Activity Tracking & Device Syncing

Rally makes it simple and easy to track health activity like steps by syncing a device in the following ways:

- Device Tracker (Mobile, app or wearable device)
- Need more help? Call Rally portal support at 1-877-484-7013

We work with the top consumer fitness tracking devices:



Member Experience: Setting up a Tracker



Member Experience: Setting Up a Tracker & Syncing



Login to tracker device account to sync



Follow tracker device account instructions to finalize set up

Tracker Setup

Success!

Your tracker is now connected. You're ready to get started.

Step 1

Complete an activity.

Step 2

Your tracker will automatically record your activity.

Step 3

Log in to your account to update your activity. When you hit the target, you will earn a reward.



You're ready to go!

MARCH 17, 2021

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How are you doing, Mary?

ACTIVITIES

A new home for missions and challenges!

Head over to Activities to keep working toward healthier habits!





Activity will automatically sync as you login to Rally app easy peasy!



Member Experience: Managing Trackers

Tracker Manager	>
Setup a Tracker	>

Select "Tracker Manager" from "Settings" > "Health Trackers"

Tracker Manager	
My Data Connected Track	kers
Activity	
Track your activities, like walking, running, swimming, biking, and more	>
Tracking with IPhone (Apple Health)	
Last Update: 03/17/21, 10:19pm	
Heart Rate	
Track your heart rate while exercising	g to
see if you are meeting your targeted goals.	8
Tracking Off	
Nutrition	
Track your meals, portions, calorie intake, and more.	×.
Tracking Off	
Sleep	
Track how many hours you sleep per	
See personal health info u	under
"My Data"	



Review, edit or delete a tracker under "Connected Trackers"



Web Experience: Setting up a Tracker



My Info	
Username	
Yaya1111	
Email Settings	
Send me a notifica	ition email when:
I have complete	d a week of Missions activity
I have joined a r	new Mission
A charity I dona	ted to hits a milestone
Unsubscribe tro	m Rally commercial and marketing em
na ana amin'ny faritr'i An	
Update Settings	
Update Settings	
Update Settings Health Survey	
Update Settings Health Survey Would you like to 1	retake the survey?
Update Settings Health Survey Would you like to r Retake Survey	retaks the survey?
Update Settings Health Survey Would you like to r Retake Survey	retake the survey?
Update Settings Health Survey Would you like to I Retake Survey Current Langua	retake the survey?
Update Settings Health Survey Would you like to I Retake Survey Current Langua	ge
Update Settings Health Survey Would you like to I Retake Survey Current Langua English - US	ge
Update Settings Health Survey Would you like to n Retake Survey Current Langua English - US	ge

Accessible from Home Dashboard under Settings "Select a Tracker" from the Settings page



Choose which tracker you plan to use.



Web Experience: Setting up a Tracker

	+ fitbit	Success!
	Log In	Your tracker is now connected. You're ready to get started.
	f Continue with Facebook	Step 1
This option is only available on the Rally Health mobile app. Follow these instructions to download the app:		Complete an activity.
Open the Apple App Store or Google Play or Samsung Galaxy Store on your mobile device Search for Rally Health Sownload the following app: Rally Health	Your email address	Step 2
4. Open the app, log in, navigate to ≡, and select Settings 5. Select Motion Tracking Devices	PASSWORD Enter your password	Your tracker will automatically record your activity.
	Keep me logged in Forgot password?	Step 3
Login		Log in to your account to update your
	Want to try out Fitbit? Sign up	activity. When you hit the target, you will earn a reward.

For using a mobile device, use the Rally app

For other devices, log in to your device account and follow instructions to finalize set up

You're ready to go!



Activity Tracking & Devices FAQ

- 1. Can an individual go back to prior days and add steps, minutes, or meters to activities that have manual entry enabled?
 - a. Currently we only support entry for the current day. We are exploring allowing users to go back in time and add steps as needed.
- 2. Does your platform support Apple Watch data?
 - a. Yes. Rally App integrates with Apple's HealthKit. An individual should make sure that their Apple Watch data is being synced to HealthKit. When the individual goes to the Rally Device Tracker Manager, they can select HealthKit as their tracking methodology. Rally will pull all relevant data into the app.