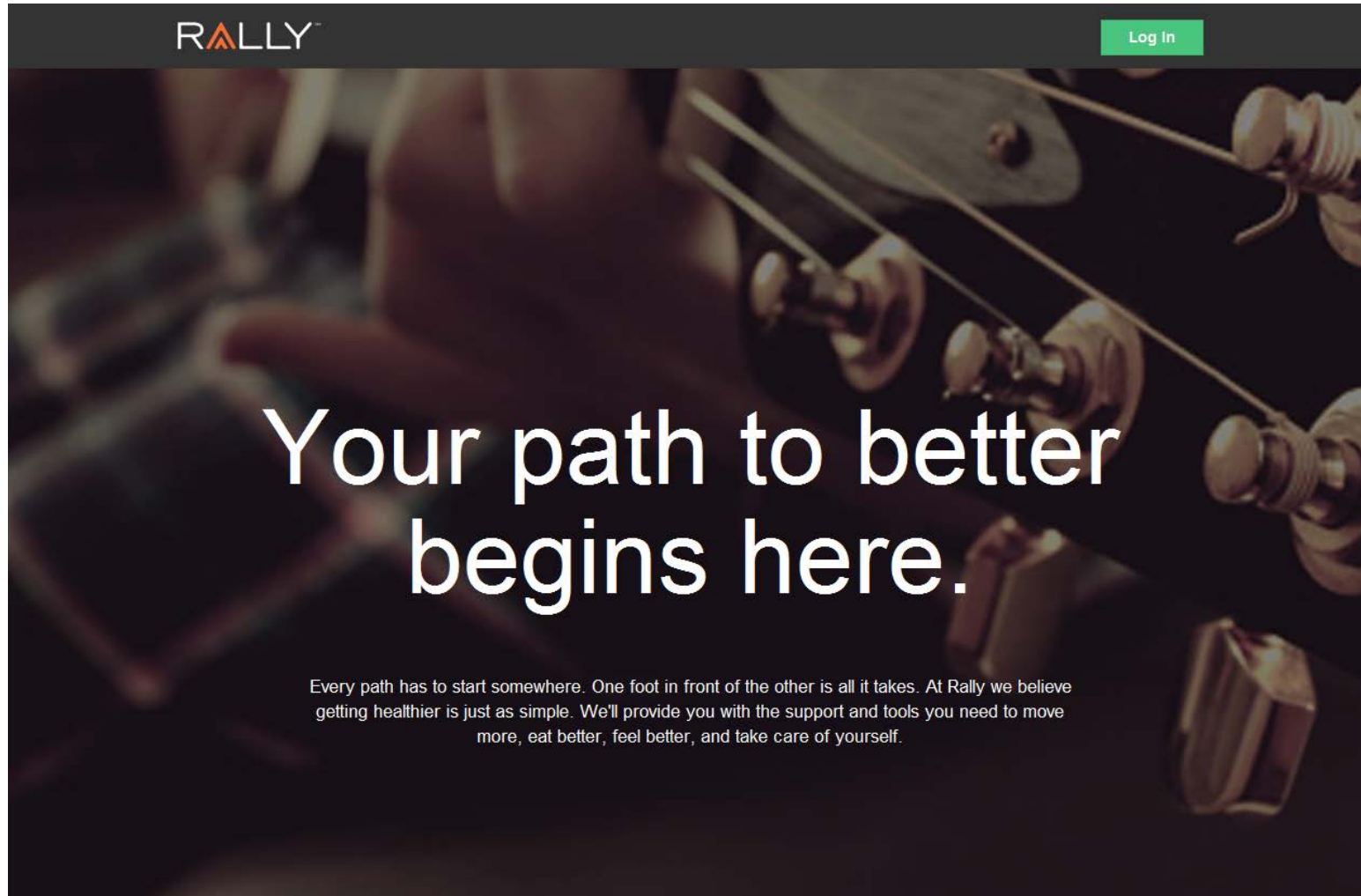




The RallySM Experience



New to Rally?

A screenshot of the Rally website banner. The background is a dark, artistic photograph of a chessboard with pieces. The Rally logo is in the top left, and a green 'Log In' button is in the top right. The main text is centered in white.

RALLY™ [Log In](#)

Your path to better begins here.

Every path has to start somewhere. One foot in front of the other is all it takes. At Rally we believe getting healthier is just as simple. We'll provide you with the support and tools you need to move more, eat better, feel better, and take care of yourself.

New to Rally?



Simple orientation to the program



The screenshot shows the RALLY app interface. At the top left is the 'RALLY' logo. To its right is a search bar labeled 'Search Rally'. Further right are notification icons: a warning triangle with '5', a speech bubble with '5', and a user profile icon with 'Username' and '138 coins'. The main content area features a circular profile picture of a man with a beard. Below it, the text reads 'Hi JUZ10sf! This is how Rally works'. Three steps are listed with icons: 1. A document icon with a checkmark and the text 'First, take our quick health profile'. 2. A heart icon with an ECG line and the text 'Next, see your results and recommendations'. 3. An icon of a person climbing stairs and the text 'Lastly, we'll create a path just for you'. A green button labeled 'Start Your Profile' is centered below these steps. The background of the app is a silhouette of a person riding a bicycle against a sunset sky.

Health Survey

RALLY™

This information is private and secure

Log Out

What is your height and weight?



Height

ft

in



Weight

lbs

Continue

YOUR INFO

YOUR LIFE

YOUR HABITS

YOUR HEALTH

RALLY™

This information is private and secure

Log Out

Which door would you go into?



Men



Women

YOUR INFO

YOUR LIFE

YOUR HABITS

YOUR HEALTH

RALLY™

This information is private and secure

Log

How many hours of sleep do you get per night?



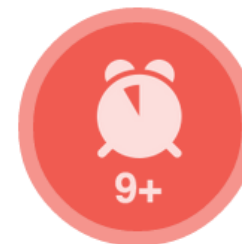
Less than 6



About 6 to 7



About 8 to 9



9 or more



YOUR INFO


YOUR LIFE

YOUR HABITS

YOUR HEALTH

Health Survey Rewards

RALLY™ This information is private and secure Log Out



Coins Are Good. Real Good.

You just earned 40 coins for finishing the first section.
After you complete the health profile, you can use your coins to enter drawings to win great prizes.

There's more where that came from!

[Keep Going](#)

YOUR INFO **YOUR LIFE** YOUR HABITS YOUR HEALTH

Rally Age

RALLY™

This information is private and secure



Username

138 coins

You're 37, but age is just a number.
Hang tight while we calculate your Rally Age.

We believe good health happens every day, in many ways.
Next, we'll suggest simple daily activities (we call them Missions) in a few areas
to help get your Rally Age as low as you can.



Did you know?

Every minute of exercise could add 7 minutes to your life.

Your Rally Age is 45, but you're not!

RALLY™

This information is private and secure



Username

138 coins

Looks like you're **5 years** above your real age.
We can help with that.

We believe good health happens every day, in many ways.
Next, we'll suggest simple daily activities (we call them Missions) in a few areas
to help get your Rally Age as low as you can.



Move

Fitness, activities,
strength.



Feel

Sleep, stress,
relationships.



Eat

Food, nutrition,
cooking.



Care

Health records,
preventive care.

45

Your Rally Age

Choose Your Missions!

Choosing Missions

The screenshot shows the RALLY app interface. At the top left is the RALLY logo. In the center, it says "This information is private and secure". At the top right, there is a user profile icon labeled "Username" and "138 coins". Below this is a progress bar with five categories: "Move" (highlighted in red), "Eat", "Feel", "Care", and "Done". The main text reads "Time for some fun! Let's get you moving more. Choose one in each category". Below the text are five mission cards with images and text: 1. A man working out at the gym with the text "Work up a sweat 3 times a week". 2. A woman dancing with the text "Dance to your favorite music a week". 3. A woman walking on a path with the text "Walk 2000 steps a day". 4. A man doing a core exercise with the text "Work your core every day". 5. A man's face with the text "Work your core". At the bottom, there is a button that says "Skip this category, I'm going rogue."

Move Missions

RALLY™

This information is private and secure

Username 138 coins

Move Eat Feel Care Done

Time for some fun!
Let's get you moving more.
Choose one in each category

Walk 2000 steps a day


I'm in! Not now

Skip this category, I'm going rogue.

Mission Detail




Eat Missions

RALLY™ This information is private and secure Username  138 coins

Move **Eat** Feel Care Done

Nice! Next up, food.
Let's get you eating better.
Choose one in each category

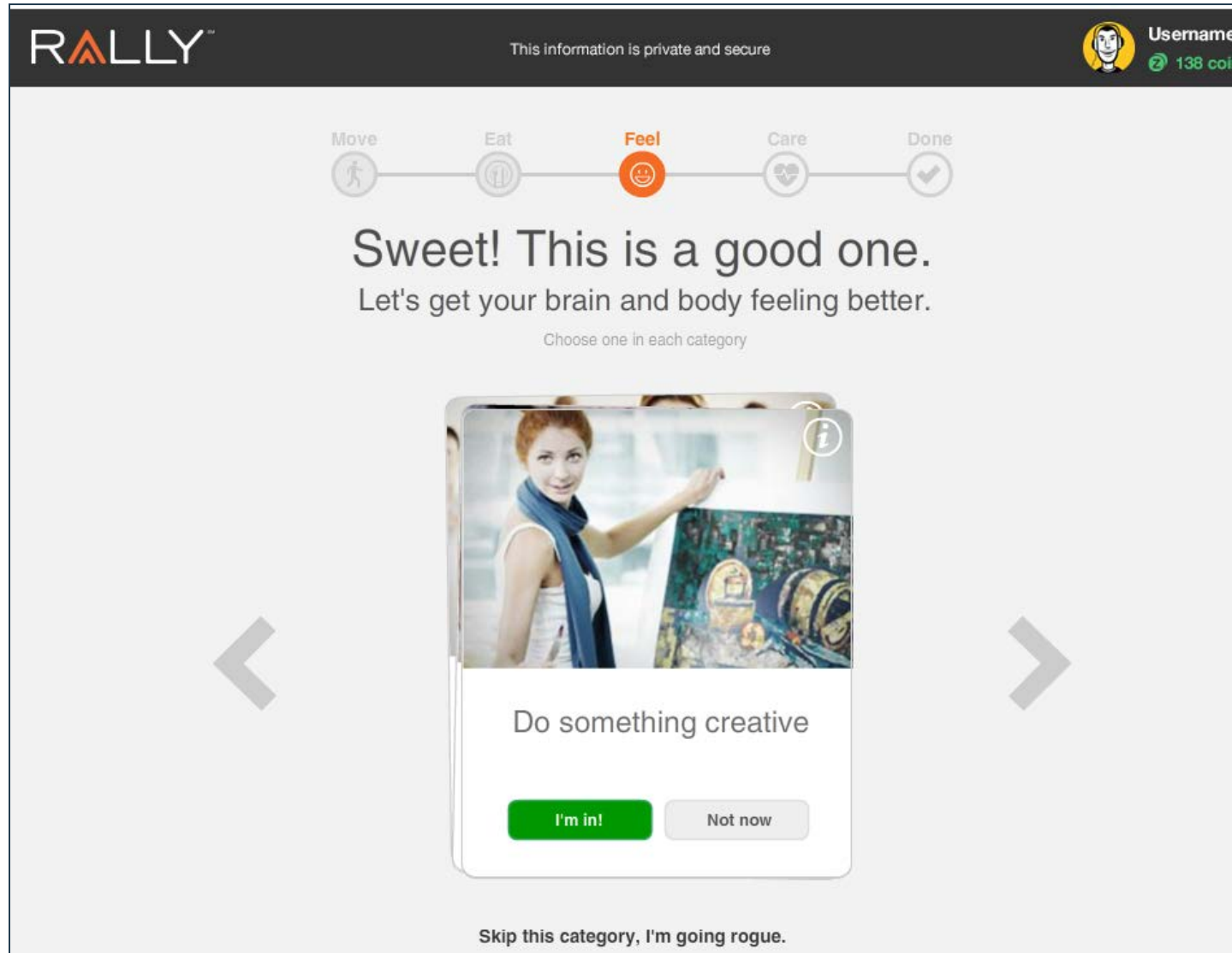



No sugar day

I'm in! Not now

Skip this category, I'm going rogue.


Feel Missions



RALLY™ This information is private and secure Username  138 coins

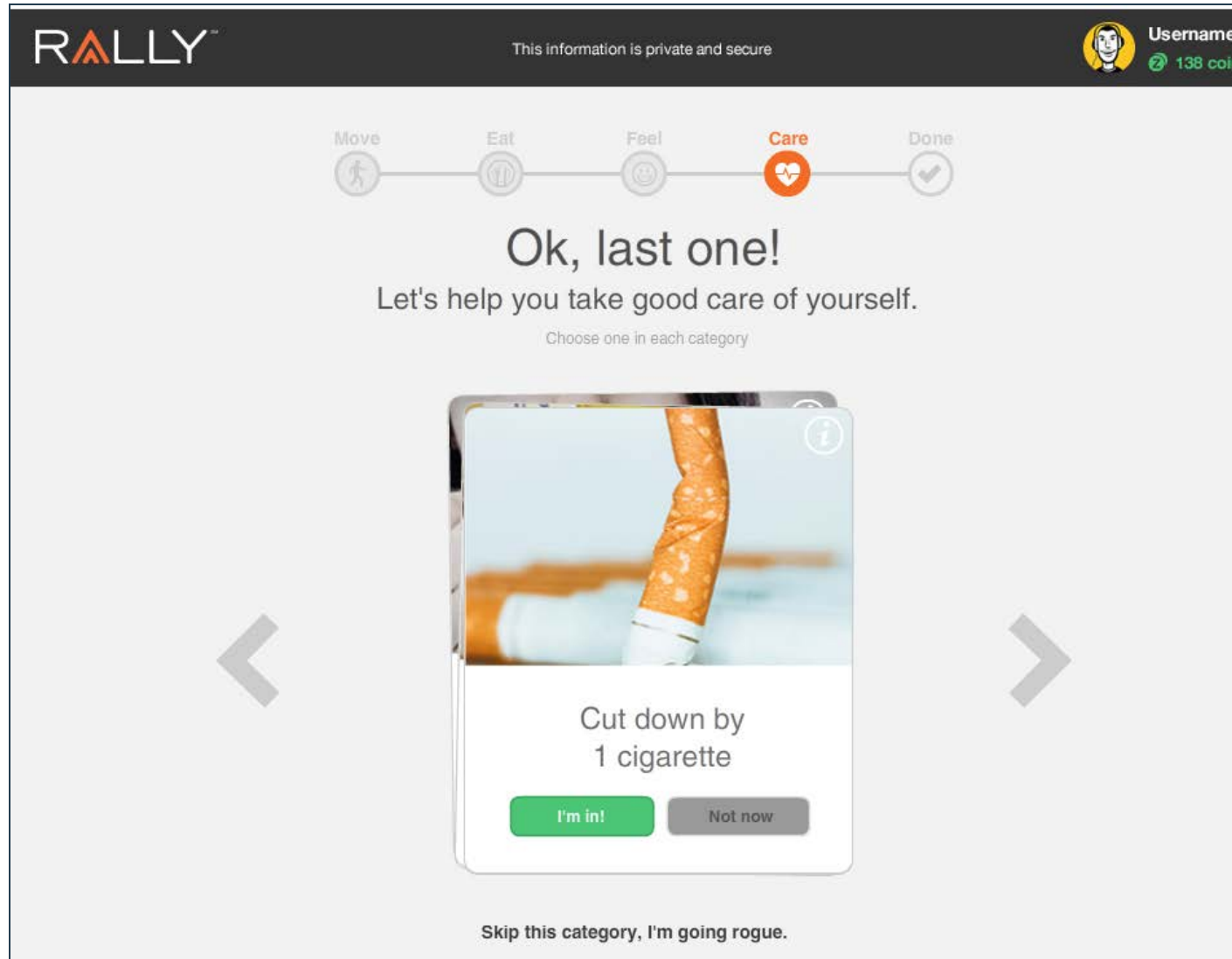
Move Eat **Feel** Care Done


Sweet! This is a good one.
Let's get your brain and body feeling better.
Choose one in each category

 Do something creative

Skip this category, I'm going rogue.


Care Missions



RALLY™ This information is private and secure Username  138 coin

Move Eat Feel **Care** Done

Ok, last one!
Let's help you take good care of yourself.
Choose one in each category



Cut down by
1 cigarette

Skip this category, I'm going rogue.

Mission Summary

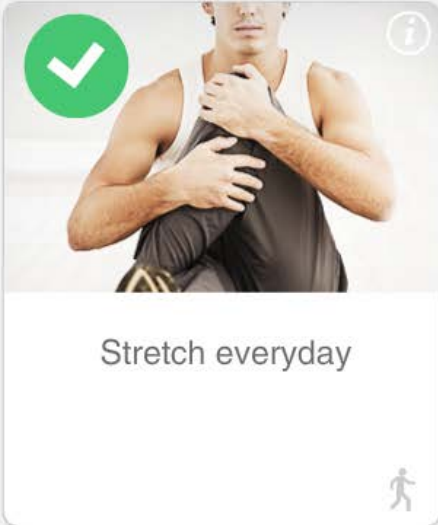
RALLY™

This information is private and secure

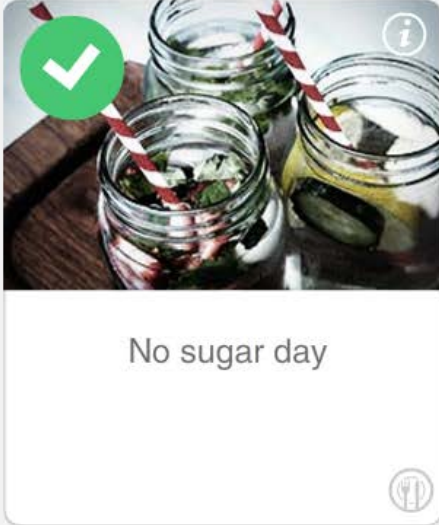
Username  138 coins

Move Eat Feel Care **Done**

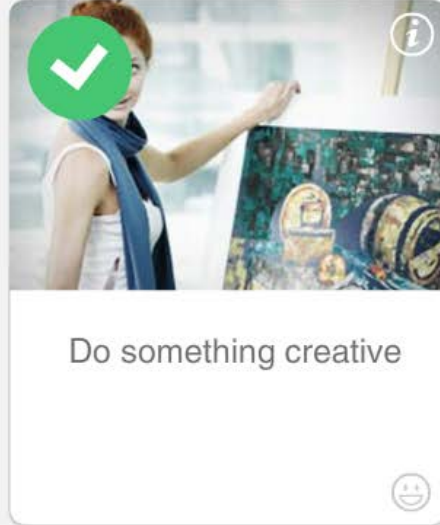
You're all set!
Here are all your missions.



Stretch everyday



No sugar day



Do something creative

It's time to see your shiny new dashboard!

Let's Go!

Rally Dashboard – Missions, rewards, promotions




The screenshot displays the Rally Dashboard interface. At the top, the 'RALLY' logo is on the left, followed by a search bar labeled 'Search Rally'. On the right, there are notification icons (5), a chat icon (5), and a user profile section with a profile picture, the text 'Username', and '138 coins'. Below the header is a navigation bar with tabs for 'Dashboard' (highlighted in orange), 'Missions', 'Challenges', 'Communities', and 'Rewards'. The main content area is titled 'Today's Missions' and shows a carousel of three mission cards. The first card, 'Work up a sweat 3x a week', has four empty progress circles and a 'Check In' button. The second card, 'Do something creative', has a green checkmark in the first circle, followed by three empty circles, and a 'Check In' button. The third card, 'No sugar day', also has a green checkmark in the first circle, followed by three empty circles, and a 'Check In' button. Below the missions is a 'Rewards' section with a carousel of one reward card. The reward card features a blue background with a stethoscope and the text 'Get your biometric screening!' and a 'Find out how' button. To the right of the reward card, the text reads 'Rewards', 'Apple TV', 'You'll find everything you want to watch on Apple TV', 'Sweepstakes 1 entry', 'Time Remaining 8 days left', and a 'View Reward' button. An image of an Apple TV device is shown on the right side of the reward card.

Rally Dashboard – Missions, rewards, promotions



screening!

[Find out how](#)



You'll find everything you want to watch on Apple TV

Sweepstakes Time Remaining
1 entry 8 days left



[View Reward](#)

Latest News

50 Awesome Pre- and Post-Workout Snacks

By Author Name | September 20, 2013 | Greatist.com



How to Do the Perfect Burpee

By Author Name | September 20, 2013 | Greatist.com



83 Healthy Recipe Substitutions

By Author Name | September 20, 2013 | Greatist.com



52 Healthier Versions of Classic Late-Night Snacks

By Author Name | September 20, 2013 | Greatist.com



30 Convincing Reasons to Start Running Now

By Author Name | September 20, 2013 | Greatist.com



Discussions

I have been going to a barre workout class for the last month, and I love the results.

[Username](#) | 2 hours ago | Fitness & Exercise

I would love to join a Challenge but, it doesnt look like they support my Garmin Viofit. Does anyone know if they will?

[Username](#) | 2 hours ago | Fitness & Exercise

Felt go walking this weekend a great way to start ANY day!

[Username](#) | 2 hours ago | Fitness & Exercise

Anyone else have a hard time getting motivated to work-out? If so what are you doing to get motivated?

[Username](#) | 2 hours ago | Fitness & Exercise

We need to start a running community. I am running a half marathon at the end of the month would be great to share...

[Username](#) | 2 hours ago | Fitness & Exercise

Breaking Down your Rally Age – View from ‘My Account’




The screenshot shows the RALLY user interface. At the top, there's a navigation bar with 'Dashboard', 'Goals', 'Challenges', 'Communities', and 'Rewards'. Below this is a user profile header for 'Username' with an 'Edit Info' button. The profile includes a bio, location (San Francisco, CA), age (25 years young), gender (Male), weight (168 lbs), height (5' 10"), and BMI (23%).

The main content area is titled 'Health Profile' and features a large '37 Rally Age' in a yellow circle with an 'Update Survey' button. To the right, a message states: 'Ok, you're 5 years above your real age. We can help with that.' Below this, it explains that results are broken down into four categories. A 'Print your report' button is visible.

The 'Move' section is expanded, showing 'Fitness' with a description: 'It's hard to get moving but it's so worth it! Exercise can help boost your energy, increase mental focus, lift your mood, and improve your sleep and sex life. And it's free and fun!' A progress indicator shows 'impressive!' and a 'NEXT STEPS' button.

The 'Eat' section is partially visible, showing 'Nutrition Next Steps' with a 'Join' button and a 'Related Content' link. A 'Join' button is also visible in a separate box on the right.

Personal Health Record – Save/Share



JUZ10sf

Here's a little story about me and where I came from. If I haven't written a story yet then I will have some sort of default message.

San Francisco, CA
32 years young
Male

168 lbs
5' 10"
BMI 23

[Connect](#) [Message](#)

Health Profile **Health Record** My Rally Connections

Allergies
[Add Allergy](#)
3 records

Clinical Tests and Labs 1 new
2 records

Conditions
No data entered yet. Go to your healthcare professional, or check out the various events throughout your healthcare network.

Medications and Supplements
3 records

Surgeries and Procedures
No data entered yet. Go to your healthcare professional, or check out the various events throughout your healthcare network.

Healthcare Professionals
[Add Healthcare Professional](#)
0 records

[View Full Health Record](#)

Personal Health Record – Save/Share



Allergies

Filter By

Year ▼

2014 ▼

[Export to PDF](#)

Name	Reaction date	Severity	Reaction
Bee stings	04.12.13	Moderate	Swelling
Cats	04.12.13	Severe	Cats give me Itchy eyes, hives, and a run...
Peanuts	04.12.13	Mild	None Specified

Clinical Tests and Labs

Cholesterol Panel, Lipid Panel, Lipid Profile (mg/dL)

Date	Source	Total Cholesterol	HDL	LDL	Triglyceride	Cholesterol Ratio
04.12.13	Claim	172	41	107	NA	4.2
02.10.13	Health Fair	172	41	107	NA	4.2

Rewards Earned Along the Way

RALLY™
Search Rally
5
5
Username
138 coins

Dashboard
Missions
Challenges
Communities
Rewards

Lower BMI, more cash!

Complete your biometric screening and health survey to earn \$500.

You must register by 07/12/2014 for all health results and screenings to count toward this reward.

Register

*View our Terms and Conditions. [Learn More](#) | [FAQ](#)

Available Rewards

8h 38m left to enter

Apple TV

You'll find everything you want to watch on Apple TV.

Multi-Entry Sweepstakes | 30 coins
My Entries: 0

Enter

8h 38m left to enter

\$50 Amazon.com Gift Card

Amazon.com Gift Cards* never expire and can be redeemed towards millions of items

Multi-Entry Sweepstakes | 15 coins
My Entries: 0

Enter

8h 38m left to enter

Kindle Paperwhite

Unlike tablets, Kindle Paperwhite is designed to deliver the best reading experience.

Multi-Entry Sweepstakes | 30 coins
My Entries: 0

Enter

Lower BMI, more cash!

Complete your biometric screening and health survey to earn \$500.

Register

Coin Activity
My Incentives Progress
Earn Coins < >

Rewards Earned Along the Way

Coin Activity

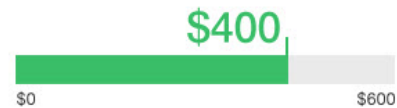
6429
Coin balance

↑ 195
Earned (recent)

↓ 25
Spent (recent)

[View recent coin activity](#)

My Incentives Progress



Earn Coins < >



Check in often! Every day you check in to a goal with a device

[Join a goal](#)

It's easy to earn coins on Rally.

[Learn how](#)

Rewards Activity



\$50 Amazon.com Gift Card

Amazon.com Gift Cards* never expire and can be redeemed towards millions of items

Sweepstakes | 25 coins

Closed: 05/08/2014
Winner: nowgail



Smart Body Analyzer

Consider variations of the fat-lean ratio and Body Mass Index to make sure you target the right pounds.

Sweepstakes | 30 coins

Closed: 02/27/2014
Winner: Pending



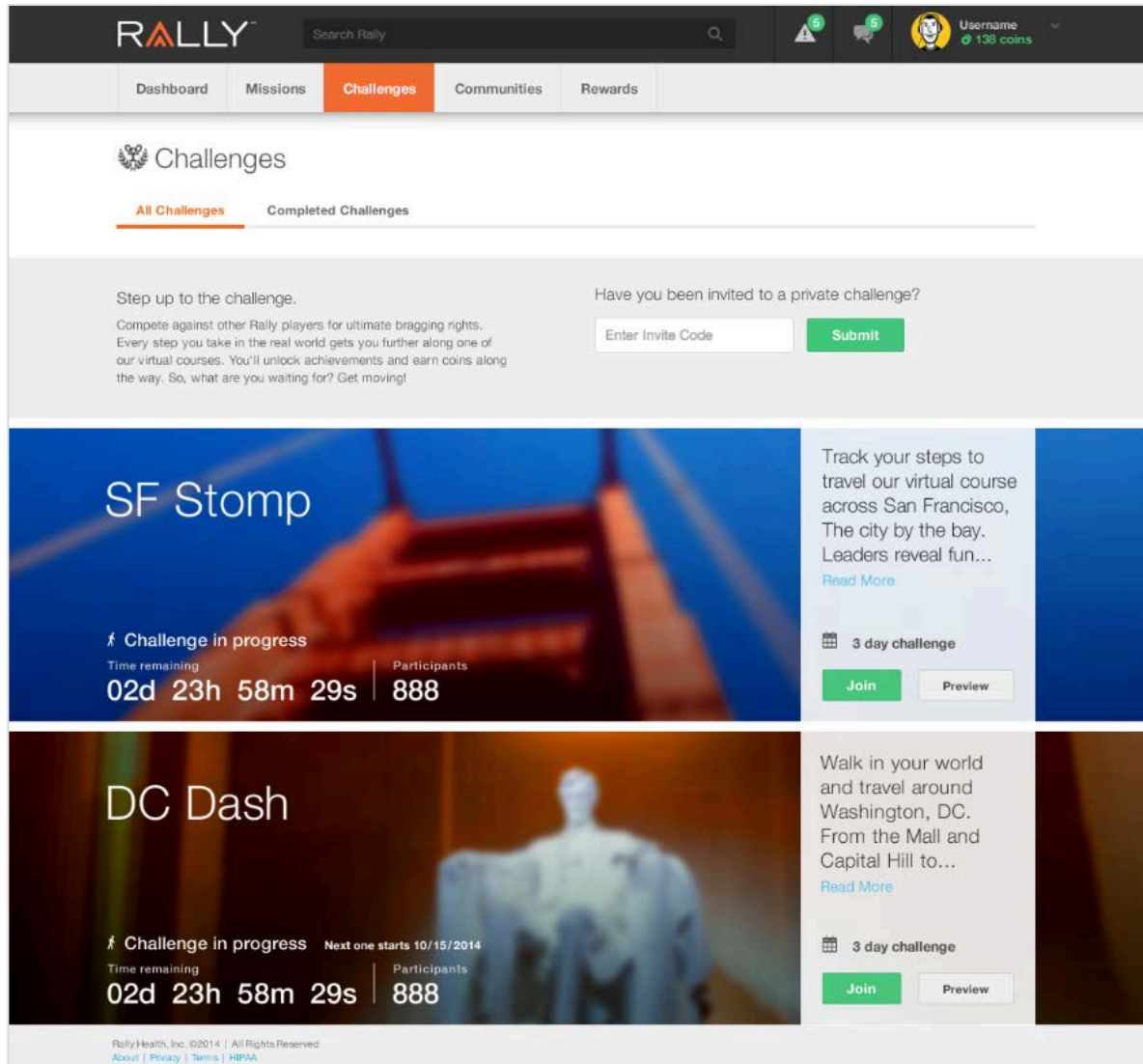
Apple TV

You'll find everything you want to watch on Apple TV.

Sweepstakes | 20 coins

Closed: 01/30/2014
Winner: Nbarreto9

Challenges



The screenshot shows the RALLY Challenges interface. At the top, there is a navigation bar with 'RALLY' logo, a search bar, and user profile information (Username, 138 coins). Below the navigation bar are tabs for Dashboard, Missions, Challenges (selected), Communities, and Rewards. The main content area features a 'Challenges' header with sub-tabs for 'All Challenges' and 'Completed Challenges'. A central message encourages users to 'Step up to the challenge' and provides an option to 'Have you been invited to a private challenge?' with an 'Enter Invite Code' field and a 'Submit' button. Two challenge cards are displayed: 'SF Stomp' and 'DC Dash'. Each card includes a description, a 'Challenge in progress' status, a timer (02d 23h 58m 29s), and a participant count (888). The 'SF Stomp' card also features a '3 day challenge' badge and 'Join' and 'Preview' buttons. The 'DC Dash' card includes a 'Next one starts 10/15/2014' note and similar 'Join' and 'Preview' buttons. At the bottom, there is a footer with copyright information and links for Account, Privacy, Terms, and HIPAA.

Friendly Competition Dashboard

Your challenge title here

Map
Leaderboard
Back to challenges

ThunderMouse22

✓ **Joined**

Current Challenge
02.96mi

Rank
1203

Lifetime Total
78,000 mi

Coins Earned
675

Achievements 20 Total

11:03 AM fitbit Sync Refresh

Challenge Time Remaining
02d 23h 58m 29s

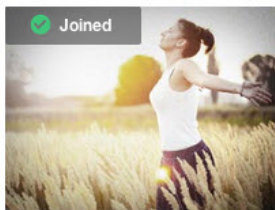
About this challenge
Rally Health, Inc. © 2014 All Rights Reserved [Terms of use](#)

RALLY™ Search Rally [Search Icon] [Warning Icon 5] [Messages Icon 5] Username [Avatar] 138 coins [Dropdown Arrow]

Dashboard Missions Challenges **Communities** Rewards

Communities

Browse All **My Communities**



Wellness

This is a place for all things healthy -- staying well, getting preventive care, finding balance, and living joyfully.

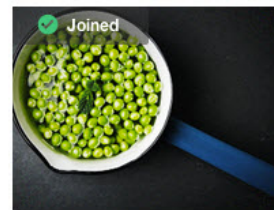
[View Details](#)



Diabetes

When you're living with diabetes, there's a lot to think about. Get answers to your questions about what to eat (or not eat) and how to make it all work.

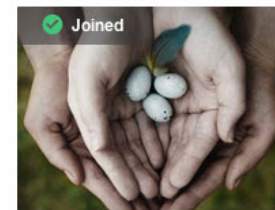
[View Details](#)



Food and Nutrition

Good food -- it's delicious, it brings people together, and it's essential for health. Trade nutrition tips, time-saving shortcuts, and recipes.

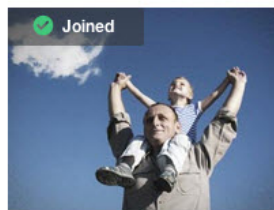
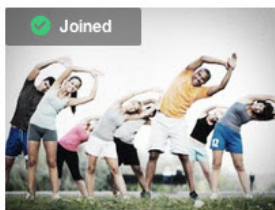
[View Details](#)



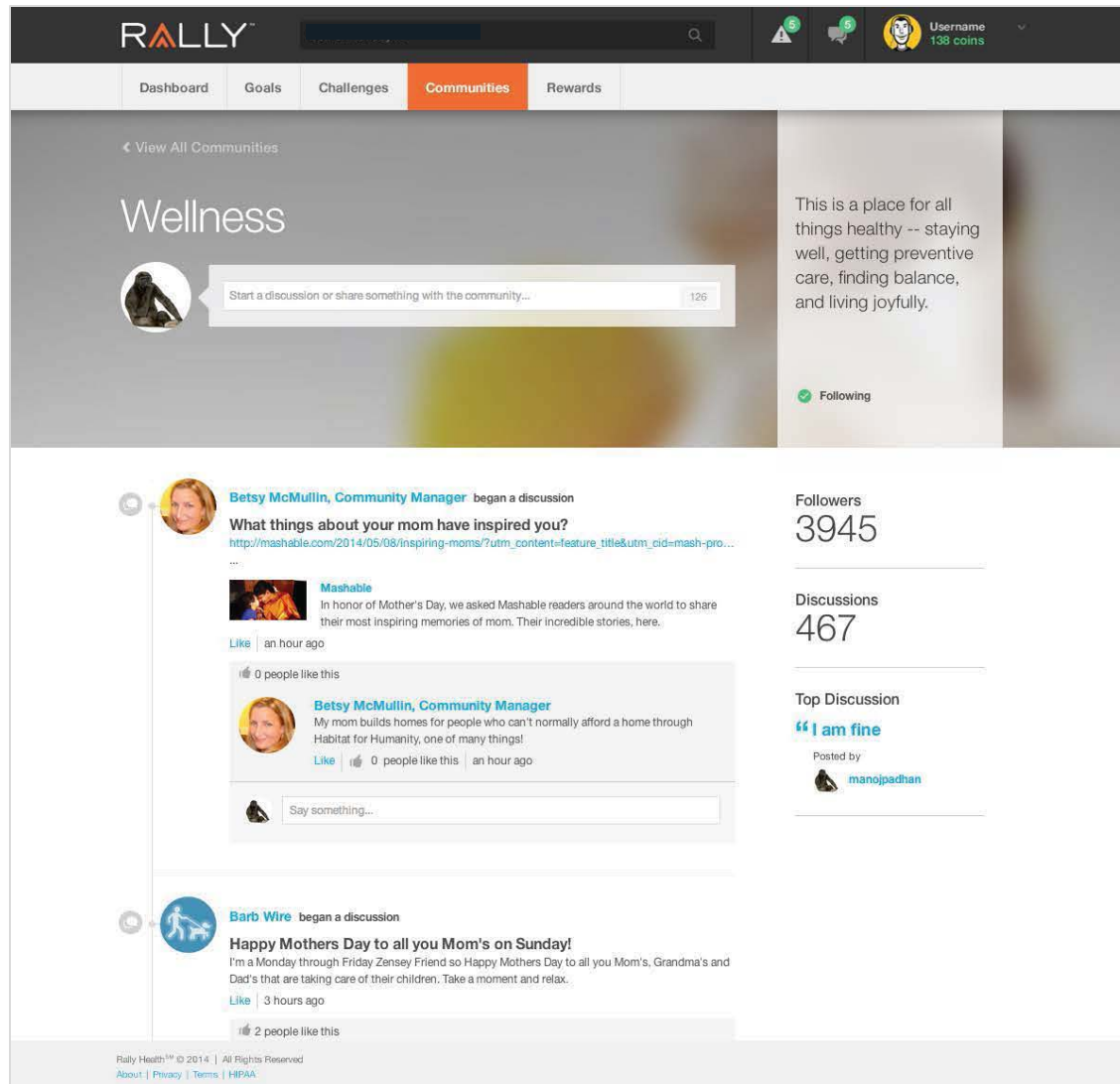
Fertility

If you've been trying to conceive without success, or are considering or trying IVF, this is a welcoming and supporting space to connect with others.

[View Details](#)

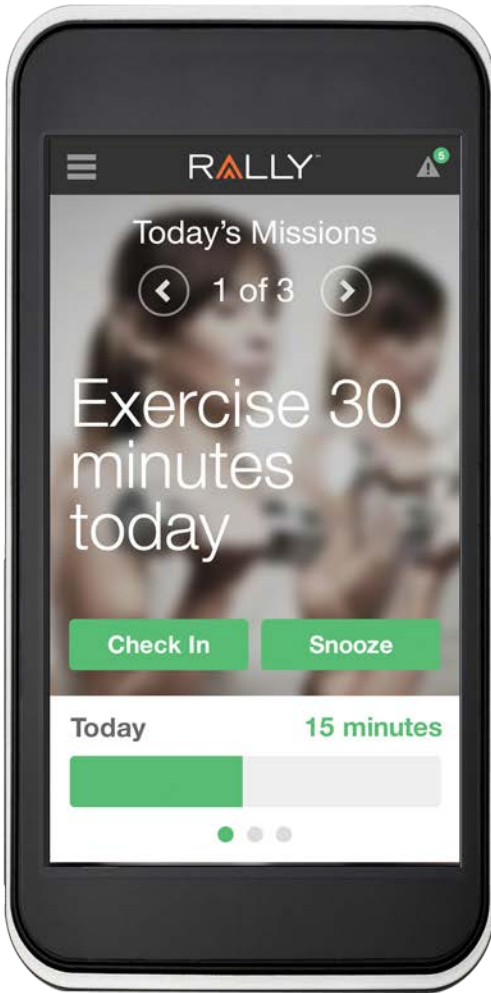


Moderated Communities

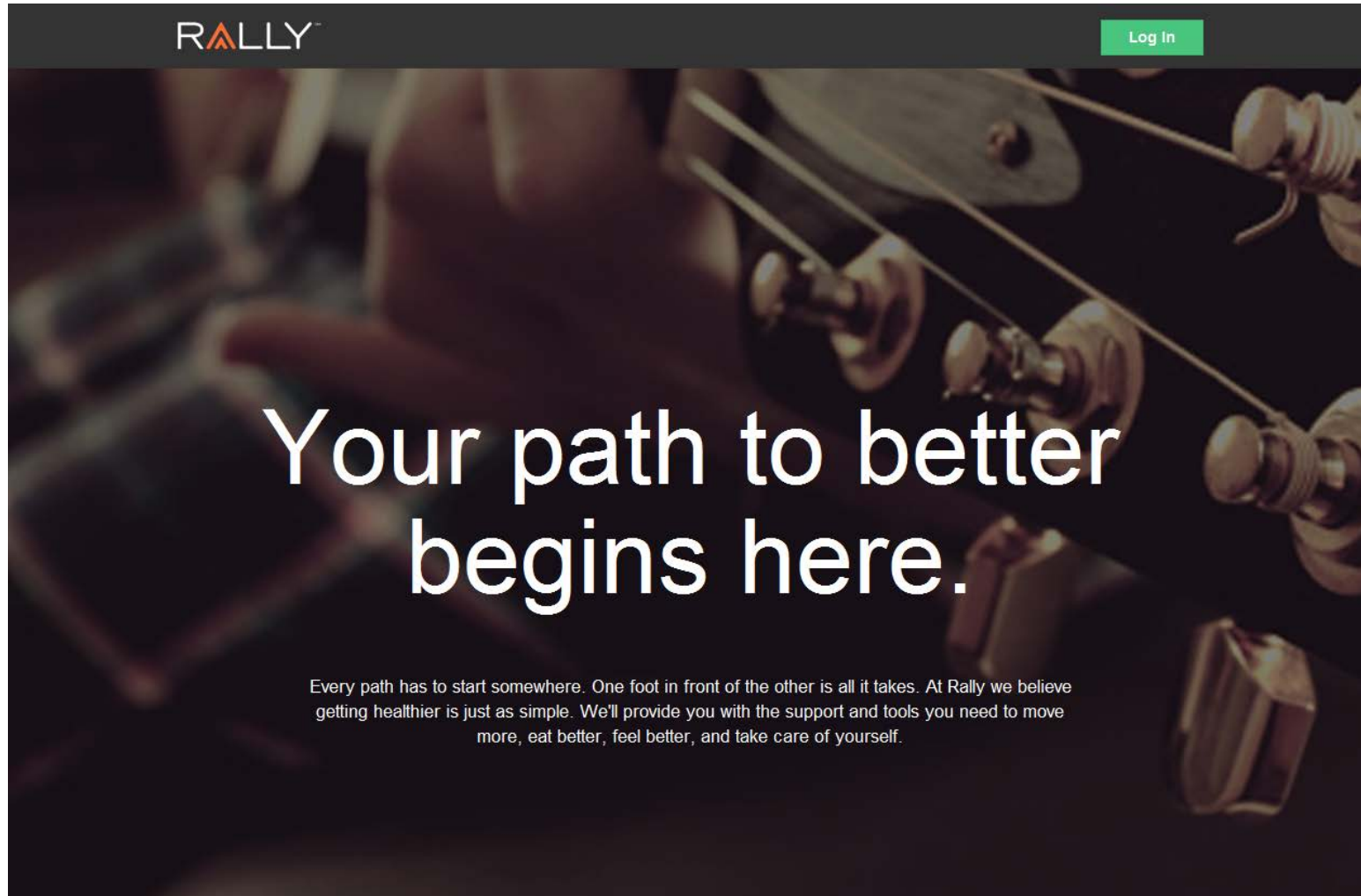


The screenshot shows the RALLY Communities interface. At the top, there's a navigation bar with 'Dashboard', 'Goals', 'Challenges', 'Communities', and 'Rewards'. The 'Communities' tab is active. Below the navigation, there's a search bar and user profile information (Username, 138 coins). The main content area is titled 'Wellness' and includes a text input field for starting a discussion. A sidebar on the right provides community statistics: 3945 Followers, 467 Discussions, and a 'Top Discussion' titled 'I am fine' by user 'manojpadhan'. The main feed shows two discussion posts: one by 'Betsy McMullin, Community Manager' about inspiring memories from Mashable, and another by 'Barb Wire' about Happy Mothers Day.

Mobile



Questions?

The image shows a screenshot of the RALLY website. At the top left is the RALLY logo, and at the top right is a green 'Log In' button. The main content area features a dark background with a close-up of hands playing chess. The text 'Your path to better begins here.' is centered in large white font. Below it, a smaller white font paragraph reads: 'Every path has to start somewhere. One foot in front of the other is all it takes. At Rally we believe getting healthier is just as simple. We'll provide you with the support and tools you need to move more, eat better, feel better, and take care of yourself.'