



Your Benefits Just Got Better

Rally® is an app that gives you personalized recommendations to help you get more active, eat healthier, and feel better every day. You can use Rally on any mobile device or computer. And best of all, Rally is already part of your benefits package.



Get Your Rally AgeSM

Take a quick, fun survey and see how your overall health adds up.



Join a Mission

Pick some simple, healthy activities you can do every day to help make a difference.



Challenge Yourself

Go the extra mile and join a friendly competition with other Rally members.



Get Rewarded

Earn Rally Coins, good for chances to win awesome rewards.