



# Earn medical premium reductions with Rally®



Rally can help you live your healthiest life all year long. And when you complete wellness activities by **December 31, 2024**,\* you can pay less for your 2025 medical plan premium.

**1 Start with the Rally Health Survey.** **\$25 reduction**  
It takes just 15 minutes, and it will unlock more ways to earn.

**2 Complete additional activities.**



**\$25 reduction**

Complete 3 of 5 Rally quizzes.



**\$75 reduction**

Get your annual physical or preventive screening from your doctor.\*\*



**\$125 reduction**

Complete a biometric screening.

**3 Employees and spouses can each earn up to \$250 toward a medical premium reduction.**

It will appear as a “Wellness Incentive” credit on your paycheck in 2025.

	Employee only	Employee + spouse
Weekly paychecks	\$4.80	\$9.61
Biweekly paychecks	\$9.61	\$19.23



## Get started today

**Employees:** Register or log in at [mybenefits.republicservices.com](https://mybenefits.republicservices.com) and click on the “Rally” tile.

**Spouses:** Go to [werally.com](https://werally.com) and log in.

### What else can I do on Rally?

You must be enrolled in a Republic Services medical plan to be eligible to earn the premium reduction.\*\*\* If you’re not a plan member, you can still join Rally and take advantage of all the activities.

Rally is a fun wellness program designed to help you sleep better, move more, eat healthier and feel great.



Get personalized recommendations for Missions



Join Challenges to compete with others



Participate in Communities to learn about health topics that matter to you



Earn Rally Coins for participating and redeem them for discounts or to enter sweepstakes

United Healthcare



\* Due to the time it takes for claims to process, some activities completed in Q4 2024 may not be available for a credit on the first paycheck in 2025. If this happens, any credit(s) will be applied to your paycheck by the end of March 2025. Awarded based on claims data or a completed attestation. Check your health plan for details.

\*\* Awarded based on claims data or a completed attestation. Check your health plan for details.

\*\*\* If you drop coverage at any time, your wellness incentive credit will end, or if you remove your spouse from coverage, their wellness incentive will end.

Rally does not provide medical advice or other health services and is not a substitute for your doctor’s care. Talk to your doctor before significantly increasing your level of activity, particularly if you have a medical condition or have been inactive. Participation in the Health Survey is voluntary. Your responses will be kept confidential in accordance with the law and will only be used to provide health and wellness recommendations or conduct other plan activities. All trademarks are the property of their respective owners. This is not an insurance program and may be discontinued at any time.