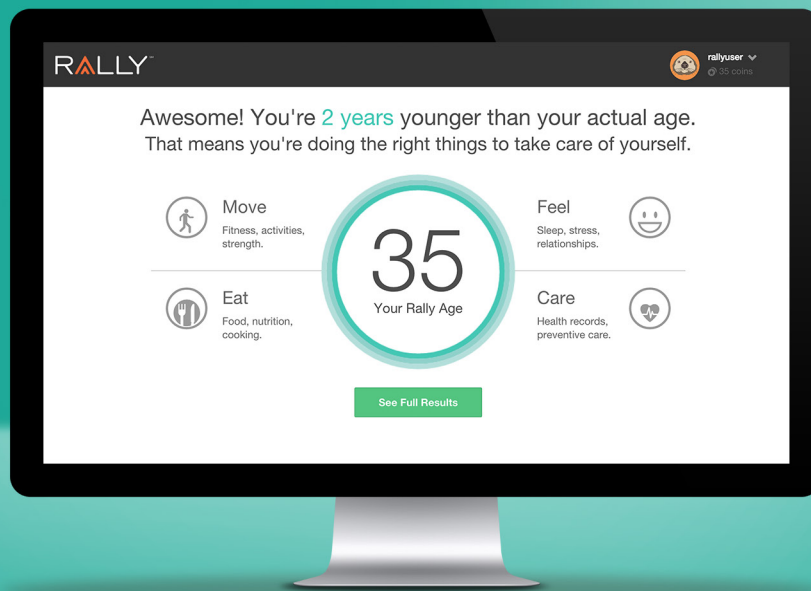


What's Your Rally Age?



Your health in a single, easy-to-understand number.

To get started on RallySM, take a fun Health Survey with simple questions about your habits and lifestyle. We'll use your responses to determine your Rally AgeSM, a measure of your overall health. Your Rally Age might be higher or lower than your actual age, depending on your health.

Once you have your Rally Age, you can click on your Health Profile to learn more about what you can do to maintain, or improve your health. Right away, Rally will give you personalized recommendations for simple activities called Missions that can get you eating better, moving more, and feeling great!

The first step to getting better is understanding how you're doing right now.

Get your Rally Age today. Visit myHPNOnline.com or mySHLOnline.com for more information.

Rally is available as part of your employee benefits package.

Health plan coverage provided by Health Plan of Nevada. Insurance coverage provided by Sierra Health and Life.

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Some ways you could improve your Rally Age:

- Move more
- Eat better
- Lower your stress
- Take care of yourself




HEALTH PLAN OF NEVADA
A UnitedHealthcare Company


SIERRA HEALTH AND LIFE
A UnitedHealthcare Company