



# Your Benefits Just Got Better

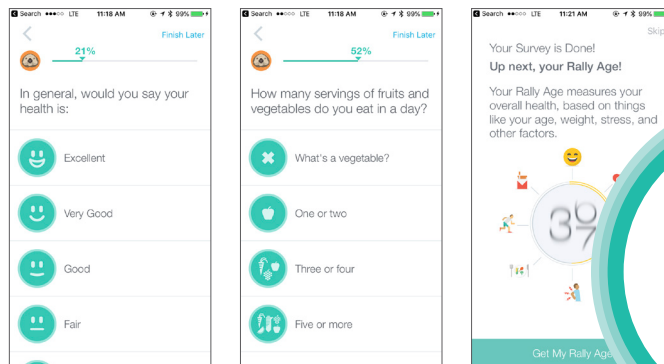
## What Is Rally?

Rally® is an app that can help you improve your health and earn rewards along the way! Rally gives you personalized recommendations to help you get more active, eat healthier, and feel better every day.

## How Do We Do It?

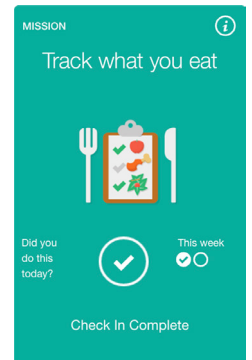
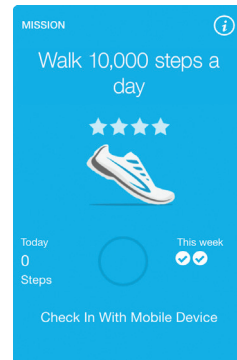
### Health Survey

Your Rally experience starts with a simple, fun Health Survey designed to help you better understand your overall health. When you complete the Survey, you'll find out your Rally Age, a number that tells you how healthy your habits are for a person your age.



### Rally Missions

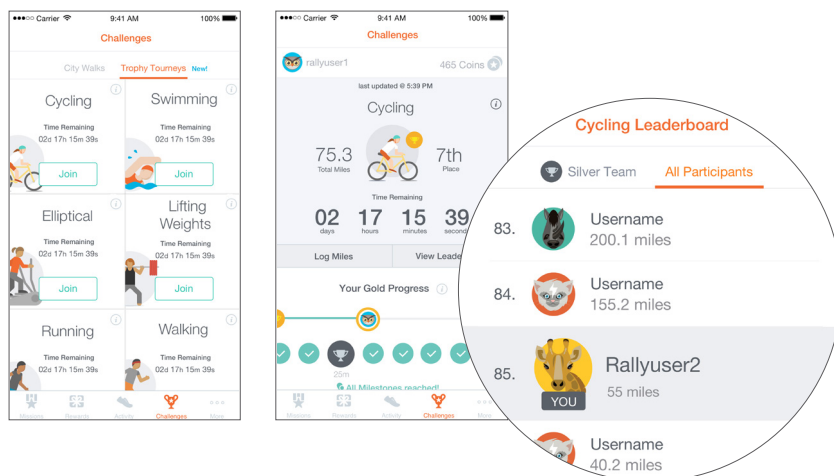
Then you'll get your first recommended Missions, simple activities you can do every day to improve your fitness, diet, and even your mood. Choose from a wide selection of Missions to fit your schedule, fitness level, and health concerns. Start simple, and work your way up to more challenging options when you're ready.





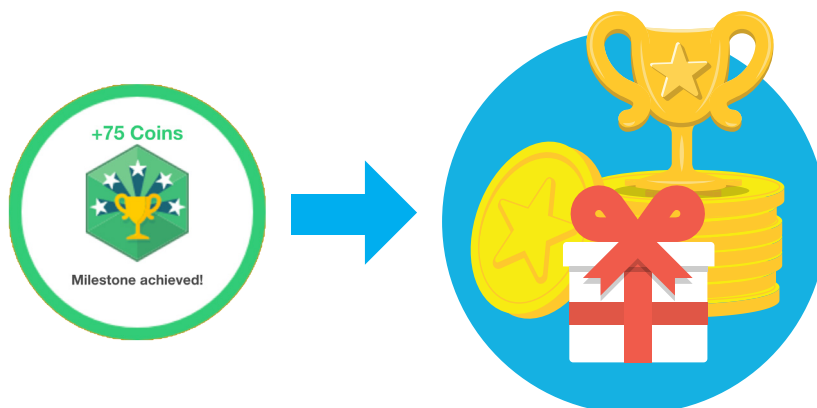
## Challenges

Rally offers a variety of friendly competitions to push you to the next level. Compete against friends or other Rally members, or just go for a personal best. You can earn rewards for making progress in activities like walking, running, biking, swimming, even yoga!



## Rewards

Pretty much everything you do on Rally will earn you Rally Coins, which you can exchange for a chance to win rewards like premium exercise gear, gift cards, cool electronic gadgets, and mountain bikes.



## Mobile

The Rally experience is fully available on iOS and Android mobile devices. Join Missions, compete in Challenges, and rack up Rally Coins, all from your phone or tablet.



Rally is provided at no extra cost as part of your health benefits. It's quick and easy to sign up.