

**The Excellus BlueCross BlueShield Health Risk Assessment, powered by Rally<sup>SM</sup>, is designed to help you understand your health risk factors and recommends positive changes to help prevent small, manageable medical problems from becoming big ones.**

## THE PROGRAM:

- Helps employees tackle serious health challenges such as obesity, diabetes, and smoking to make lasting improvements in their lives.
- Syncs with personal health trackers including Fitbit, Jawbone, and iOS and Android devices.
- Increases success rates with its health communities, where users cheer each other on.



### STEP 1 – Log In & Take The Health Survey

- Go to ExcellusBCBS.com to log in as a member
- Select the “Health Risk Assessment” option from the Health and Wellness drop down menu
- Select “Begin Health Risk Assessment”
- The link will take you to the Rally<sup>SM</sup> website
- Create an account and take the Health Survey



### STEP 2 – Set Achievable Goals

Based on the responses from the Health Survey, select various Missions and Challenges you would like to achieve throughout the year. Choose from fitness and nutrition goals, quitting tobacco, improving your mood or sleeping better. It's up to you! Report your progress to earn coins you can donate to featured charities.



### STEP 3 – See Results

Build on incremental, achievable goals with the confidence to stick with it and get lasting results. Sign up for fitness challenges for extra motivation!



Our Health Plan complies with federal civil rights laws. We do not discriminate on the basis of race, color, origin, age, disability, or sex.

Atención: Si habla español, contamos con ayuda gratuita de idiomas disponible para usted. Consulte el documento adjunto para ver las formas en que puede comunicarse con nosotros.

注意：如果您说中文，我们可为您提供免费的语言协助。请参见随附的文件以获取我们的联系方式。

Excellus BlueCross BlueShield is a nonprofit independent licensee of the Blue Cross Blue Shield Association

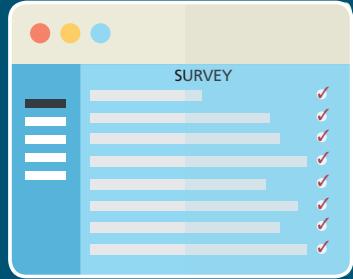
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**BETTER HABITS.  
BETTER HEALTH.**



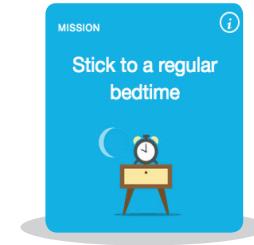
**Excellus BlueCross BlueShield  
Health Risk Assessment**

Powered By  
**RALLY**



# HEALTH SURVEY

The Health Survey is a quick way to help get you on the path toward healthy living. It takes fewer than 10 minutes to complete. Additionally, doing things like submitting or updating your Advance Care Planning Directive, taking preventive health measures, tobacco cessation, and managing your specific conditions will help make big differences for your overall health and well-being.



## DAILY MISSIONS

Big changes start with small steps. Missions are simple activities or tasks you can fit into your daily routine to help you form positive, healthy habits. Your responses to the Health Survey will generate recommendations for Missions to improve your diet, fitness, and mood in little ways every day.

## MONTHLY FITNESS CHALLENGES

Challenges\* are an opportunity for a little friendly competition to get you motivated. Using a motion-tracking app or device, track your daily steps as you walk or run, and see how you measure up against others on virtual race courses set in cities like San Francisco, Washington, DC, New York, or Las Vegas.

\*The Rally<sup>SM</sup> app or other select motion tracking devices are required for completing Challenges.

## EARN COINS FOR CHARITABLE DONATIONS

Charitable Coins are earned for completing a task, which can be redeemed to make a charitable donation toward a featured charity.

- Visit the "Rewards" section of your account to see the charities available
- Choose the charities to which you'd like to donate your coins
- Your generosity will help your charity reach its fundraising goal

## MOBILE APP – TAKE RALLY<sup>SM</sup> WITH YOU!

The Rally<sup>SM</sup> mobile app makes achieving your goals even easier!

By using the app on your Android or Apple phone you can:

- Easily check in as you make progress on your Daily Missions
- Set your own personal reminders for each Mission
- Track your progress in Monthly Fitness Challenges by viewing the leaderboard
- Connect with third-party devices or Apple Health to track your activity
- And much more!