

FORMS TO KNOW

Health Provider Screening Form: Use this form if you complete your biometric screening at your doctor's office or a convenience care clinic. Also, use this form if you completed a health action and it does not appear on your online scorecard within 30 days.

The Health Provider Screening Form is personalized with your information (name, birthdate, etc.) to make it easier to process your rewards. Remember, your provider needs to fill out the form, but you can submit it back to UnitedHealthcare.

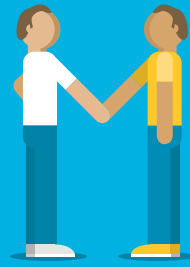
Provider Alternative Action Form: Use this form if your provider determines it is medically inadvisable for you to complete a telephonic wellness coaching program or Rally Missions for missing target biometrics. Your provider must complete the form and fax it back to UnitedHealthcare.

Access both forms through Rally, the Delta Health Rewards page on Deltanet or directly from register.wellness-inc.com/delta.

CHOOSE YOUR RALLY MISSION!



Stretch every day.



Meet with friends every week.



Meditate

IMPORTANT DATES

January 1, 2017:

Start earning Delta Health Rewards dollars as you go for your Optum Bank HSA or your HRA by completing 2017 health actions.

First week of January 2017:

Delta Health Rewards dollars for health actions completed between January 1 and September 30, 2016, are deposited to your Optum Bank HSA or added to your HRA.

First week of April 2017:

Delta Health Rewards dollars for health actions completed between October 1 and December 31, 2016, are deposited to your Optum Bank HSA or added to your HRA.

November 30, 2017:

Last day to complete 2017 health actions and submit any forms, if needed, to earn Delta Health Rewards dollars for your Optum Bank HSA or your HRA.

Throughout 2017:

You'll receive a personalized scorecard in your mailbox at home.

For information about Delta Health Rewards, search for "Delta Health Rewards" on Deltanet or call Delta Health Direct at **877-912-1820**.

2017 DELTA HEALTH REWARDS WITH RALLY®

(Part of the Delta Account-Based Healthcare Plan)



Whether you've been participating in Delta Health Rewards for years, or this is your first year in the program, this guide provides all the details you need to earn your rewards for 2017. **Let's get started!**

WHAT'S NEW FOR 2017?

We've made some important changes to the Delta Health Rewards program in 2017. Check them out below.

1. You can earn more Delta Health Rewards if you cover a child(ren). See the funding chart for details.

2. Earn your rewards in "real time." Beginning January 1, 2017, you'll be rewarded as you go for health actions you complete — this means that shortly after completing a health action in 2017, the funds will be deposited in your Optum Bank® HSA or your HRA.

3. The health action deadline has changed. All health actions must be completed by November 30, 2017.

4. Get on board the biometric screening bus. The Delta biometric screening bus will be traveling across the country to make it easier for you to complete your screening.

5. A new action has been added for 2017. Complete one Rally Mission of your choice and earn \$25 in Delta Health Rewards. (If you are also completing the alternative option of three Rally Missions for missed biometric targets, your single Rally Mission action will be included.)



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HOW DELTA HEALTH REWARDS WORKS

You're already enrolled. Employees and spouses/eligible same-sex domestic partners covered under a Delta account-based medical option for 2017 are automatically enrolled in the Delta Health Rewards program.*

Start earning. When you complete the health actions, you earn Delta Health Rewards dollars for your 2017 Optum Bank Health Savings Account (HSA) or your 2017 Health Reimbursement Account (HRA). The more health actions you complete, the more dollars you earn. Remember, Delta Health Rewards is how your account is funded by Delta. You can use the dollars to help pay for your eligible healthcare expenses.

Track your progress. You can view your completed health actions and earned dollars anytime on Rally, Delta's online wellness site. (Access Rally from myHealthcareView.com, directly from Deltanet or on the Rally Health mobile app.) You'll also receive personalized scorecards in the mail throughout the year. Please be patient — it can take up to 30 days for your completed health actions to appear on your online scorecard.

Get your dollars. Reward dollars for completed health actions will be deposited into your Optum Bank HSA or your HRA shortly after completion. The sooner you complete your health actions, the sooner you get your money!



THE RALLY CONNECTION

How are Delta Health Rewards and Rally connected?
Great question — one we've been asked a lot!

Rally is a website and an app that makes it fun and easy for you to earn and track your Delta Health Rewards dollars.

Earn Delta Health Rewards on Rally by:

- Completing the Rally Health Survey
- Identifying as tobacco-free on the Rally Health Survey
- Completing a Rally Mission (or three if you miss a biometric target)
- Watching the Health Plans 101 video during Open Enrollment

Rally also has many other features that won't earn you Delta Health Rewards dollars, but will help you to move more, eat better and feel good. Plus, you can earn Rally Coins for completing healthy activities on Rally. Rally Coins can be exchanged for some chances to win great rewards like popular electronics and gift cards. Rally Coin rewards are in addition to and separate from Delta Health Rewards account dollars.



2017 HEALTH ACTIONS AND REWARDS AMOUNT

	GOLD HSA, SILVER HSA, HRA			BRONZE HSA	
	Employee	Employee plus child(ren)	Covered spouse/eligible same-sex domestic partner	Employee	Covered spouse/eligible same-sex domestic partner
Complete the Rally Health Survey by Nov. 30	\$25	\$100	\$25	\$25	\$25
Confirm tobacco-free status by answering the tobacco questions on the Rally Health Survey by Nov. 30 or submitting the Provider Health Screening Form by Nov. 30, or complete the Delta Health Direct quit tobacco program ¹	\$150	\$300	\$150	\$150	\$150
Get an annual physical (or well-woman exam) by Nov. 30²	\$100	\$200	\$100	\$100	\$100
Complete one Rally Mission of your choice by Nov. 30	\$25	\$50	\$25	\$25	\$25
Submit biometrics by Nov. 30 Have values in the target range or complete three Rally Missions or one telephonic wellness coaching program ³ \$100: body mass index of less than or equal to 29.9. \$75: fasting blood sugar less than 100 or A1c less than 5.7%. \$75: blood pressure less than or equal to 140/90 (both numbers must be less than or equal to). \$50: total cholesterol less than 240.	Up to \$300	Up to \$300	Up to \$300	Up to \$300	Up to \$300
Watch Health Plans 101 video during annual Open Enrollment	\$50	\$50	\$50	\$50	\$50
Subtotal	\$650	\$1,000	\$650	\$650	\$650
Automatic child funding		\$250			
	Up to \$650 EE only, \$1,300 EE + Spouse, \$1,250 EE + Child(ren) and \$1,900 EE + Family			Up to \$650 EE only and \$1,300 EE + Spouse	

RALLY GOES WHERE YOU GO!

- Register and complete the Rally Health Survey
- Track your Delta Health Rewards progress
- Join and check into your Missions
- Use your Rally Coins for chances to earn great rewards



Search for "Rally Health" in the App Store® or Google Play™. Once downloaded, new Rally members please use Mobile Code DELTA.

DON'T WAIT! All health actions must be completed by November 30, 2017.

BIOMETRIC SCREENING OPTIONS

Delta will sponsor a cross-country bus tour in 2017 at select work sites to provide biometric screenings. Your biometric results will be updated to your Rally Health Survey within a few weeks. Go to DeltaHealthRewards.com for more onsite screening information.

If you are unable to attend an onsite screening event, you can complete your screening at:

- Your doctor's office during your annual physical exam (Health Provider Screening Form required)

- A network convenience care clinic located in many retail stores, like CVS and Walmart (Health Provider Screening Form required)
- A LabCorp facility (LabCorp Registration Form required)

Go to register.wellness-inc.com/delta to download the required forms.

Access Rally through myHealthcareView.com, the Delta Health Rewards page on Deltanet or the Rally Health mobile app.

*COBRA and Retiree medical option members are not eligible to participate in Delta Health Rewards.

¹Be sure to enroll in the telephonic Delta Health Direct quit tobacco program as early as possible to meet the November 30, 2017, completion deadline by calling 877-912-1820. The quit tobacco program can take between five and six months to complete.

²Recommended preventive care, such as annual physical exams, are covered at 100% — no cost to you — under Delta's account-based medical options when received from a UnitedHealthcare network provider.

³Even if one or more of your biometrics are not within the healthy ranges, you have the opportunity to earn the entire \$300 in Delta Health Rewards dollars related to those biometrics by completing a Delta Health Direct telephonic wellness program (plan up

to 10 weeks to complete) or three online Rally Missions (plan a minimum of four weeks to complete each Mission) by November 30, 2017. The plan will provide a reasonable alternative if a participant's personal physician provides a statement that the wellness coaching program, Rally Missions or quit tobacco program is not medically appropriate for that individual. The personal physician should fill out, sign and send the Provider Alternative Action Form, carefully following all directions on the form. Forms for employees can be downloaded from the Delta Health Rewards page on Deltanet. Go to Deltanet > HR > Benefits > Delta Health Rewards. Forms for covered spouses/eligible same-sex domestic partners can be downloaded from myHealthcareView.com