



TOYODA GOSEI

#TGhealthyME



Our #TGhealthyME benefits and wellness initiative can support your physical and emotional well-being. Get healthy while earning rewards with Rally!

Start Earning Rewards Two Ways!

1. Employer Rewards - Up to \$200 in Gift Cards



- Available to you and your covered spouse
- Earn up to \$200 in gift cards by completing healthy activities at health.werally.com/client/toyodagosei/register/ or the Rally mobile app

Reward	Activity
\$25	Complete the Rally Health Survey
\$25	Complete a City Walk or Non-step Challenge
\$25	Complete 3 Healthy Missions
\$25	Attest to completing a 5K or getting a flu or COVID-19 vaccine
\$25	Complete 5 Health Quizzes
\$100	Complete your annual exam or wellness screening through your doctor's office - includes annual physical, prenatal exam, mammogram or colorectal screening if appropriate for your age (must be billed by your doctor's office as a preventive/screening exam)

2. Rally Coins - Unlimited

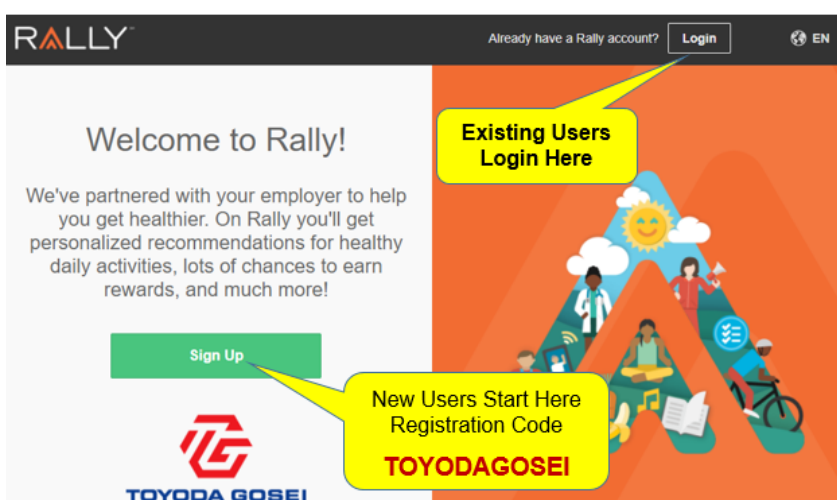
- Available to you and any dependent on your UnitedHealthcare plan - you and your covered spouse earn coins in addition to employer rewards
- Earn unlimited coins to enter sweepstakes, purchase discounts or donate to charity by completing healthy activities

How to Get Started

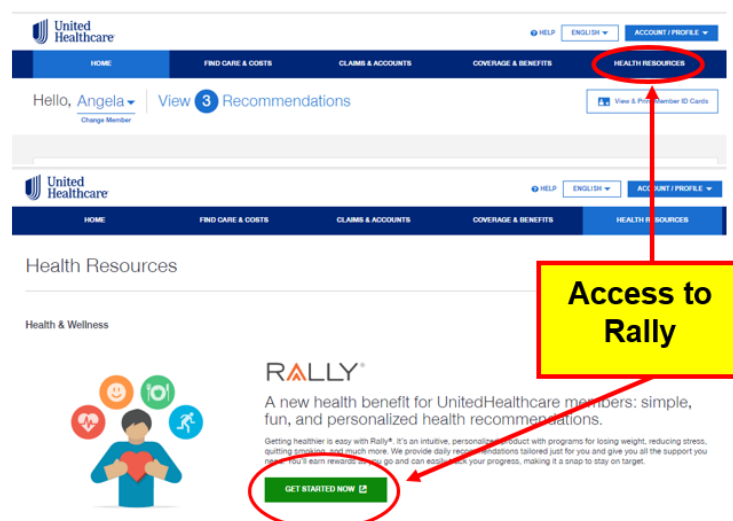
If you have a Rally login from last year, you don't need to register again. Log in and you'll automatically begin your Rally Health Survey for 2021.



Download the Rally mobile app or log in at health.werally.com/client/toyodagosei/register/ and use the code **TOYODAGOSEI**.



You can also sign in to your myuhc.com account and click **Health Resources** then **Get Started**.



Questions?

- Visit tggrouppenefits.com (password TGNA), click **Wellness**, scroll to the bottom and click **Rally - 2021 Enrollment Brochure**
- Call Rally at **877-818-5826**
- Email tggrouppenefits@toyodagosei.com