

# MEDICAL PLAN WELL-BEING PROGRAMS

**Postdoc Associates, Scholars and their eligible dependents enrolled in the GW Postdoc PPO can participate in the programs listed below at no additional cost**

## Rally

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A program to help you become more active and eat better. You can earn rewards for certain activities. Enrollment available through [myuch.com](https://myuch.com)

## Real Appeal

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An online weight loss program focused on making small changes for a healthier life. Includes online coach, 24/7 online support and mobile app.

## The Cancer Support Program

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A cancer diagnosis can change your life forever. UHC is here to help. Their oncology team will work with you to get the treatment, care and support that you and your family need.

## Quit For Life

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Personal support program for covered UHC members including dependents over the age of 18 to help you with smoking cessation

## UHC Maternity Support Program

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If you are pregnant and covered under a GW health plan, you are eligible (and encouraged) to participate in the UHC Maternity Support Program at no cost. Participants gain access to 24-hour toll-free call support from experienced nurses, pregnancy and childbirth educational materials, post-natal kits, individual consultation and more. You may also earn financial incentives for participating in the program

## Peloton partnership

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A 1-yr Peloton digital membership for each covered family member at no additional cost. Membership gives access to thousands



Please Note: PDFs with additional information on these programs can be found under **Wellness Programs** on the Postdoc Benefit page [gwu.gpa.services](https://gwu.gpa.services).