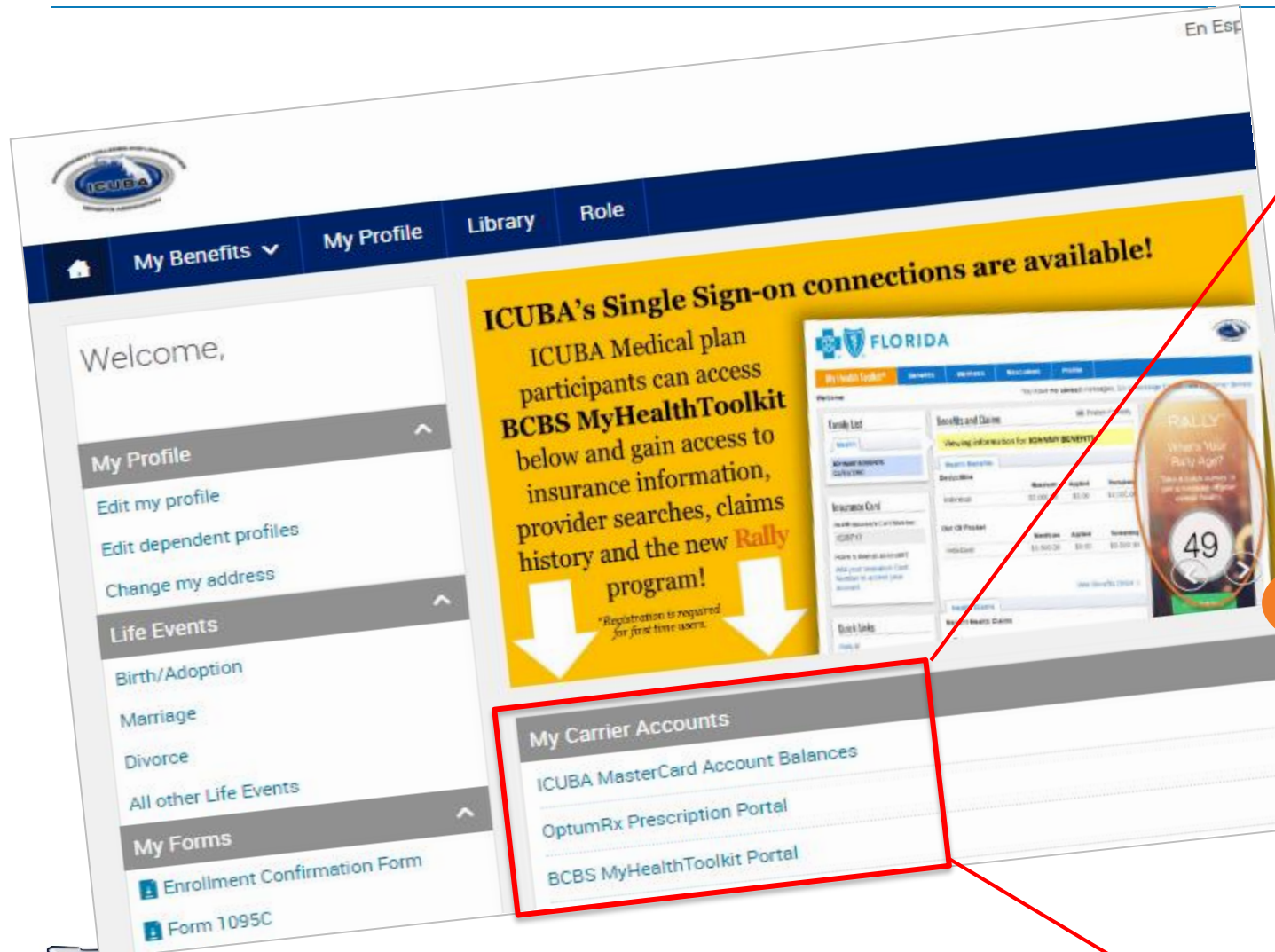
+ UNLIMITED Rally Coins

**& ICUBA Private
Sweepstakes**



Activity	Incentives
Rally Survey	Gatekeeper + 400 Coins & ICUBA Private Sweepstakes
Biometric Screenings	\$25
Onsite/Campus Events	\$10 each (up to \$50)
Wellness Exams	\$25
Colonoscopy	\$50
Mammogram/PSA	\$50
ICUBAcares	\$50
Missions	Unlimited Coins & ICUBA Private Sweepstakes
City Challenges	Unlimited Coins & ICUBA Private Sweepstakes
Teladoc Registration	400 Rally Coins
Tobacco Attestation	400 Rally Coins
Clinical Rewards	500 Rally Coins per Quarter = 2,000 Coins
Incentive Total	\$250

ICUBAbenefits.org Single Sign-On!



Username:
First Initial + Last Name + Last 4 of your SSN

My Carrier Accounts

ICUBA MasterCard Account Balances

OptumRx Prescription Portal

BCBS MyHealthToolkit Portal



Aetna Behavioral Health Portal

Humana Dental

EyeMed

BCBS's My Health Toolkit Overview

Insurance
Card
Information

Deductible
and
Out of Pocket

Recent
Claims and
Access to
EOBs




The screenshot displays the BCBS Florida My Health Toolkit interface. At the top, the BCBS Florida logo is on the left, and the ICUBA logo is on the right. Below the logo is a navigation bar with tabs: "My Health Toolkit" (highlighted in orange), "Benefits" (highlighted with a red starburst), "Wellness", "Resources", "Profile", and a blue bar. Below the navigation bar, a "Welcome" message is on the left, and a notification "You have no unread messages. Go to Message Center | Ask Customer Service" is on the right.

The main content area is divided into several sections:

- Family List:** A section on the left with a "Health" tab and a list of family members. "JOHNNY BENEFITS" (DOB: 01/01/1960) is selected.
- Insurance Card:** A section below the Family List, highlighted with a red box. It displays the "Health Insurance Card Number: IC18717". Below this is a link to "Add your Insurance Card Number to access your account."
- Benefits and Claims:** A section on the right, highlighted with a red box. It contains two tables:
 - Health Benefits:** A table with columns "Deductible", "Maximum", "Applied", and "Remaining". It shows "Individual" with a Maximum of \$2,000.00, Applied of \$0.00, and Remaining of \$2,000.00.
 - Out Of Pocket:** A table with columns "Maximum", "Applied", and "Remaining". It shows "Individual" with a Maximum of \$3,500.00, Applied of \$0.00, and Remaining of \$3,500.00.
- Recent Health Claims:** A section below the Benefits and Claims, highlighted with a red box. It contains a table with columns "Date of Service", "Status", "Total Charges", and "Patient Liability". It shows a claim for "APR 2016 07" with a Status of "PENDING", Total Charges of \$119.00, and Patient Liability of \$---.

On the far right, there is a "RALLY" banner with the text "What's Your Rally Age?" and "Take a quick survey to get a measure of your overall health". A large circular graphic displays the number "49". Below this is a green button labeled "Find Out Now". At the bottom of the banner, it says "Rally™ is a product of Rally Health Inc., an independent company that offers a health management program on behalf of your health plan."

Rally 



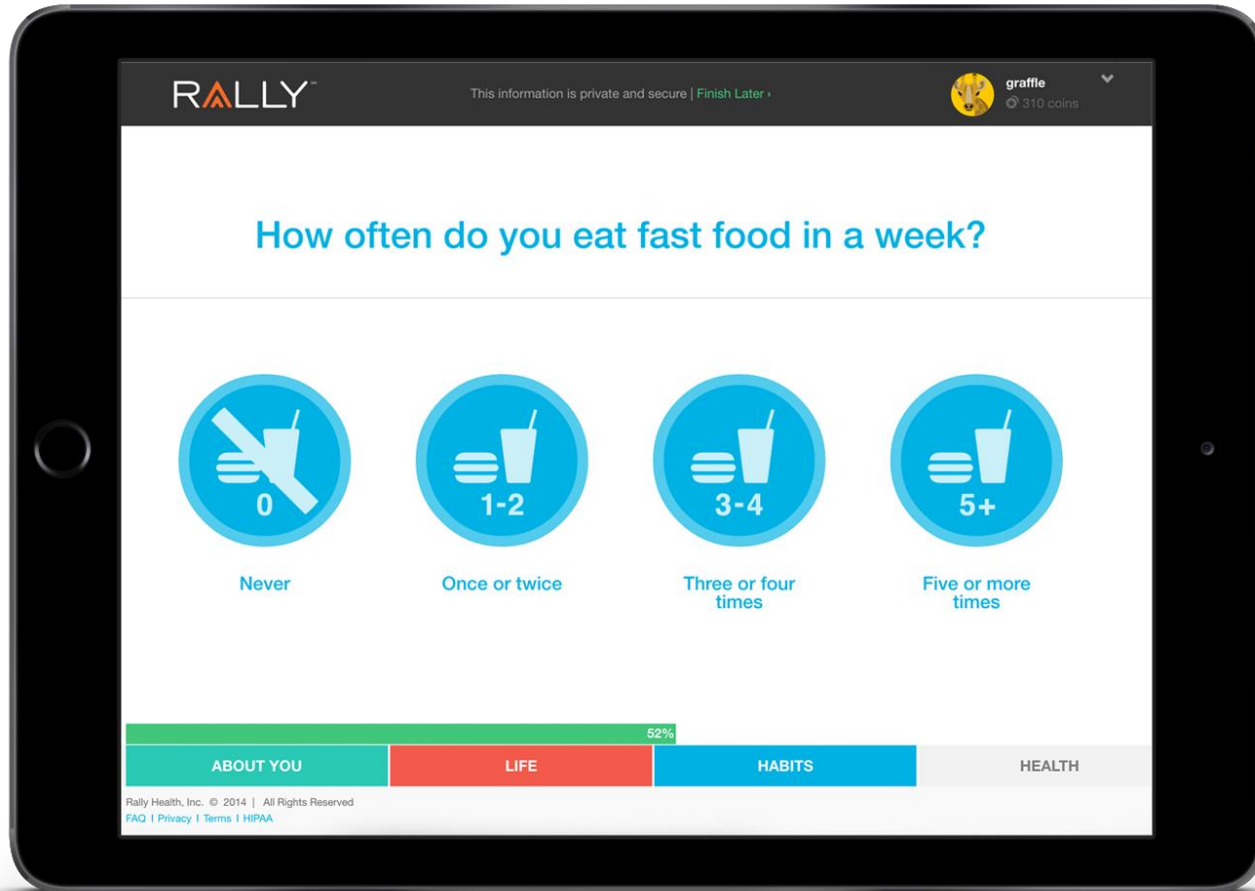
First time registration with Rally



The registration form is displayed on a dark background with a cityscape and people running. At the top left is the RALLY logo. At the top right, it says "Already have a Rally profile?" with a green "Log In" button. Below the logo is a progress indicator with three steps: 1 (active, orange), 2, and 3. The main heading is "Let's create your Rally account. Choose an email and password." Below this are two input fields: "Email" and "Password". The "Email" field has a red exclamation mark icon to its right. Below the "Password" field is a small text requirement: "At least 8 characters, include a letter and a number." Below that is a checkbox with the text "Yes, I am over 16 years old and accept the Rally Terms of Service and Privacy Policy." At the bottom is a green "Next" button.



The Rally Survey – The Gate Keeper!



The process only takes 10-15 minutes and will unlock the ‘gate’ to your Rally Gift Cards!

Having recent biometric information available may help your Rally age but it is not required! Your Rally Age is just a number. It is not a steadfast representation of where you stand, just a benchmark for setting missions and wellbeing goals!



Currently available in English and Spanish.

City Challenges & Private Sweepstakes!

Ready to win? ICUBA is giving away
\$50 Amazon Incentives!

When you earn a cross city challenge milestone, not only will you earn coins as you sync your tracking device, but you will be entered for a chance to win

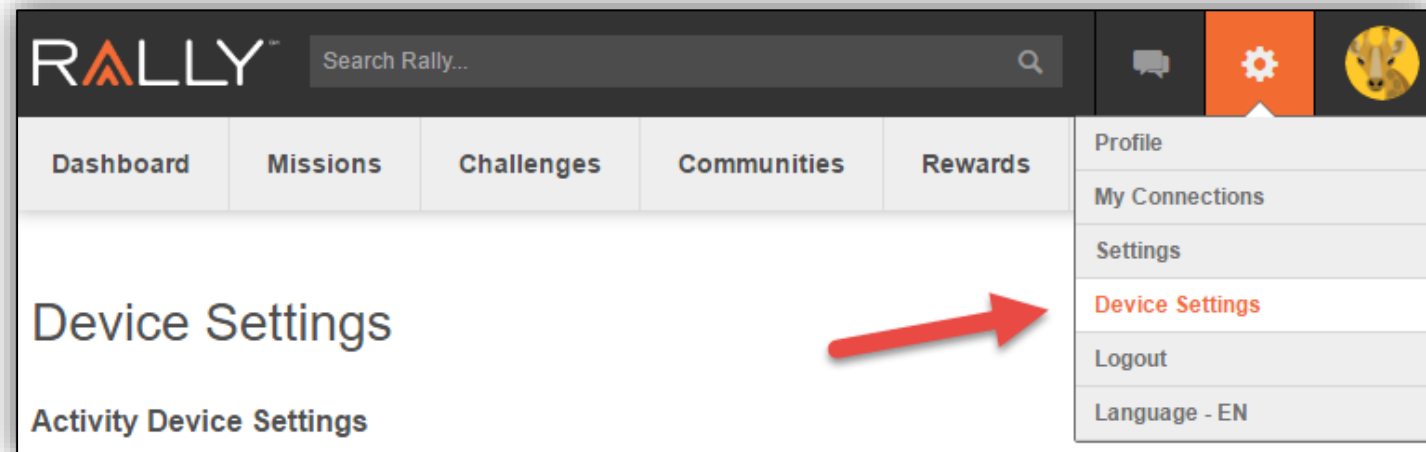
EVERY SINGLE TIME
a milestone is reached!

No limits or restrictions and multiple entries are permitted! Private sweepstakes winners will also be featured in ICUBA's BenefitsWise Newsletters



Rally City Challenge – Mission Tracking Options

1. GoogleFit
2. Apple iOS Health
3. Rally Mobile
4. Fitbit
5. RunKeeper
6. MapMyRun
7. Strava
8. Misfit
9. Moves
10. Garmin
11. UA Record
12. Nokia Health



Clinical Rewards – Targeting Chronic Conditions

- Asthma
- Chronic Obstructive Pulmonary Disease
- Congestive Heart Failure
- Coronary Artery Disease
- Diabetes
- Hypertension
- Hyperlipidemia



Additional conditions coming soon:

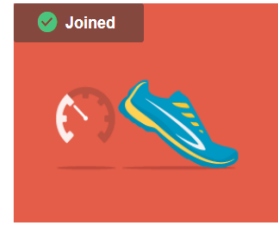
- *Metabolic Syndrome*
- *Migraines*



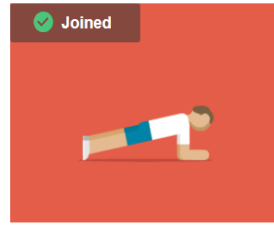
500 Rally Coins each quarter
if goals are achieved totaling
2,000 Rally Coins for the year!

Missions!

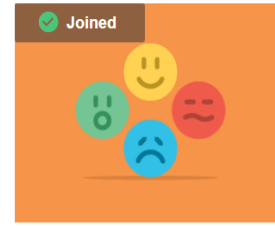
Another chance
for private
sweepstakes
drawings –
Enter Missions
which will
coach you
through making
slow,
progressive
improvements
to your daily
living!



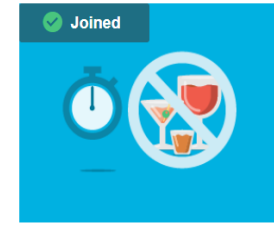
Walk 2,000 steps a day



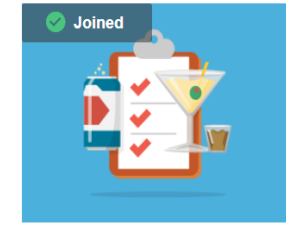
Work your core



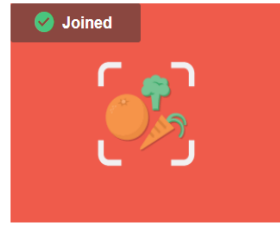
Keep a mood diary



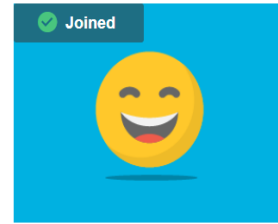
No alcohol near bedtime



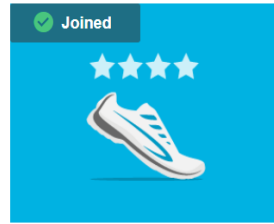
Track your drinking



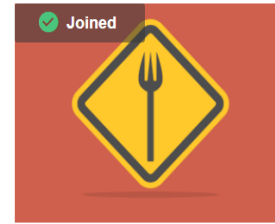
Focus on fruits and veggies



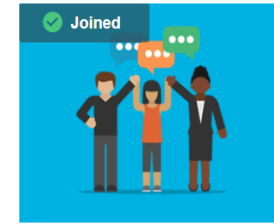
Laugh Every Day



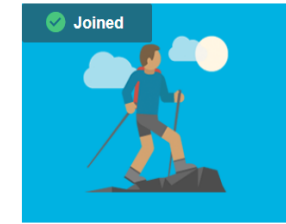
Walk 10,000 steps a day



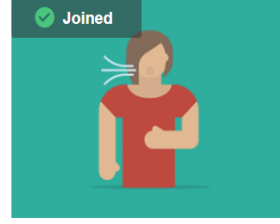
Eat slowly



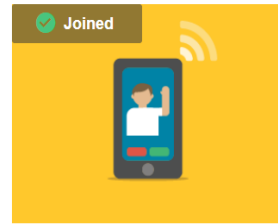
Try a new group activity



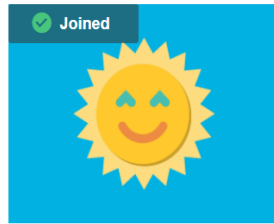
Spend 30 minutes outside



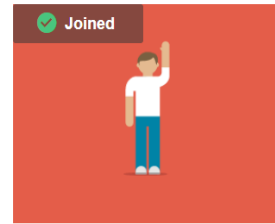
Breathe deeply



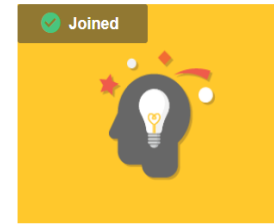
Call a friend once a week



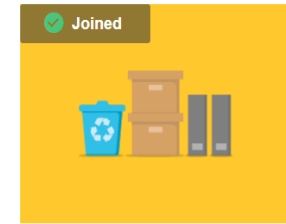
Be grateful each day



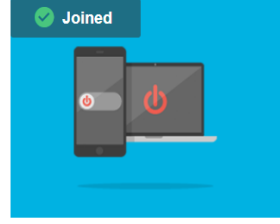
Volunteer once a week



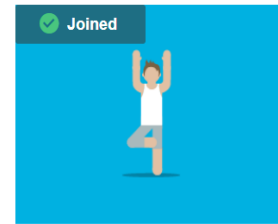
Do something creative



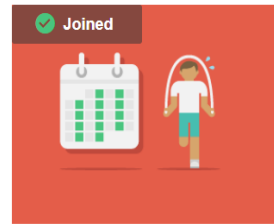
De-clutter for 10 minutes



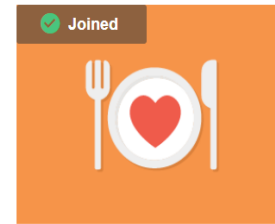
One hour without screens



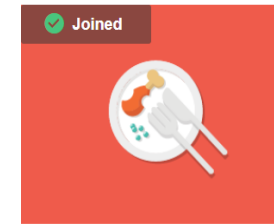
Go to yoga class every week



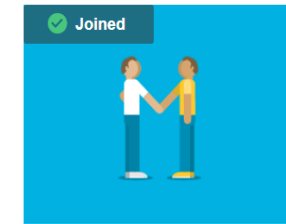
Work up a sweat 3x a week



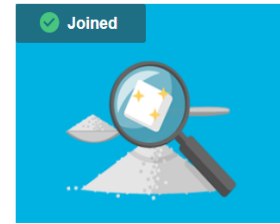
Eat mindfully



Eat until you're 80% full



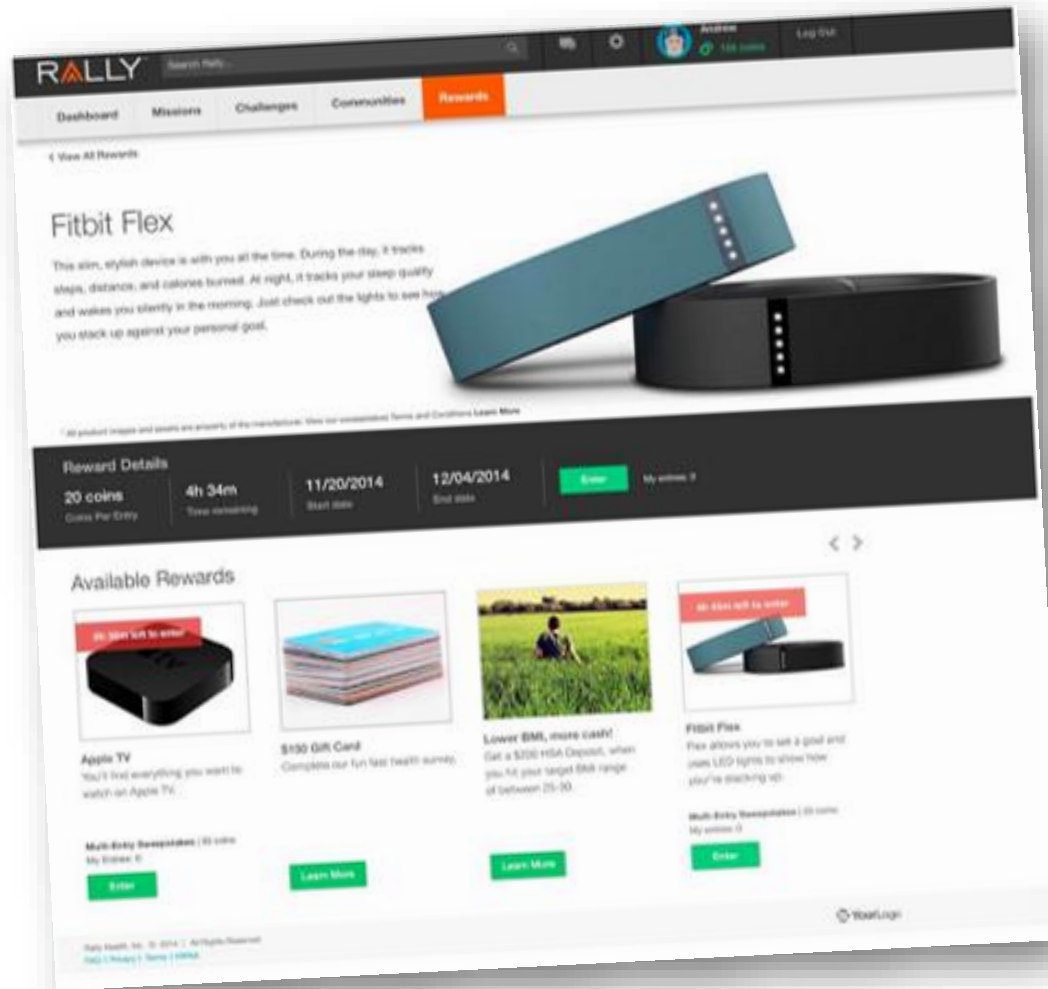
Meet with friends every week



Track your sugar intake

AND... Earn coins for each check-in!

How to earn Rally Coins



Examples on how to earn Rally Coins:

100 Coins

Placing 1st in a Challenge

75 Coins

Successfully completing a mission

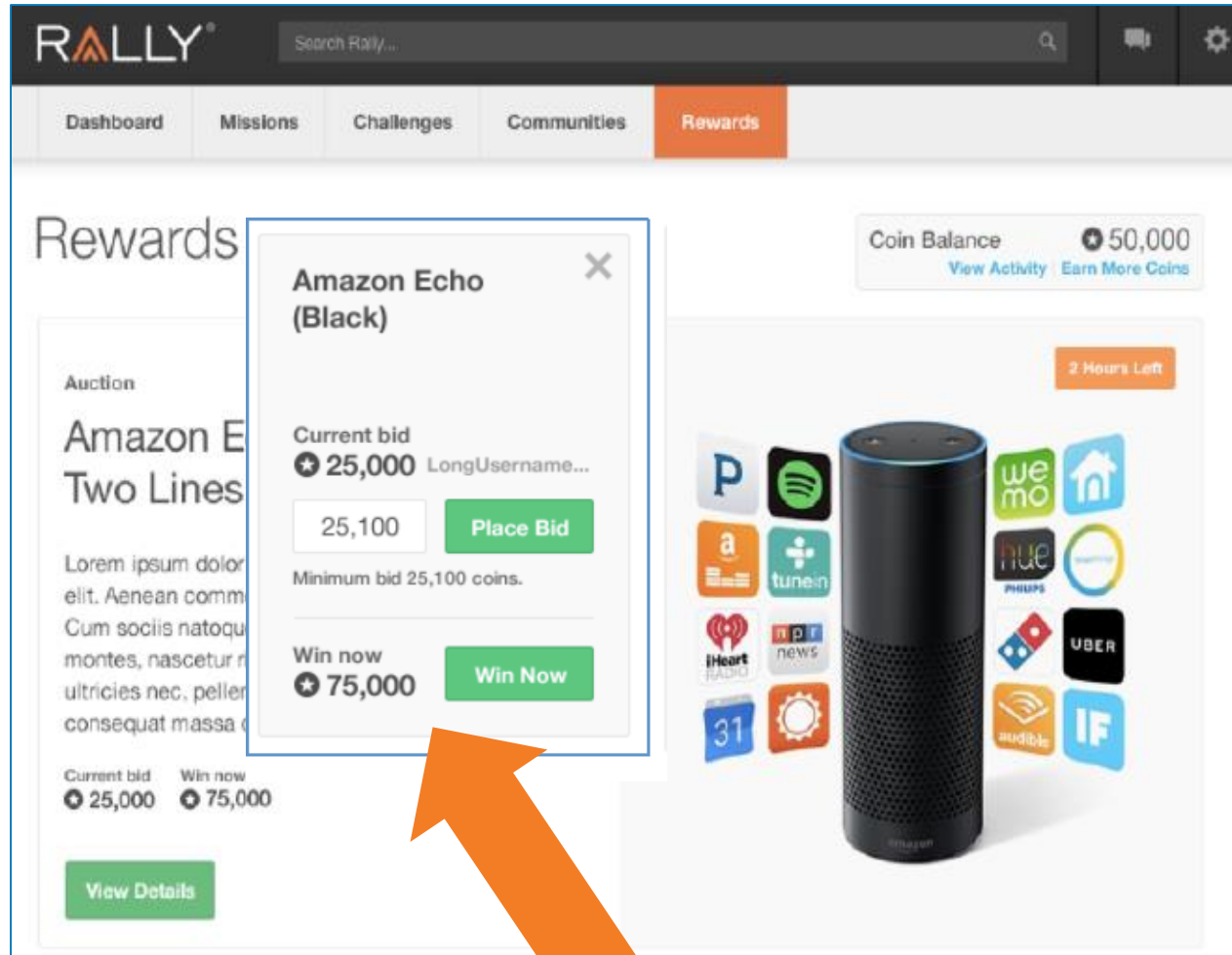
150 Coins

Completing the Rally Survey

5 Coins just for logging in &
10 Coins for logging in on consecutive days



Using Coins in Rally Auctions



Enter a Rally Auction!

The great thing about bidding – If you bid on an item, but do not win, Rally will return your coins!

Really want the Auction Item?

Don't take the chance of bidding on the item, try the **win now** feature.



Feeling charitable? Donate your coins!





- Rally Donations give users the opportunity to *donate* their Rally Coins
- Charities rotate on a quarterly basis and are pre-selected by Rally
- Members work together with other Rally-goers to reach quarterly donation goals
- Once the coin threshold is met – Rally will make a stated financial donation to the charity

**1 Million Coins =
\$1,000 Dollar Donation**



Donations

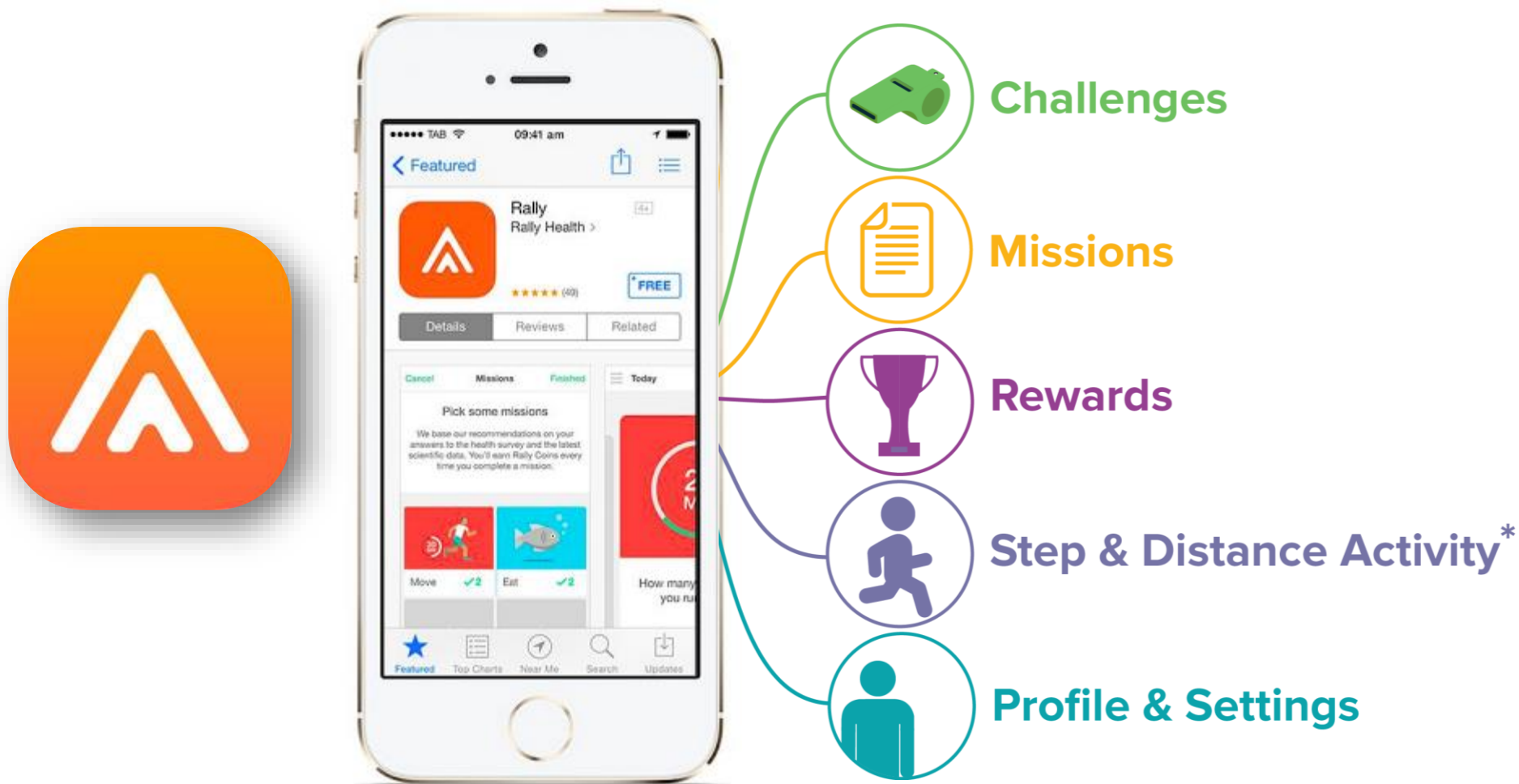
[View More >](#)

 <p>Donation Autism Speaks</p> <p>Donation goal \$4,000</p> <p>Coin goal 4,000,000</p> View Details	 <p>Donation The American Heart Association</p> <p>Donation goal \$4,000</p> <p>Coin goal 4,000,000</p> View Details	 <p>Donation Doctors Without Borders</p> <p>Donation goal \$4,000</p> <p>Coin goal 4,000,000</p> View Details	 <p>Donation Breast Cancer Research Foundation</p> <p>Donation goal \$4,000</p> <p>Coin goal 4,000,000</p> View Details
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Download the Mobile App

For Apple or Android

**Using iPhone 5s or higher or Google Fit*



(Email and password for logging into the app are established during your initial registration!)