Joining a Rally Challenge

Desktop Experience

GHP WELLNESS
Connections

RALLY®

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Connections

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

www.ntca.org/benefits

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

GHP WELLNESS *Connections*
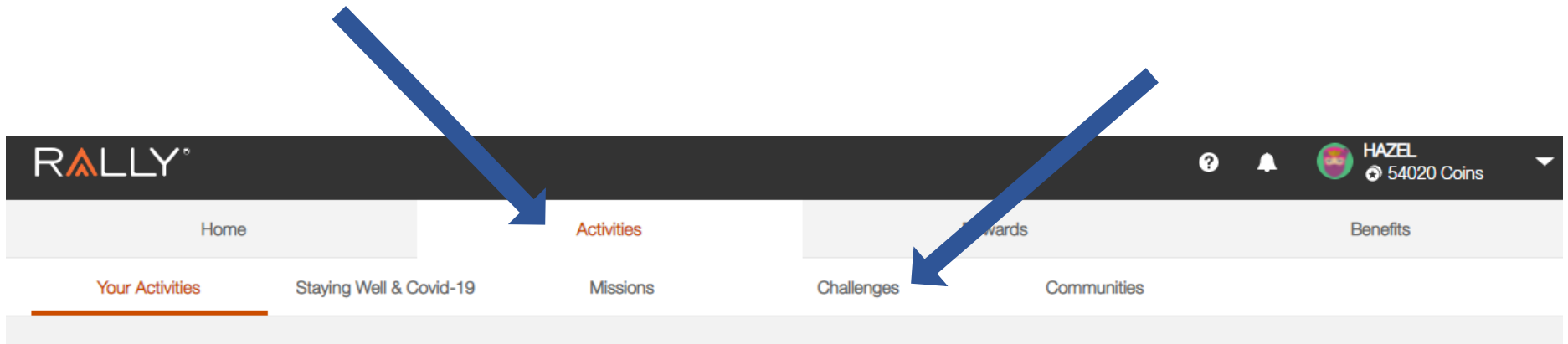
Step 3: From the challenges tab, click "Join" on any options below or submit an invite code into the box to join a private challenge

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**

Public Challenges

Create a challenge on the Rally app! ›

Exercise   1 - 3 of 11 ‹ ›

Cardio/Aerobic	City Walk	City Walk
Glide to Glory	London Lunge	Toronto Trot
7-day Challenge ends in: 00d 17h 03m 39s	3-day Challenge ends in: 00d 17h 03m 39s	5-day Challenge ends in: 01d 17h 03m 39s
Join Learn More ›	**Join** Learn More ›	**Join** Learn More ›

State of Mind   1 - 1 of 1 ‹ ›

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

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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.

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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.

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.

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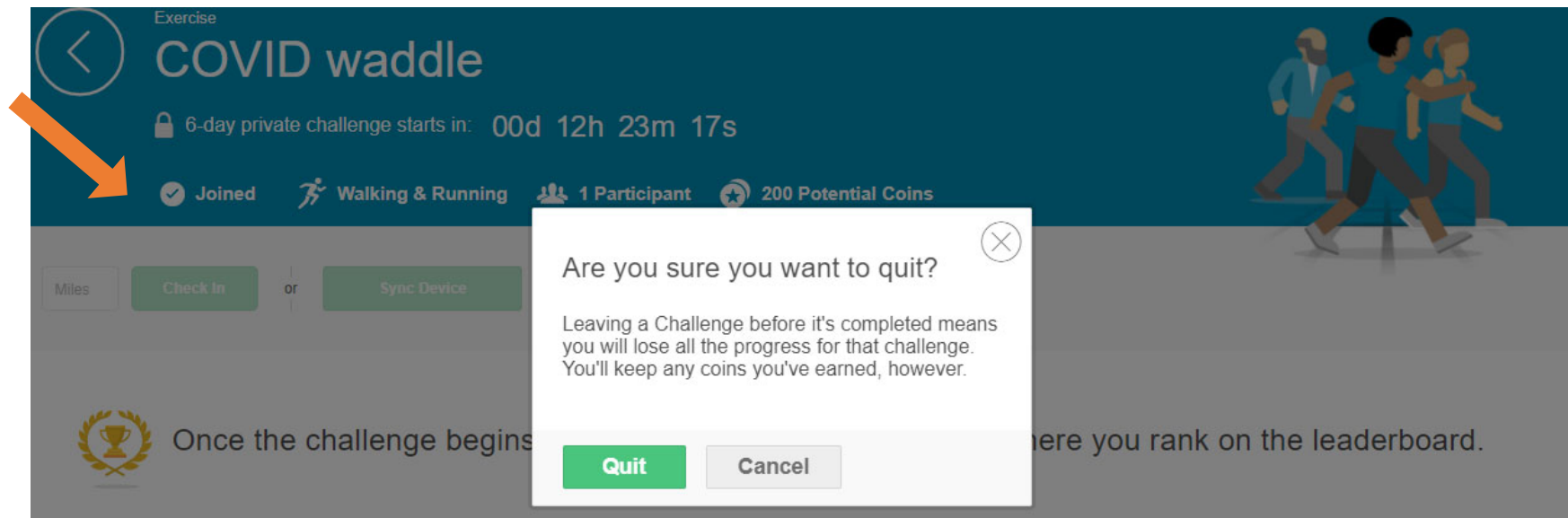
Step 8: Under Your Activity on the challenge details page, check out the leaderboard tab for your placement and activity. Good luck in your challenge!

Milestone 15 Miles	Checkpoints Met	Best Day	Coins Earned	Rank
0 Miles	0	0 Miles	0	1st

About   Leaderboard

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

fitbit
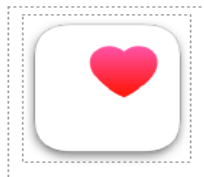
Apple Health

Samsung Health

STRAVA

runkeeper

withings

GARMIN

mapmyrun

mapmyfitness

MISFIT

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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).