



Are You As Healthy As You Think?

Health Score is designed to help you understand where you are in your health journey and maintain a healthy lifestyle.

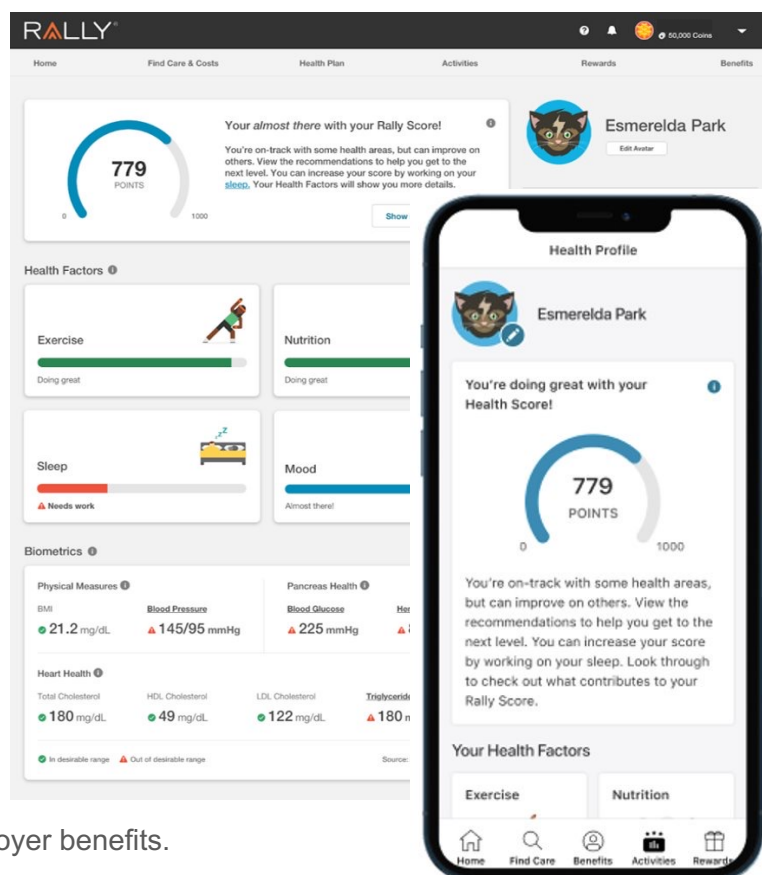
Start with a quick Health Survey to discover your Health Score.

From there, you'll get personalized recommendations designed to help you move more, eat better, and stress less.

Need more motivation? Earn Rally Coins for almost everything you do on Rally, which are good for chances to win cool rewards.

Get started at: werally.com

Rally is available to you at no cost as a part of your employer benefits.



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 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. © 2022 Rally Health, Inc. All rights reserved. AA00421-032017

