

**Optum**

# **RallyEngage Overview 2025**

## **City of Tampa**

January 2025

# Presentation Summary

- Home Page Overview
- Explore Page Overview
- Rewards Page Overview
- Features Overview
- Manage Your Account Overview
- Appendix
  - Specific Affiliation Screens



# RallyEngage Home Page

# Home Page

Members see the following features on the **Home Page** when entering the website or app:

- Spotlight Banner
- Summary of:
  - **Employer Rewards:** incentives or benefits provided by an employer as part of a broader rewards, recognition and health strategy.
  - **Points:** Participants earn points based on their engagement or performance, which can later be redeemed for various rewards.
  - **Health Score:** A composite indicator used to measure and assess an individual's overall health and well-being.
- Setup Guide
- Focus Area
- Top Picks

City of Tampa

Explore Benefits Rewards

120

Rally Engage mobile app is now available on the [Apple App Store](#) and [Google Play Store](#). Download the app now!

## Wild on Walking Challenge

Join the City of Tampa Wild on Walking challenge to earn.

### Summary

<b>Employer Rewards</b>	<b>Points</b>	<b>Health Score</b>
\$200 Total Earned	120	-

Setup Guide 1/5 Completed

Get started with Rally! Follow these easy steps to set up your account.

- Create account
- Complete health survey
- Setup focus area
- Connect fitness tracker
- Download mobile app

### Focus Area

**Set up your focus area**

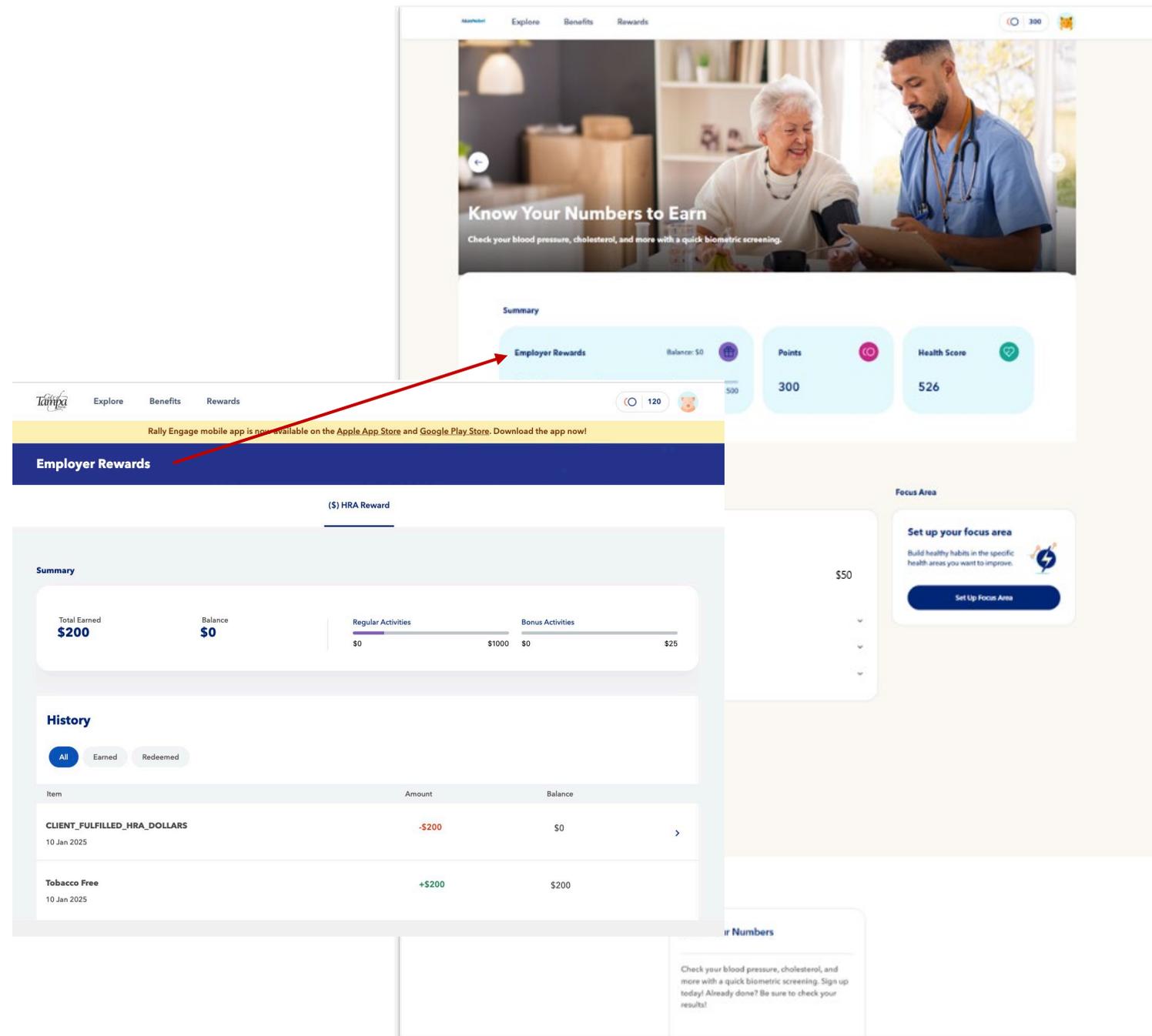
Build healthy habits in the specific health areas you want to improve.

Set Up Focus Area

# Home Page | Employer Rewards Affiliation 2

From the home page, members can click on **Employer Rewards** which includes

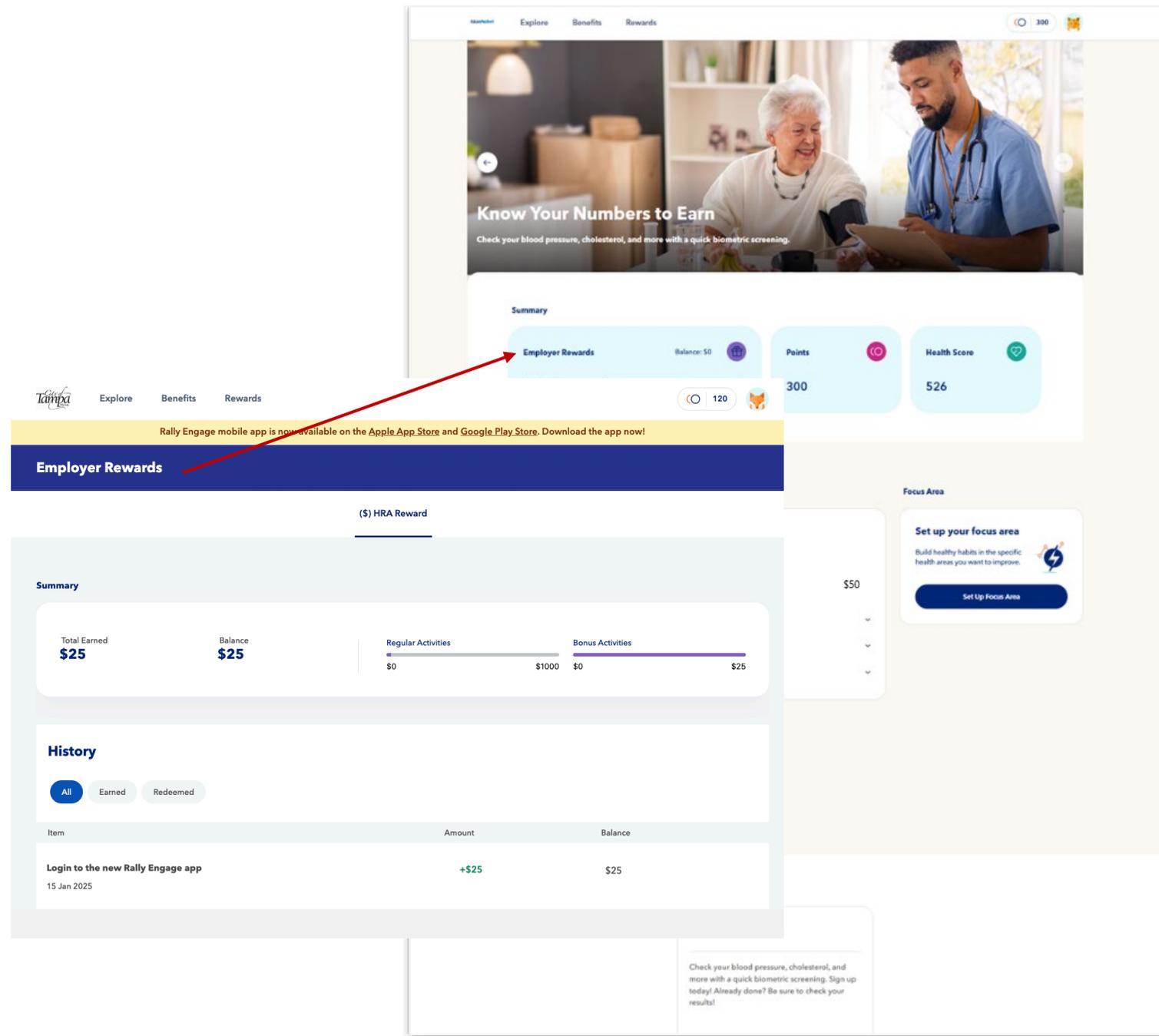
- Summary Section:
  - Total Earned: The cumulative rewards earned
  - Balance: The current reward balance after fulfillment.
  - A progress bar indicating regular activities completed towards a goal.
- History Section:
  - A detailed transaction log organized by Item, Amount, and Balance.
  - Includes separate tabs to filter between all, earned, and redeemed transactions.
  - A running balance is displayed after each transaction.



# Home Page | Employer Rewards Affiliation 3

From the home page, members can click on **Employer Rewards** which includes

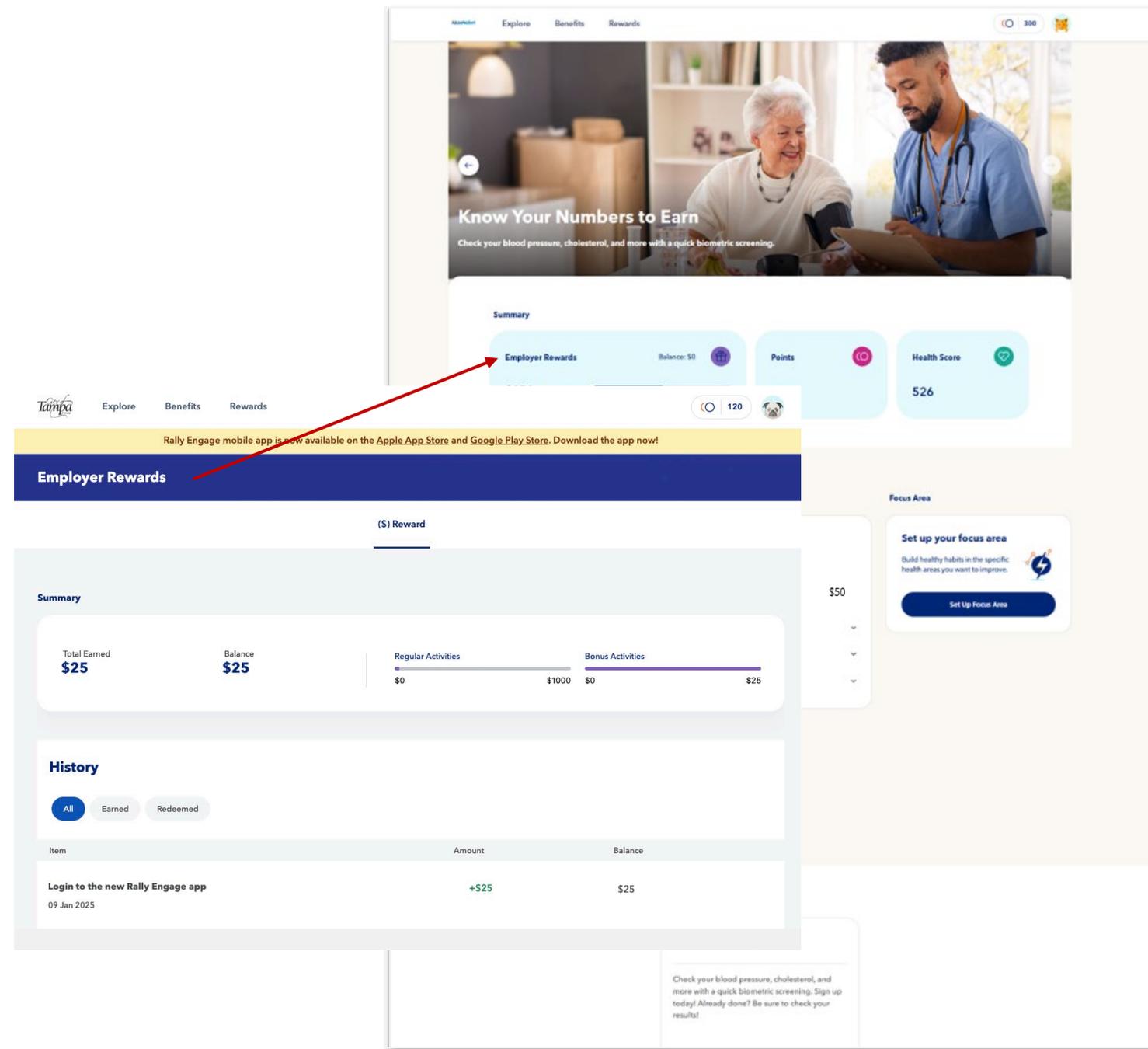
- Summary Section:
  - Total Earned: The cumulative rewards earned
  - Balance: The current reward balance after fulfillment.
  - A progress bar indicating regular activities completed towards a goal.
- History Section:
  - A detailed transaction log organized by Item, Amount, and Balance.
  - Includes separate tabs to filter between all, earned, and redeemed transactions.
  - A running balance is displayed after each transaction.



# Home Page | Employer Rewards Affiliation 4

From the home page, members can click on **Employer Rewards** which includes

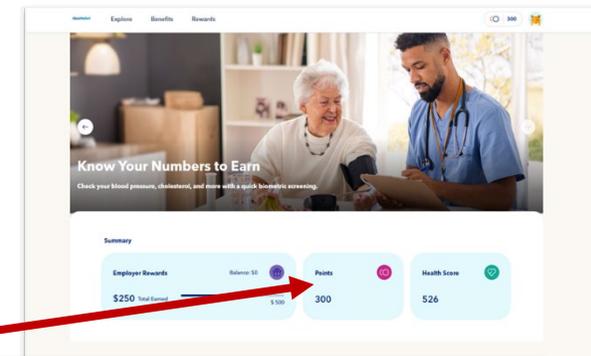
- Summary Section:
  - Total Earned: The cumulative rewards earned
  - Balance: The current reward balance after fulfillment.
  - A progress bar indicating regular activities completed towards a goal.
- History Section:
  - A detailed transaction log organized by Item, Amount, and Balance.
  - Includes separate tabs to filter between all, earned, and redeemed transactions.
  - A running balance is displayed after each transaction.



# Home Page | My Points

From the home page, members can click on **Points** which includes

- Summary Section:
  - Total Earned: Displays the cumulative points earned (e.g., 300).
  - Balance: Shows the current available balance of points (e.g., 300).
- History Section:
  - A detailed transaction log organized by Item, Amount, and Balance.
  - Includes separate tabs to filter between all, earned, and redeemed transactions.
  - Displays actions that contributed to earning points.
  - Includes a running balance for each transaction, starting from the earliest activity and updating with each entry.



## My Points

**Summary**

Total Earned	Balance
300	300

**History**

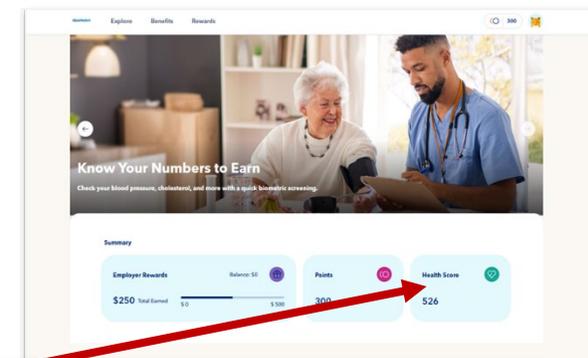
All Earned Redeemed

Item	Amount	Balance
<b>Health Survey</b> Date : 12 Dec 2024	125	300
<b>Health Survey</b> Date : 12 Dec 2024	25	175
<b>Health Survey</b> Date : 12 Dec 2024	25	150
<b>Health Survey</b> Date : 12 Dec 2024	25	125
<b>User Action</b> Registration Date : 12 Dec 2024	100	100

# Home Page | Health Profile

From the home page, members can click on Health Score, bringing them to their **Health Profile** which includes

- Health Score: Displays a current score with progress tracking.
- Health Factors: Visual breakdown of key contributors (mood, exercise, nutrition, sleep) with progress indicators and actionable insights.
- Biometrics: Key health metrics such as BMI, blood pressure, cholesterol levels, and blood glucose, sourced from surveys or screenings.
- Includes a prompt to retake the health survey for updated insights.



### Health Profile

#### Health Score

526  
Current Score

0 1000

#### Health Factors

- Mood: Almost there! >
- Exercise: Almost there! >
- Nutrition: Doing good! >
- Sleep: Almost there! >

Last health survey: 0 months ago [Retake survey](#)

#### Biometrics

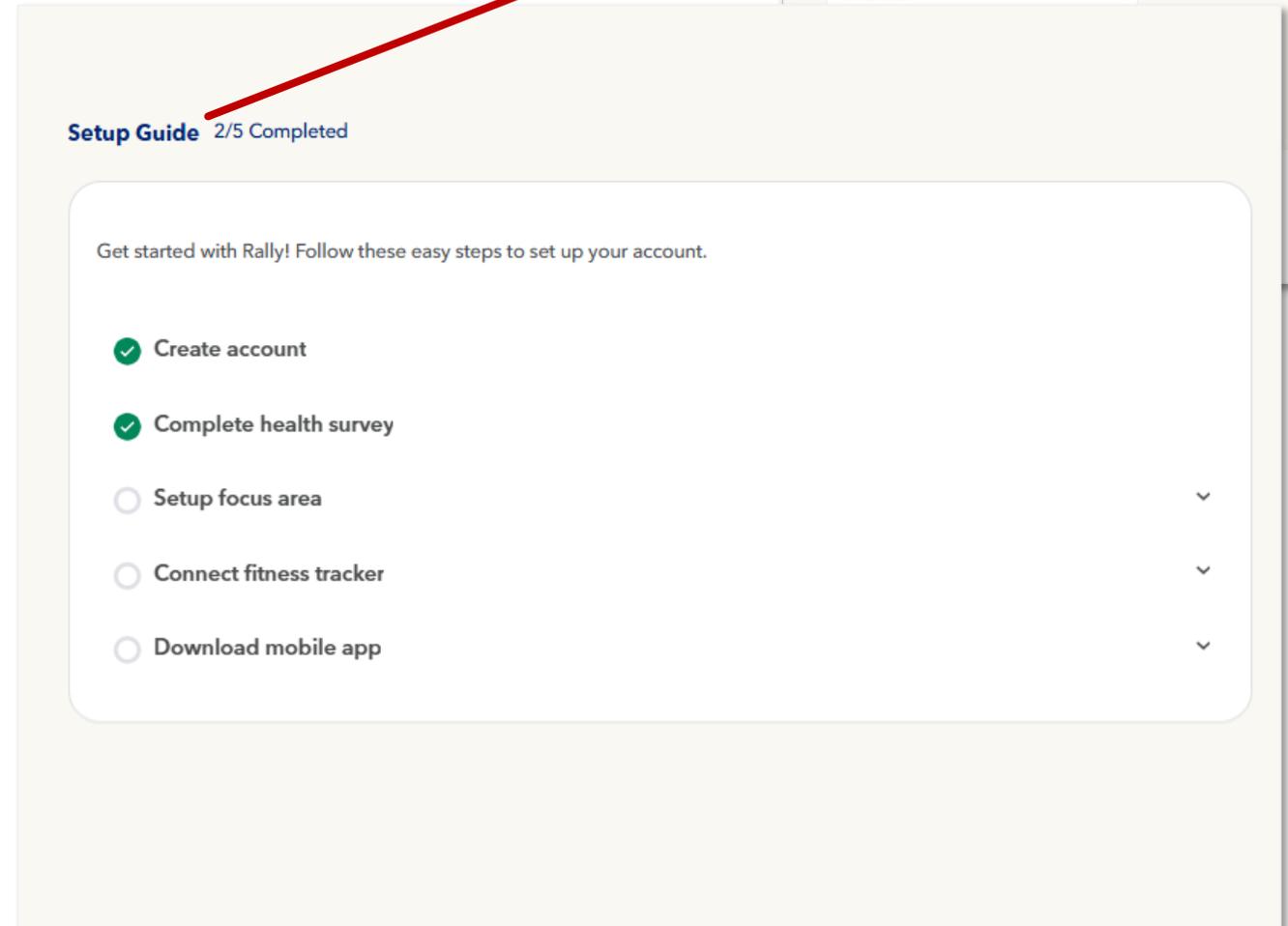
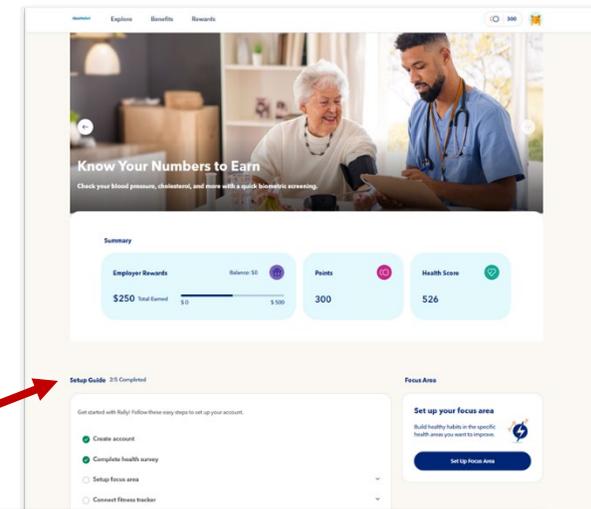
Source: Health survey and biometric screening

<b>BMI</b> 24.53 in-range	<b>Blood Pressure</b> mmHg 90/ 60 in-range	<b>LDL Cholesterol</b> 100 mg/dL in-range	<b>HDL Cholesterol</b> 40 mg/dL below
<b>Blood Glucose</b> 0 mg/dL	<b>Hemoglobin A1C</b> 0 %	<b>Triglycerides</b> 150 mg/dL in-range	<b>Total Cholesterol</b> 200 mg/dL in-range

# Home Page | Setup Guide

From the home page, members can scroll down to view and complete their **Setup Guide** which

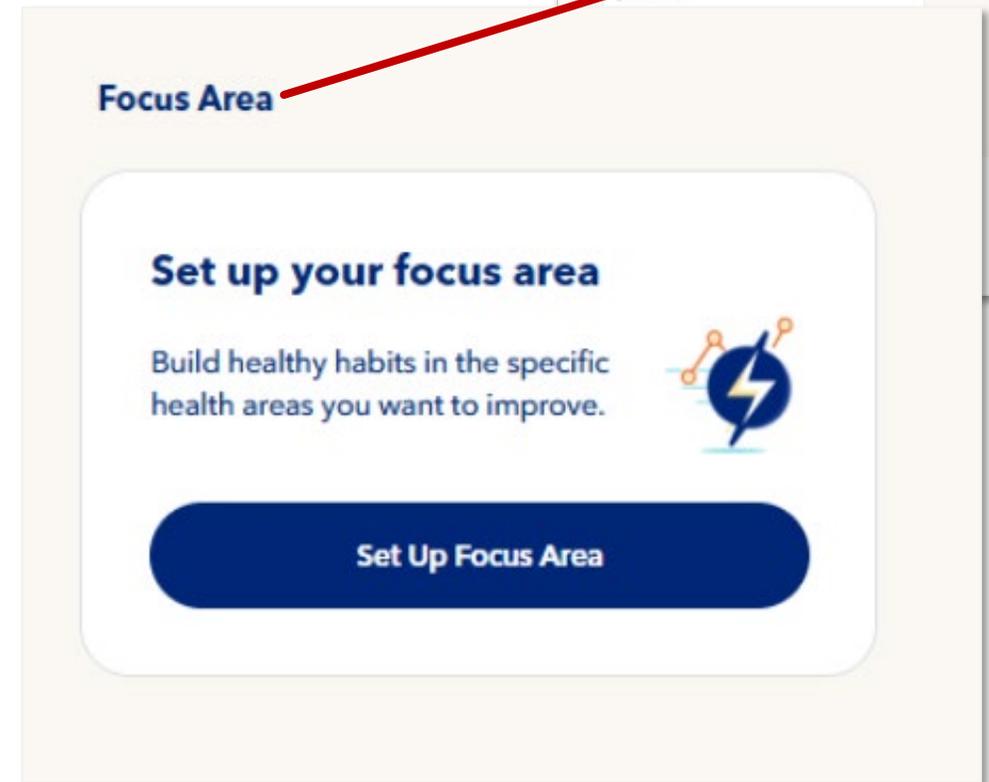
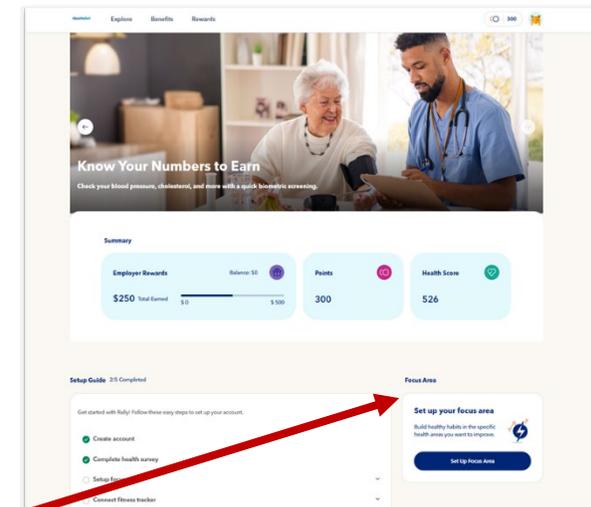
- Displays progress for completing account setup.
- Visually highlights completed steps with green checkmarks and pending steps with open circles, providing a clear and intuitive way for members to understand their progress.
- Serves as a motivational tool, encouraging users to complete all steps for full account functionality.



# Home Page | Focus Area

The **Focus Area** feature allows members to personalize their health goals by identifying specific areas they want to improve. Once set, it

- Matches members with tailored missions and resources to support their goals.
- Encourages the development of healthy habits in chosen focus area.
- Provides a more personalized and engaging health journey.

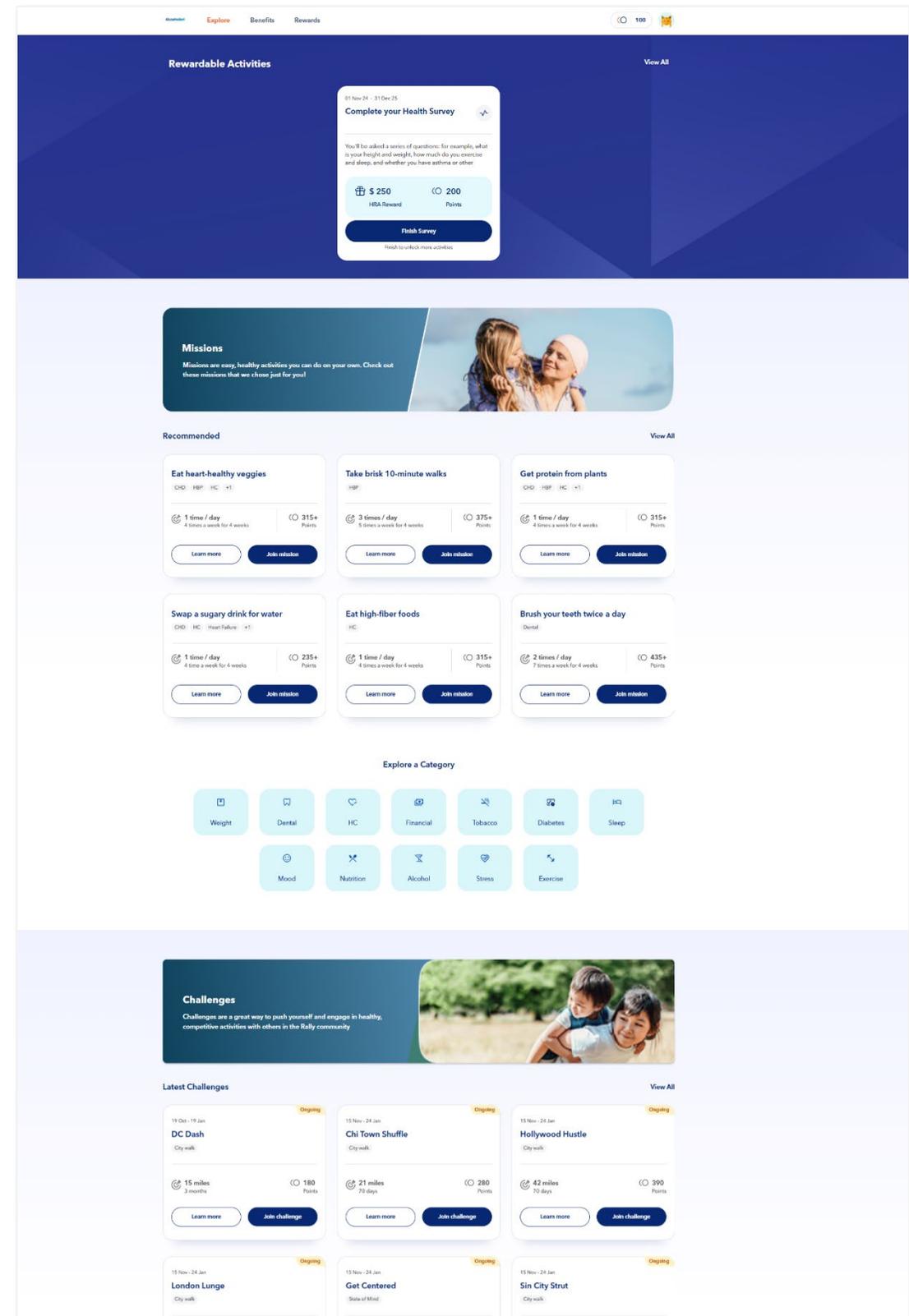


# RallyEngage Explore Page

# Explore Page

Members see the following features when accessing the **Explore Page**:

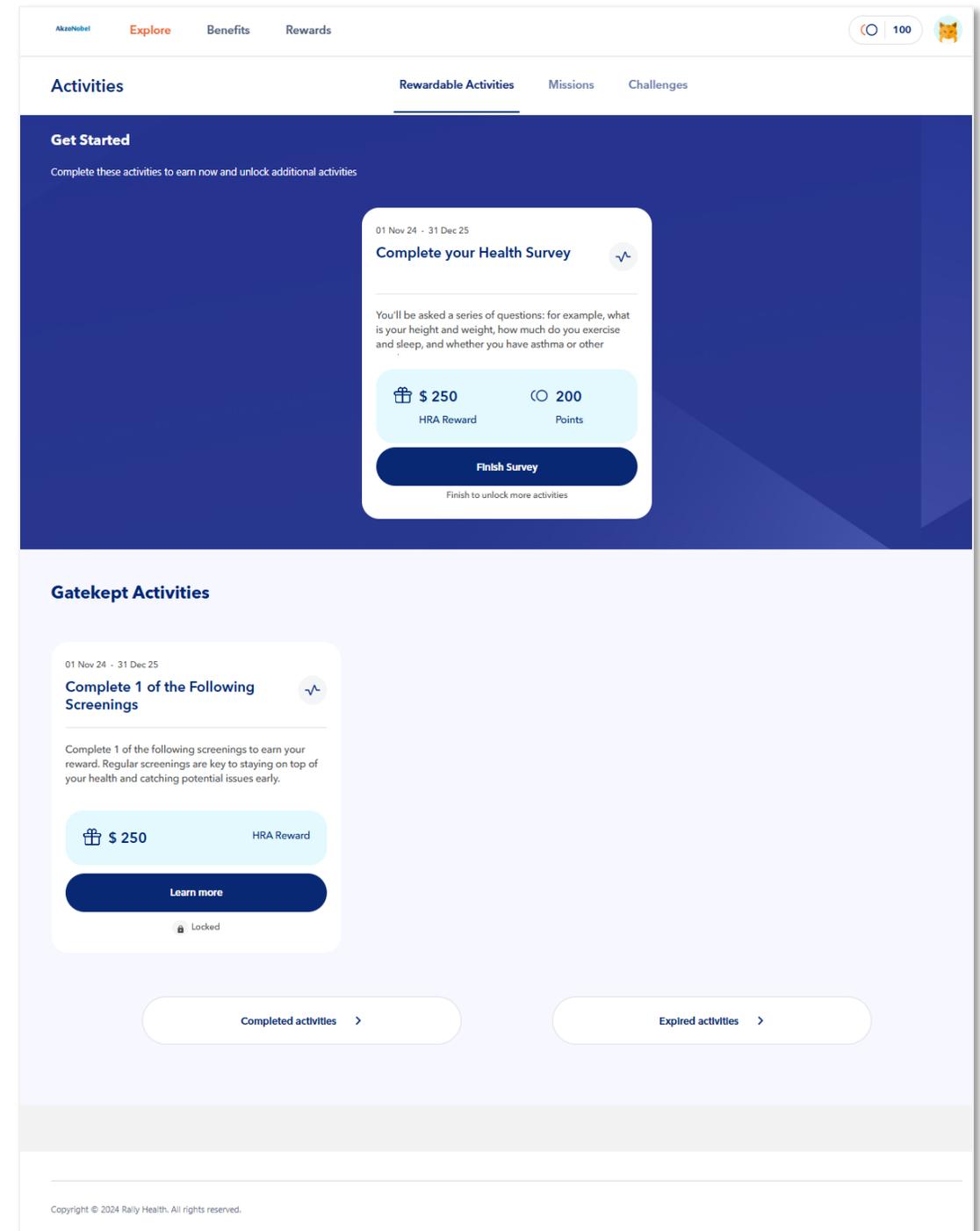
- **Rewardable Activities:** Showcases incentivized activities chosen by the employer to engage members and drive participation in health and wellness programs.
- **Missions Section:** Provides a variety of personal activity options to help users improve their health and build better habits.
- **Challenges Section:** Includes competitive challenges designed to motivate members through healthy competitions with other Rally users.



# Explore Page | Rewardable Activities

Members can click "View All" to explore the full list of **Rewardable Activities** available to them.

- Each activity includes:
  - The reward amount.
  - Applicable Points that can be earned. *Available for only select activities.*
  - A short description of the activity and its benefits.
- Time Frame: Activities are available for a defined period set by the employer within the CRD.
- Call-to-Action Buttons: Each activity features call-to-action buttons like "Learn more" or "Finish Survey" for engagement.
- Navigation Options: Users can switch between various tabs or sections, including Completed Activities and Expired Activities.



# Explore Page | Rewardable Activities – Quest activity

Available Activities

- Engage with an Onsite UHC Health Coach for three sessions**  
Complete 3 sessions with a UHC Health Coach onsite at your location to help you understand your health risks and give you information and tools to ...  
\$ 200 HRA Reward  
View Details
- Real Appeal**  
Make healthy diet and lifestyle changes by completing a Real Appeal program milestone. If this is your first time or you've re-enrolled in the ...  
\$ 200 HRA Reward, 400 Points  
Register
- Get a Biometric Screening**  
Get an onsite biometric screening with CareATC or Health and Wellness or use the Physician Results Forms from Quest to take to your primary care ...  
\$ 200 HRA Reward, 400 Points  
Get Started
- Get an Annual Physical or Preventive Screening**  
Complete your annual physical, mammogram, cervical, or colon cancer screening to stay proactive about your health and detect any potential issues early.  
\$ 200 HRA Reward, 400 Points  
Learn more
- Complete a Virtual Visit**  
When you need care - anytime day or night - Virtual Visits can be a great option. From treating colds and fevers to caring for migraines and allergies, you ch...  
\$ 100 HRA Reward, 100 Points  
Get Care Now
- Complete any 3 Missions**  
Complete three Rally Missions to take steps toward better health and earn rewards. Each mission helps you stay active, build healthy habits, and reach your goals.  
\$ 100 HRA Reward, 200 Points  
Learn more
- Attend an UHC Onsite Wellness Class**  
Repeatable: 4 times  
Attend an approved UHC Wellness Class to earn. Repeatable 4x (1 per quarter) up to \$400 max.  
\$ 100 HRA Reward  
View Details
- Confirm your eye exam**  
An eye exam is an important part of health care. Early diagnosis and treatment of eye and vision problems are important for maintaining good visio...  
\$ 100 HRA Reward  
Attest
- Attest to your visit with the dentist**  
Let us know if you went to the dentist.  
\$ 100 HRA Reward  
Attest
- Complete 1 of the following**  
Complete 1 of the following activities to earn your reward. Each step brings you closer to achieving your health and wellness goals.  
\$ 50 HRA Reward  
Learn more
- Complete 1 of the following**  
Complete 1 of the following activities to earn your reward. Each step brings you closer to achieving your health and wellness goals.  
\$ 50 HRA Reward  
Learn more
- Complete your Health Survey**  
You'll be asked a series of questions: for example, what is your height and weight, how much do you exercise and sleep, and whether you have asthma ...  
\$ 100 HRA Reward, 200 Points  
Finish Survey

Quest Diagnostics

Skip to main content

Terms and Conditions

1. Terms of Service: Quest Diagnostics Workforce Health Solutions ("WHS") supports health benefit management programs with policies in place to maintain the confidentiality of your information consistent with Quest Diagnostics Notice of Privacy Practices, which may be found at QuestDiagnostics.com/our-company/privacy. Our Privacy of Protected Health Information (PHI) policy requires that we must obtain, maintain, use, and disclose patient protected health information in a manner that protects patient privacy and complies with all state and federal laws. Though this is a voluntary program, should you choose not to accept these Terms of Service, you will not be able to participate.
2. You are participating in a voluntary population health program, and by your participation you freely and voluntarily assume any risks associated with the screening process. You must be 18 years of age or older. As needed for the program(s) available to you, you consent to the collection of a blood sample from a fingerstick or from the arm (venipuncture); capillary blood collection from the arm using the Tasso device; measurement of blood pressure, height, weight, waist and/or hip measurements; the collection of a cheek swab or blood sample for the purpose of cotinine testing to detect tobacco use; the collection of a nasal swab for the purposes of performing a test for the detection of COVID-19 and/or to a blood draw to determine whether you have developed antibodies to COVID-19; and/or the collection of a fecal sample for Colorectal Cancer screening. You understand that collection of a blood sample involves certain potential risks that may include but are not limited to prolonged bleeding, fainting or feeling lightheaded, bruising and multiple sticks. If the program includes the reporting of results at the point of collection, this data should be considered preliminary, as the results are screening assessments only. The instrument used on-site may yield results that vary from what would be reported if the same testing was performed in a laboratory.

Accept & Continue

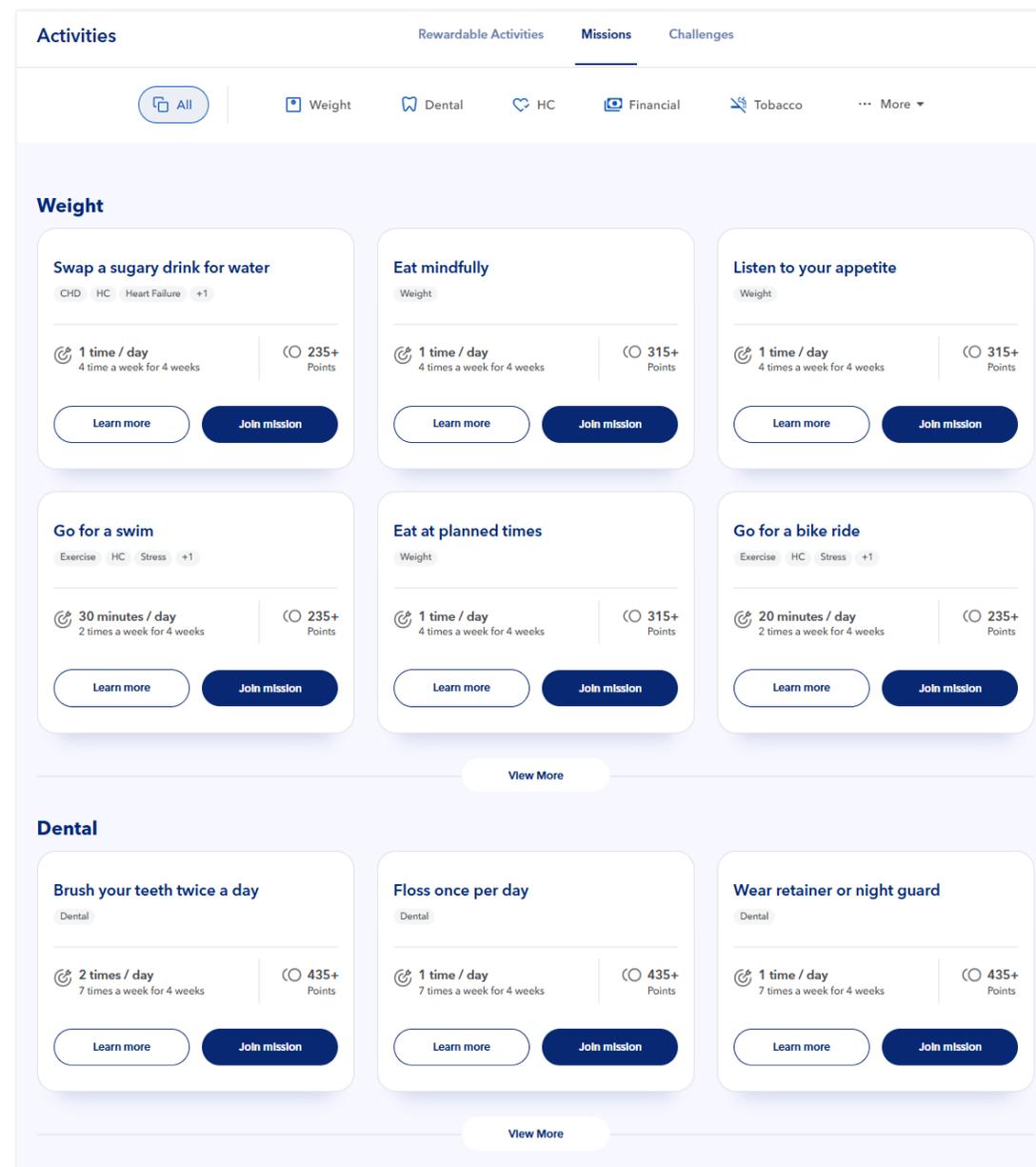
Download Terms and Conditions

Your Privacy Choices Contact

# Explore Page | Missions

Members can click "View All" to explore the full list of **Missions** available to them.

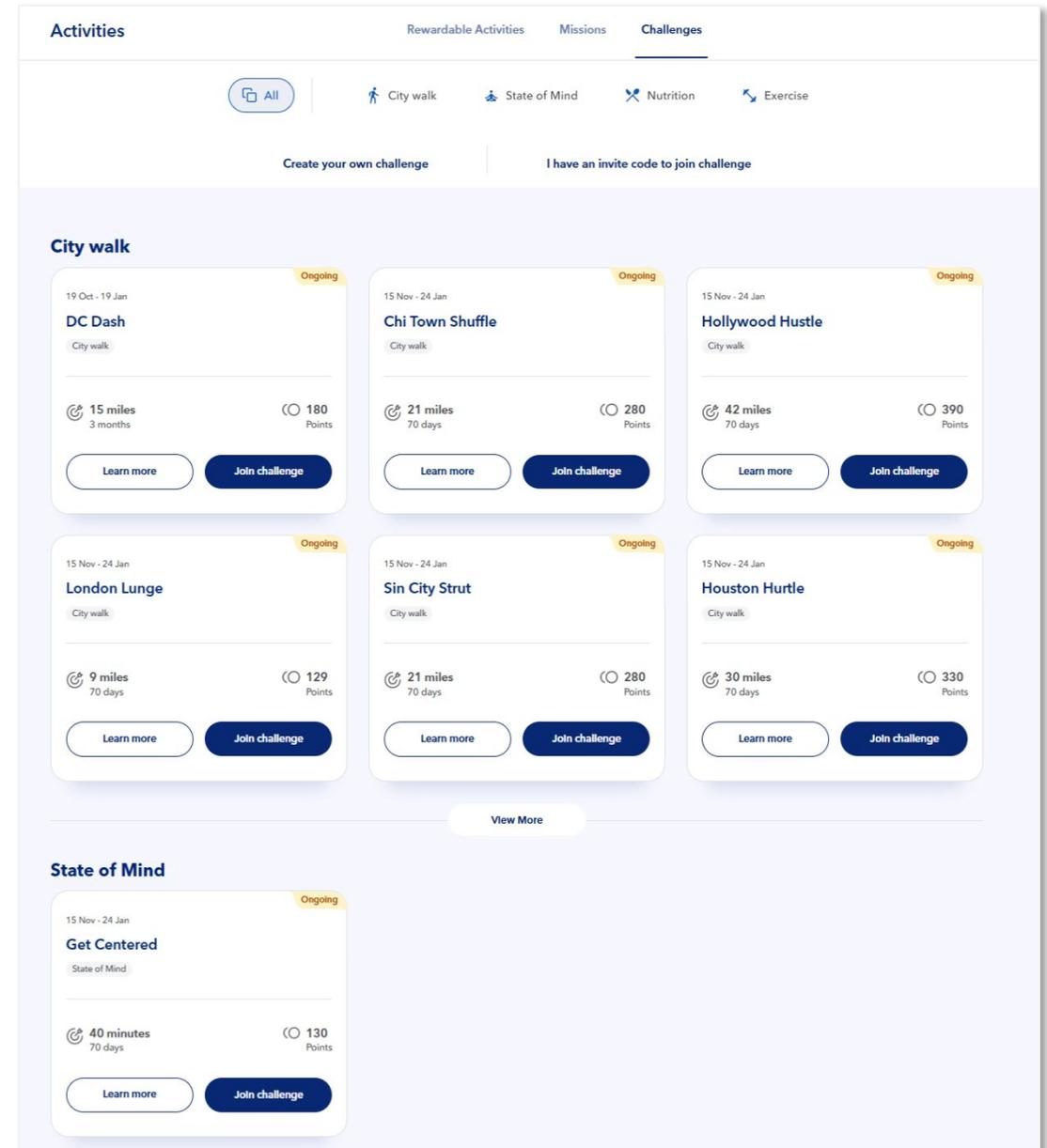
- Categories: Missions are organized into categories like Weight, Dental, and more.
- Details for Each Mission:
  - Frequency: Specifies the required activity frequency (e.g., 1 time/day).
  - Points: Indicates the number of points users can earn.
  - Call-to-Actions: Buttons like "Learn more" and "Join mission" allow users to easily engage.
- Navigation: Users can filter missions by categories and view more options within each section.



# Explore Page | Challenges

Members can click "View All" to explore the full list of **Challenges** available to them.

- Categories: Challenges are grouped into themes such as City Walk and State of Mind, with options to explore others like Nutrition and Exercise.
- Details for Each Challenge:
  - Duration: Specifies time frame (e.g., 3 months, 70 days).
  - Goals: Defined in terms of miles walked or minutes of activity.
  - Rewards: Points earned upon completion.
  - Call-to-Actions: Buttons like "Learn more" and "Join challenge" enable participation.
- Customization Options: Users can create their own challenge or join existing challenges with an invite code.
- Navigation: Includes filtering options for challenge categories and a "View More" button for additional activities.

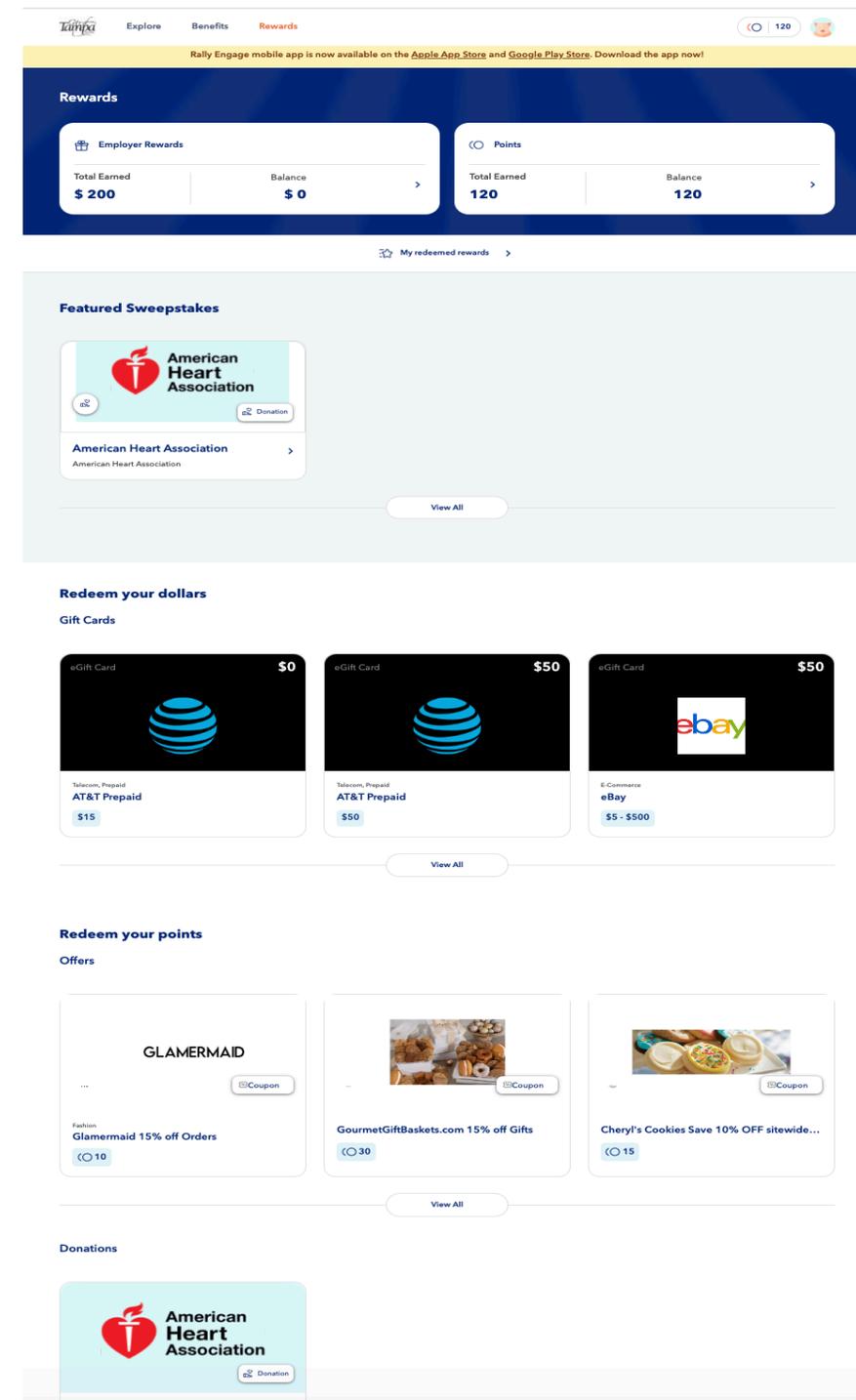


# RallyEngage Rewards Page

# Rewards Page

Members see the following features when accessing the **Rewards Page**:

- Rewards Summary:
  - Displays two reward types: Employer Rewards and Points, each showing total earned and current balance.
  - Includes a link to view redeemed rewards for tracking past activity.
- Redeem Your Points Section:
  - Showcases exclusive Rally marketplace offers available for redemption using points.
  - Includes "View All" to explore more offers.
- Donations Section:
  - Allows members to donate points to organizations like the American Heart Association.
  - Provides a "View All" option for more donation opportunities.



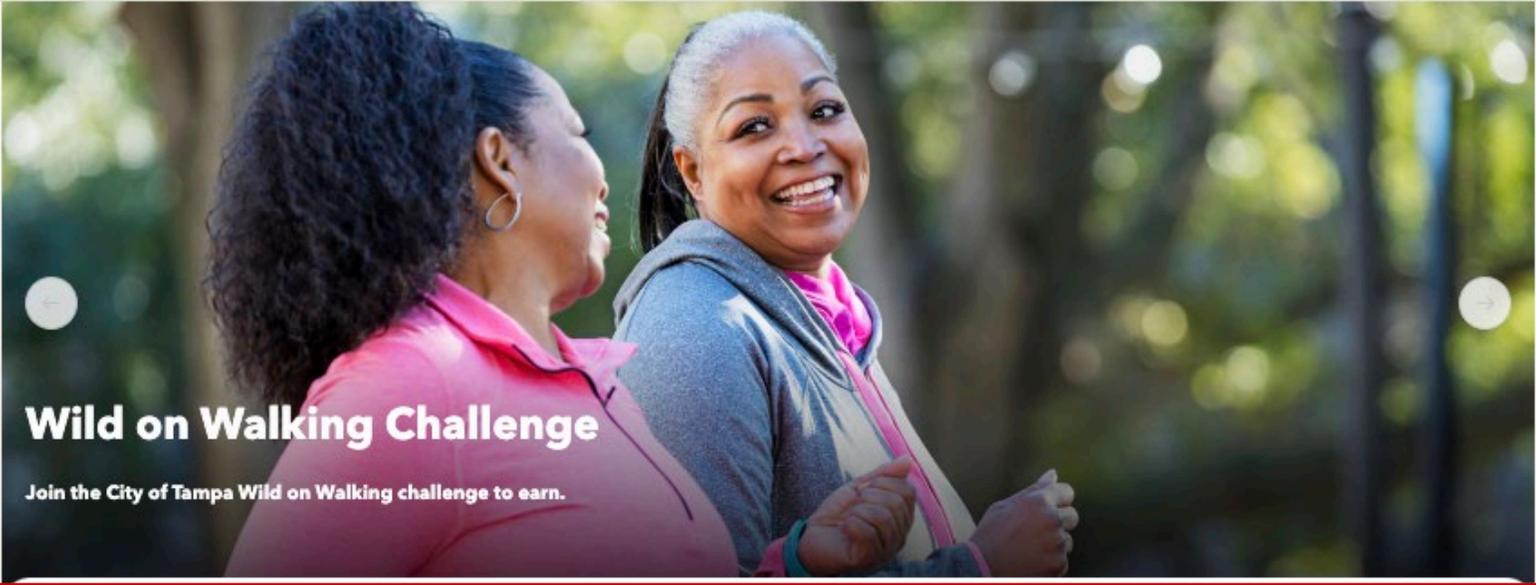
*\*Note: The displayed gift cards, offers, and donations are provided for illustrative purposes only and may not represent the actual rewards that will be available on Rally as of January 1st.*

# RallyEngage Features

# Home Page – Campaign

Tampa Explore Benefits Rewards 120

Rally Engage mobile app is now available on the [Apple App Store](#) and [Google Play Store](#). Download the app now!



## Wild on Walking Challenge

Join the City of Tampa Wild on Walking challenge to earn.

### Summary

<b>Employer Rewards</b>	<b>Points</b>	<b>Health Score</b>
\$200 Total Earned \$0 ————— \$1000	120	-

# Home Page – Top Picks

 Explore Benefits Rewards 120 

Rally Engage mobile app is now available on the [Apple App Store](#) and [Google Play Store](#). Download the app now!

**Setup Guide** 1/5 Completed

Get started with Rally! Follow these easy steps to set up your account.

- Create account
- Complete health survey
- Setup focus area
- Connect fitness tracker
- Download mobile app

**Focus Area**

**Set up your focus area**

Build healthy habits in the specific health areas you want to improve.

[Set Up Focus Area](#)

**Top Picks**

**Need Counseling Services?**

Your Optum Employee Assistance Program can help. Call 866-248-4096 for advice, referrals, and counseling or click [Learn More](#) for more information.

[Learn more](#)

**ATTENTION NEW HIRES**

New hires will have 90 days to complete all activities to earn their reward. The 90-day period will not be reflected within the Rally platform.

# Benefits Page – Your Benefit Cards

Explore **Benefits** Rewards

Rally Engage mobile app is now available on the [Apple App Store](#) and [Google Play Store](#).

### Your Benefits

Elevate your wellbeing.

**Congenital Heart Disease Resource Services**

Get support from experienced nurses to get information about medical care, your plan coverages, and finding treatment centers.

[Learn more](#)

**Bariatric Resource Services**

Bariatric Resource Services offers weight loss surgery with experienced caring nurse support from pre-surgery to post-surgery, we're here for you.

[Learn more](#)

**Diabetes Management**

Work 1:1 with a nurse to learn more about diabetes and create a personalized plan to help you manage it and stay healthy.

[Learn more](#)

**Heart Failure Management**

Get access to a nurse who can help you watch your health, manage medication and help you understand your benefits.

[Learn more](#)

**Optum Community Connector**

Find local services, resources, and support in your community and get connected to food pantries, housing assistance and more.

[Learn more](#)

**Coronary Artery Disease Management**

Get access to a nurse with our heart disease program for support with benefits, cost savings, finding providers and managing your care.

[Learn more](#)

**Chronic Obstructive Pulmonary Disease (COPD) Management**

Get resources to help you manage your COPD condition and live a healthier life.

[Learn more](#)

**EAP Core**

Get emotional, financial, or legal support 24/7 with a no-cost call to the Employee Assistance Program. 1-888-887-4114, TTY 711

[888-887-4114](#)

**Cancer Resource Services**

Our specialized oncology nurses work with you to help you make decisions about where to get care and explain available treatment options.

[Learn more](#)

**Cancer Guidance Program**

A technology platform, which provides patients' transparency to the oncologic spend and treatment of their population, as well as a tool for immediate prior authorization and narrowing of pathways.

[Learn more](#)

**Bariatric Resource Services**

Bariatric Resource Services offers weight loss surgery with experienced caring nurse support from pre-surgery to post-surgery, we're here for you.

[Learn more](#)

**Maternity Support**

Discover resources to support a healthy pregnancy including trimester-specific topics, exercise, breastfeeding, and postpartum care.

[Learn more](#)

**Clinical Care Management**

Get help reaching your goals with one-on-one support by phone from a case manager or behavioral health coordinator at no additional cost.

[Learn more](#)

**Asthma Management**

Breathe easier with support from an asthma nurse. They can help you manage symptoms, create an action plan and understand your costs.

[Learn more](#)

**Coronary Artery Disease Support**

Get access to a nurse with our heart disease program for support with benefits, cost savings, finding providers and managing your care.

[Learn more](#)

# Benefits Page – Your Benefit Cards, Cont'd



### Heart Failure Support

Get access to a nurse who can help you watch your health, manage medication and help you understand your benefits.

[Learn more](#)



### Neonatal Resource Services

Utilization and Case Management program to reduce costs for infants admitted to a NICU or special care nursery. Supports families' safe and timely discharge to home through proactive management of the length of stay in alignment with clinical guidelines.

888-936-7246



### Kidney Management for CKD

Get the support you need to manage your kidney health with personalized care plans, educational resources and expert support.

[Learn more](#)



### 1:1 Advocacy

Got questions about doctors, treatments, tests, and medical bills? Call Advocate4Me today for answers.

888-512-4093

### YOUR Service Account Manager

Savio Crastro, cotonsiterep@uhc.com, 813-274-8279. Savio can help with: Understanding your health benefits and coverage.

[Call Savio](#) [Learn more](#)

### YOUR Nurse Liaison

Debbie can help with managing chronic health conditions and leveraging your benefits for health related resources.

[Call Debbie](#) [Learn more](#)

### YOUR Health Coach

Stef Olstad, BSW, cotcoach@uhc.com, 813-535-0482. Stef can help with: Coach you to reach personal and healthy lifestyle goals.

[Call Stef](#) [Learn more](#)

# Benefits Page – Your Benefit Resources



Explore

**Benefits**

Rewards



Rally Engage mobile app is now available on the [Apple App Store](#) and [Google Play Store](#). Download the app now!

## Your Benefits

Elevate your wellbeing.



### Congenital Heart Disease Resource Services

Get support from experienced nurses to get information about medical care, your plan coverages, and finding treatment centers.

[Learn more](#)



### Bariatric Resource Services

Bariatric Resource Services offers weight loss surgery with experienced caring nurse support from pre-surgery to post-surgery, we're here for you.

[Learn more](#)



### Diabetes Management

Work 1:1 with a nurse to learn more about diabetes and create a personalized plan to help you manage it and stay healthy

[Learn more](#)

## Resources

[City of Tampa Benefits](#)



[Introduction to Rally Engage](#)



# RallyEngage

## Manage Your Account

# Manage Your Account



Explore

Benefits

Rewards

120



Rally Engage mobile app is now available on the [Apple App Store](#) and [Google Play Store](#). Download the app now!

## Manage Your Account

Health Profile >

Health Survey >

### Account Details

About the Program

Physical activity exemption

### Settings

Activity Tracker

### Support

Help Center

### Legal

Terms of Use

Privacy Policy

Reward Rules

Logout

Version 0.0

### Email Address

fnrjqpqfsuo.lnlcahiscp457@mail.com

Your email is not visible to anyone! We will send all rewards and other communications here.

### Username

FNRUJQPQFSUO.LNLCAHI

Keep it private! Pick a username (2-20 characters) that doesn't reveal your real name.

### Avatar



Update

# Manage Your Account – About the Program

 [Explore](#) [Benefits](#) [Rewards](#) 120 

Rally Engage mobile app is now available on the [Apple App Store](#) and [Google Play Store](#). Download the app now!

## Manage Your Account

[Health Profile >](#) [Health Survey >](#)

- Account Details
- About the Program**
- Physical activity exemption

**Settings**

- Activity Tracker

**Support**

- Help Center

**Legal**

- Terms of Use
- Privacy Policy
- Reward Rules

[Logout](#) Version 0.0

Max earning limit  
**\$1000**

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Plan start date	01 Nov 2024
Plan end date	31 Dec 2025
Earning start date	01 Nov 2024
Earning end date	31 Dec 2025

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**About Your Program**

Here are all the awesome rewards offered by your company for completing the following healthy actions. Your overview will update automatically as you make progress. Some activities will take time to process, so don't worry if an action isn't updated right away. Rally will send you an email if your employer's rewards plan changes at any time. Got all that? Check out the FAQ if you have more questions.

# Appendix

HRA, Client Fulfilled

Rewardable Activities Page

Rewards Page

HRA, Client Fulfilled

Rewardable Activities Page (Explore Page)

Rewards Page

# Affiliation 4 - UHC EE Simple Wellness

## Reward, Client Fulfilled

**Available Activities**

- Get a Biometric Screening** (01 Jan 25 - 31 Dec 25): Earn rewards by completing one of these activities. Reward: \$200, 400 Points. Button: Get Started.
- Get an Annual Physical or Preventive Screening** (01 Jan 25 - 31 Dec 25): Complete your annual physical, mammogram, cervical, or colon cancer screening to stay proactive about your health and detect any potential issues early. Reward: \$200, 400 Points. Button: Learn more.
- Engage with an Onsite UHC Health Coach for three sessions** (01 Jan 25 - 31 Dec 25): Complete 3 sessions with a UHC Health Coach onsite at your location to help you understand your health risks and give you information and tools to ... Reward: \$200. Button: View Details.
- Real Appeal** (01 Jan 25 - 31 Dec 25): Make healthy diet and lifestyle changes by completing a Real Appeal program milestone. If this is your first time or you've re-enrolled in the ... Reward: \$200, 400 Points. Button: Register.
- Confirm that you're tobacco-free** (01 Jan 25 - 31 Dec 25): Confirm that you don't use tobacco to maintain a healthier lifestyle and reduce the risk of various health issues. Reward: \$200. Button: Verify.
- Complete a Virtual Visit** (01 Jan 25 - 31 Dec 25): When you need care - anytime day or night - Virtual Visits can be a great option. From treating colds and fevers to caring for migraines and allergies, you ca... Reward: \$100, 100 Points. Button: Get Care Now.

**Upcoming Activities**

- Challenge Activity** (01 Feb 25 - 28 Feb 25): Join a challenge and earn a reward when you hit a milestone. Stay motivated and track your progress toward achieving your health goal! Reward: \$100. Button: Let's Go!
- Challenge Activity** (01 May 25 - 31 May 25): Join a challenge and earn a reward when you hit a milestone. Stay motivated and track your progress toward achieving your health goal! Reward: \$100. Button: Let's Go!
- Challenge Activity** (01 Aug 25 - 31 Aug 25): Join a challenge and earn a reward when you hit a milestone. Stay motivated and track your progress toward achieving your health goal! Reward: \$100. Button: Let's Go!
- Challenge Activity** (01 Oct 25 - 31 Oct 25): Join a challenge and earn a reward when you hit a milestone. Stay motivated and track your progress toward achieving your health goal! Reward: \$100. Button: Let's Go!

**Completed Activities**

- Completed on 09 Jan 2025**: Login to the new Rally Engage app. Reward: \$25, Gift Card Credit. Button: Details.

Rewardable Activities Page

**Rally Engage mobile app is now available on the Apple App Store and Google Play Store. Download the app now!**

**Rewardable Activities**

- Get a Biometric Screening** (01 Jan 25 - 31 Dec 25): Get an onsite biometric screening with CareATC or Health and Wellness or use the Physician Results Forms from Quest to take to your primary care ... Reward: \$200, 400 Points. Button: Get Started.
- Get an Annual Physical or Preventive Screening** (01 Jan 25 - 31 Dec 25): Complete your annual physical, mammogram, cervical, or colon cancer screening to stay proactive about your health and detect any potential issues early. Reward: \$200, 400 Points. Button: Learn more.
- Engage with an Onsite UHC Health Coach for three sessions** (01 Jan 25 - 31 Dec 25): Complete 3 sessions with a UHC Health Coach onsite at your location to help you understand your health risks and give you information and tools to ... Reward: \$200. Button: View Details.

**Missions**

Missions are easy, healthy activities you can do on your own. Check out these missions that we chose just for you!

**Recommended**

- Eat heart-healthy veggies** (CHD, HBP, HC, +1): 1 time / day (4 times a week for 4 weeks). Reward: 315+ Points. Button: Join mission.
- Take brisk 10-minute walks** (HBP): 3 times / day (5 times a week for 4 weeks). Reward: 355+ Points. Button: Join mission.
- Get protein from plants** (CHD, HBP, HC, +1): 1 time / day (4 times a week for 4 weeks). Reward: 315+ Points. Button: Join mission.
- Swap a sugary drink for water** (CHD, HC, Heart Failure, +1): 1 time / day (4 times a week for 4 weeks). Reward: 315+ Points. Button: Join mission.
- Eat high-fiber foods** (HC): 1 time / day (4 times a week for 4 weeks). Reward: 315+ Points. Button: Join mission.
- Brush your teeth twice a day** (Dental): 2 times / day (7 times a week for 4 weeks). Reward: 435+ Points. Button: Join mission.

Rewards Page