



**ACT NOW TO IMPROVE  
YOUR HEALTH.**  
You could win \$500.



**RAILROAD  
HEALTHLINK**  
1-866-735-5685

Your health. Our focus 24/7.



**RAILROAD  
HEALTHLINK**

P.O. BOX 29085  
HOT SPRINGS, AR 71903-9085

Brought to you by  **UnitedHealthcare**

This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through the RAILROAD **HEALTHLINK** program is for informational purposes only and provided as part of your health plan. Wellness nurses, coaches and other phone representatives cannot diagnose problems or recommend treatment and are not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. The RAILROAD **HEALTHLINK** program is not an insurance program and may be discontinued at any time. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

## Quitting smoking, exercising more often, reducing stress ...

If you or a family member are working toward a health-related goal, achieving it may be easier with the knowledge and support of a wellness coach.

If you engage in at least three wellness calls in 2015, you'll be entered for a chance to win up to \$500. Names will be drawn each quarter. Choose from the programs below.

*800 Railroad participants will win a Visa® gift card in 2015 with a value of \$25 to \$500. Will you be one of them?*



# RAILROAD HEALTHLINK

Get started today. Call 1-866-735-5685



Scan the QR code to find out more.

Working on more than one goal? Enroll in multiple programs, and you'll have multiple chances to win.



Healthy  
Weight



QuitPower®



Stress  
Management



Exercise



Nutrition



Diabetes  
Lifestyle



Heart  
Health

|                          |                         |                         |                         |                        |
|--------------------------|-------------------------|-------------------------|-------------------------|------------------------|
| \$25                     | \$50                    | \$100                   | \$250                   | \$500                  |
| 100<br>quarterly winners | 50<br>quarterly winners | 30<br>quarterly winners | 15<br>quarterly winners | 5<br>quarterly winners |

RAILROAD Healthy Coaching Chance to Win Promotion. NO PURCHASE NECESSARY TO ENTER OR WIN. Open to legal residents of the 50 United States and the District of Columbia, 18 (19 in AL & NE) years of age or older, who are current employees in good standing at the time of entry and are enrolled with UnitedHealthcare, and their covered dependents. Void where prohibited. Promotion begins 12:00 a.m. CT on 1/1/15 and ends 11:59 p.m. CT on 12/31/15. To enter: Enroll in a telephonic wellness program with a health coach and complete three (3) follow-up calls during the Promotion Period. Limit of one (1) Entry per telephonic wellness program. Subject to Official Rules available at [www.RailroadWellnessPromotion.com](http://www.RailroadWellnessPromotion.com). Sponsor: UnitedHealthcare, 9900 Bren Road East, Minnetonka, MN 55343.



## WORK TOWARD YOUR HEALTH GOALS AND YOU COULD BE A WINNER.

Do you or a family member have a health-related goal this year? Our wellness coaches can help you reach it — and give you a chance to win a Visa® gift card for up to \$500.

Simply engage in at least three wellness calls in 2015 in one of the following programs:

- Healthy Weight
- QuitPower<sup>2</sup>
- Stress Management
- Exercise
- Nutrition
- Diabetes Lifestyle
- Heart Health

Working on more than one goal? Enroll in multiple programs and complete at least three coaching calls for multiple chances to win. Names will be drawn each quarter.

[Click here to find out more.](#)

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|--------------------------|-------------------------|-------------------------|-------------------------|------------------------|
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Ready to get started? Call to meet your wellness coach.

**RAILROAD HEALTHLINK 1-866-735-5685**

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