

Joining a Rally Challenge

Desktop Experience

GHP WELLNESS
Connections

RALLY[®]

Step 1: Navigate to www.ntca.org/ghpwellnessconnections and either log in to your account or sign up

Already have a Rally Account? [Log In](#)

Welcome to Rally!

We've partnered with the NTCA Group Health Program to help you get healthier. On Rally you'll get personalized recommendations for healthy daily activities, lots of chances to earn rewards, and much more!

New users need a Rally account

You'll be asked to provide some personal information, such as your name and birthdate, along with a new account password.

[Sign Up for Rally](#)

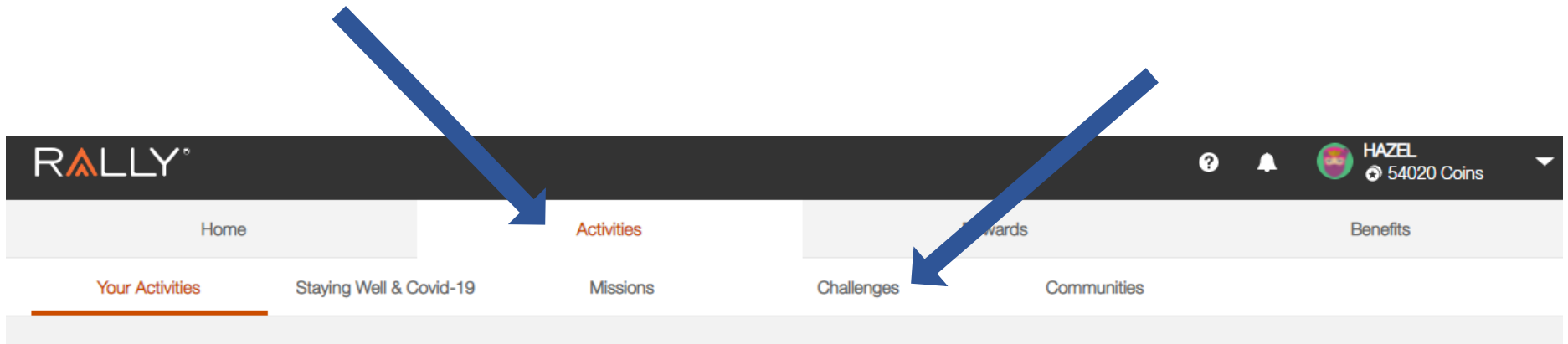
Already have a Rally account?

If you've accessed Rally before, log in now.

[Log In to Rally](#)

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Step 2: Once logged in, select the Activities tab at the top of your screen, then the Challenges tab




Step 3: From the challenges tab, click “Join” on any options below or submit an invite code into the box to join a private challenge

DASHBOARD STAYING WELL & COVID-19 MISSIONS **CHALLENGES** COMMUNITIES

Group Challenges


Challenges are a great way to push yourself and engage in healthy, competitive activities with others in the Rally community.





Were you invited to a private challenge?

Public Challenges Create a challenge on the Rally app! >

Exercise 1 - 3 of 11 | < >

Cardio/Aerobic
Glide to Glory  ⓘ
7-day Challenge ends in:
00d 17h 03m 39s
 [Learn More >](#)

City Walk
London Lunge  ⓘ
3-day Challenge ends in:
00d 17h 03m 39s
 [Learn More >](#)

City Walk
Toronto Trot  ⓘ
5-day Challenge ends in:
01d 17h 03m 39s
 [Learn More >](#)

State of Mind 1 - 1 of 1 | < >

Step 4: Challenge details will populate. Click on Check In to log your activity

State of Mind

Pay it Forward

7-day Challenge ends in: 00d 16h 58m 20s

Joined Acts of Kindness 1687 Participants 100 Potential Coins

Deeds Check In

Looks like you haven't checked in yet. Check in now!

Your Activity

Jul 12th - Jul 18th | < >



Step 5: Your challenge details appear under Your Challenges on the main Challenge page once you have joined.

Group Challenges

Challenges are a great way to push yourself and engage in healthy, competitive activities with others in the Rally community.



Were you invited to a private challenge?

Enter your Invite Code

Submit



Your Challenges

1 - 2 of 2 | < >

Cardio/Aerobic

test

Not Started Yet

2-day private challenge starts in:
00d 12h 55m 30s

Miles | Check In | or | Sync Device | See Details >

Hydration

Water Warrior

In Progress

Time Remaining: **04d 16h 55m 54s**

Coins: **0**

Milestone Progress: **0 of 56 cups**

Rank: **1854th**

Cups | Check In | See Details >

Step 6: If joining a distance challenge, select your tracking device with the green settings wheel. If you have previously synced a device, use the Sync Device button to update any recent activity.

City Walk

London Lunge

3-day Challenge ends in: 00d 16h 52m 13s

Joined City Walk 1359 Participants 140 Potential Coins

Sync Device Never - Sync now!

Cardio/Aerobic

test

Not Started Yet

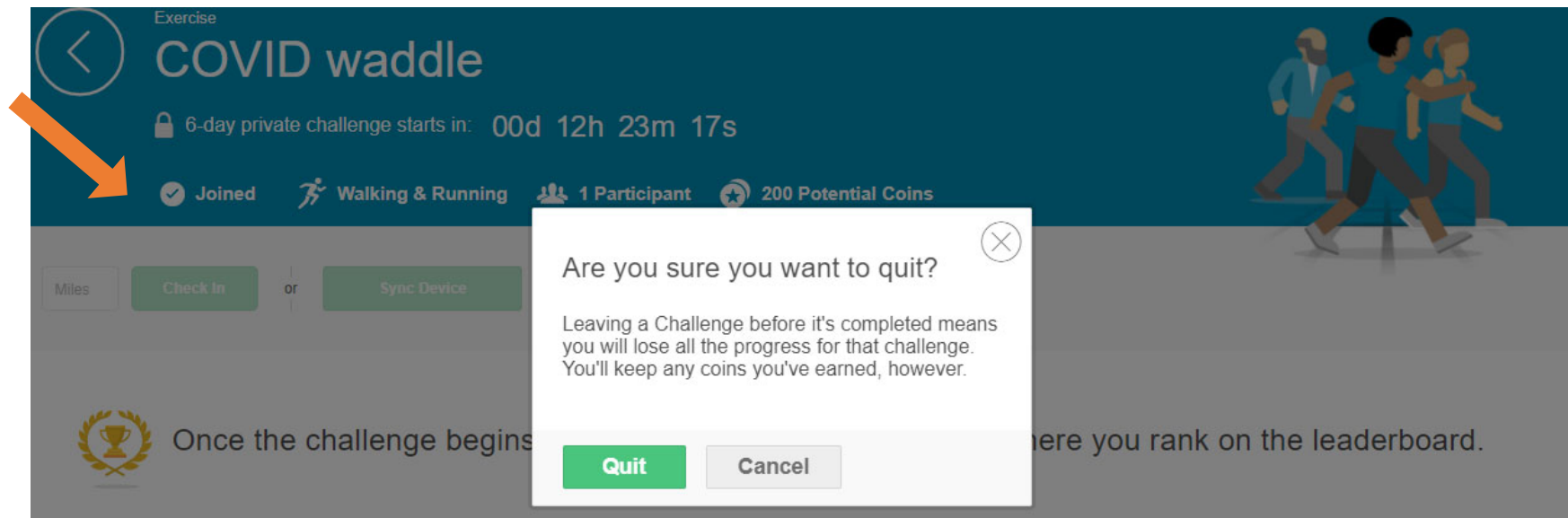
2-day private challenge starts in:
00d 12h 55m 30s

Miles | Check In | or | Sync Device | See Details >

Step 7: If applicable, view available teams and join yours. If participating in an individual challenge, you're all set once you've entered your invite code. Note: You can also quit an individual (but not team-based) challenge, should you need to.

The screenshot displays the RALLY app interface. At the top, the RALLY logo is on the left, and the user's name 'JOHN' and '275 Coins' are on the right. Below the logo is a navigation bar with 'HOME', 'FIND CARE & COSTS', 'HEALTH & WELLNESS' (highlighted), 'REWARDS', and 'RESOURCES'. Underneath is a sub-navigation bar with 'DASHBOARD', 'MISSIONS', 'CHALLENGES' (highlighted), and 'COMMUNITIES'. The main content area is titled 'Group Challenges' and includes a sub-header: 'Challenges are a great way to push yourself and engage in healthy, competitive activities with others in the Rally community.' To the right of this text is a trophy icon. Below the text is a form with a lock icon and the text 'Were you invited to a private challenge?'. A red circle with the number '1' is next to the form. The form contains an input field labeled 'Enter your Invite Code' and a 'Submit' button. Below the form is a section titled 'Your Challenges' with a pagination indicator '1-2 of 1 | < >'. There are two challenge cards. The first card is titled 'Team Challenge Title' and has a red circle with the number '2' next to it. Below the title is the text 'Find your team, see who else is in, and join one that's a good match for you.' Below that is a red circle with the number '3' next to the text '7-day private challenge starts in: 4d 09h 02m 33s'. At the bottom of the card is a progress indicator '15% Towards Premium Reduction Goal' and a 'Join' button. A blue arrow points to the 'Join' button. The second card is titled 'Hollywood Hustle' and has a red circle with the number '2' next to it. Below the title is the text 'Take a virtual red carpet tour of landmarks like the Venice Boardwalk, Griffith Observatory, and of course, Sunset Boulevard.' Below that is the text '21-day challenge starts in: 5d 14h 08m 09s'. At the bottom of the card is a progress indicator 'Earn 15% Towards Premium Reduction Goal' and a 'Join' button.

Step 7 cont'd: To quit an individual challenge, mouse over the check mark where you see Joined and it will change to Quit. Select the X mark to quit, and you'll see the following confirmation message. Note: you cannot quit a team challenge.



Step 8: Under Your Activity on the challenge details page, check out the leaderboard tab for your placement and activity. Good luck in your challenge!

The screenshot shows a challenge progress dashboard with five metrics: Milestone 15 Miles (0 Miles), Checkpoints Met (0), Best Day (0 Miles), Coins Earned (0), and Rank (1st). Below these is a navigation bar with 'About' and 'Leaderboard' tabs. The 'Leaderboard' tab is active, showing a table of participants.

Rank	Participant	Total Miles	1 mi	2 mi	3 mi	4 mi	5 mi	6 mi
1st	Hezzel	0 mi						
1st	bparmer	0 mi						
1st	Hezzel	0 mi						

FAQ and Other Resources

Can I quit a challenge once it's begun?

- You can quit a public or private individual challenge by mousing over the Joined notification on the challenge information page and clicking on Quit; however, you cannot quit a team challenge.

I'm having trouble syncing my device. Where can I find help?

- For syncing issues, first visit the Support Center on the Rally portal for answers to common questions. For advanced syncing issues, call Rally support at 1-877-484-7013

Do I need a device to be a part of a challenge?

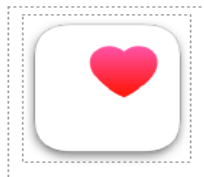
- That depends on the challenge. For a private challenge set up as device-only, you need an approved app or device to participate. If it is a public challenge or a user-created challenge that allows manual tracking, you may self-report your activity.

Does the Rally platform support Apple Watch data?

- 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.

What devices and apps can be synced with Rally?

- Please see below:



Apple
Health



Samsung
Health



FAQ and Other Resources

Can I go back to prior days and add steps, minutes, or meters to private challenges that have manual entry enabled?

- Currently the portal only supports entry for the current day. Rally is exploring allowing users to go back in time and add as needed.

How is my team's total activity calculated in a private team challenge?

- It depends on how the challenge was set up. Your team's total could be the average of all team members' activity or the sum of all team members' activity. Either way, the goal is to support and encourage each other throughout the challenge.

Is my distance calculated in steps or mileage?

- It depends on how the challenge was set up (and could be either).

Can I be in both a public and private challenges at the same time?

- Yes.

Can a Create Your Own Challenge last longer than 14 days?

- No, currently Rally does not support user-created challenges for longer than 14 days.

I am a wheelchair user who accrues distance in units of wheelchair pushes. Can I participate in a challenge?

- Absolutely. If participating in a private challenge, in this instance it is better for the challenge to be set up as both device-based and self-reported. You can self-report your activity based on what app you use, and the remaining participants can use a synced device for reporting.

I have limited physical mobility and will not be able to participate in a walk/run challenge. Can I join by swimming or biking, for example?

- Yes, you can join any of the public swimming or biking exercise challenges or a challenge that is not exercise-based (state of mind or nutrition).