

**HEALTH ENGAGEMENT NURSE**

# NURSE'S CORNER

Wendy Karcher, RN + Whitney Smith, RN


benefits & wellness programs  
COLUMBUS

## RALLY HEALTH SURVEY

The Rally Health Survey is designed to help you assess your overall health. You may use the results to help set your health goals. Based on your Health Survey results, you'll receive personalized recommendations to help you live a healthier lifestyle. Register for a Rally account at [Welcome to Rally! \(werally.com\)](http://werally.com). Create your Rally profile. If you're already a member, simply sign in. *Complete the Rally Health Survey today!*

### Welcome to Rally!


We've partnered with your employer to help you get healthier. On Rally you'll get personalized recommendations for healthy daily activities, lots of chances to earn rewards, and much more!



**New users need a Rally account**


You'll be asked to provide some personal information, such as your name and birthdate, along with a new account password.

Sign Up for Rally



**Already have a Rally account?**

If you've accessed Rally before, log in now.

 Log In to Rally

## HACP/MCP Wellness Incentive Program

Healthy Columbus is committed to supporting you in taking proactive steps towards a healthier lifestyle. That's why this year, we rolled out a new opportunity for all employees in the MCP/HACP Ordinance groups enrolled in a city-provided medical plan to earn an incentive for engaging in wellness events, programs, and activities. Employees in the MCP and HACP ordinance groups (including Fire MCP, Police MCP, and Municipal Courts) that are enrolled in the Preferred Provider Organization (PPO) medical plan or High Deductible Health Plan (HDHP) are eligible to participate. [Learn more](#)

**Health Engagement Nurses, Wendy & Whitney \* [Nurse@Columbus.gov](mailto:Nurse@Columbus.gov) \* 614-645-6877**



As Health Engagement Nurses, Wendy Karcher and Whitney Smith are available to help you and your family make better healthcare decisions, refer you to appropriate wellness programs and services, and demonstrate how to navigate UnitedHealthcare tools and resources. They want to help you find a Primary Care Provider and encourage you to schedule your annual wellness visit. Contact the Health Engagement Nurses for more information!