Joining a Rally Challenge

Mobile Experience
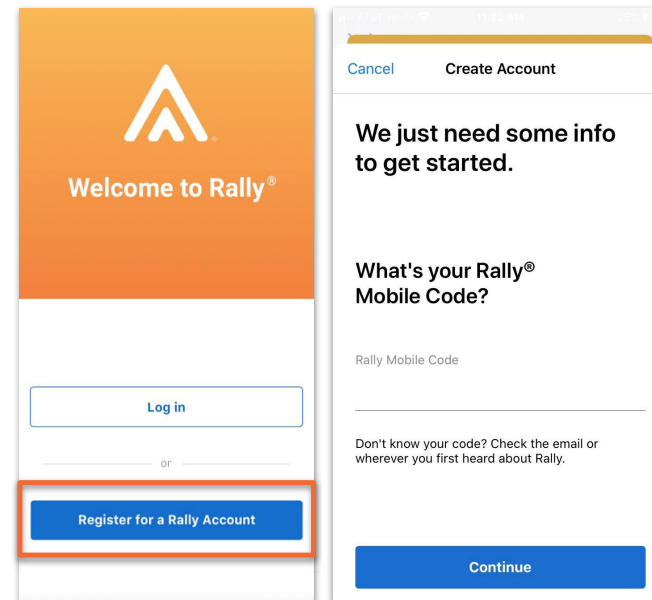
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Connections

RALLY®

Step 1: Download the Rally app and either log in to your account or sign up

Mobile Registration

- To register for Rally, new users will download the Rally app from their app store.

- On the welcome screen, the user will tap **Register for a Rally Account**.

- After tapping Register for a Rally Account, the user will be asked for a mobile code, which is NTCA

- Then the user will be directed to a mobile-friendly browser to complete the registration steps.

Welcome to Rally®

Log in

or

Register for a Rally Account

Cancel **Create Account**

We just need some info to get started.

What's your Rally® Mobile Code?

Rally Mobile Code

Don't know your code? Check the email or wherever you first heard about Rally.

Continue

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Step 2: Once logged in, you'll reach your home screen with tabs across the bottom
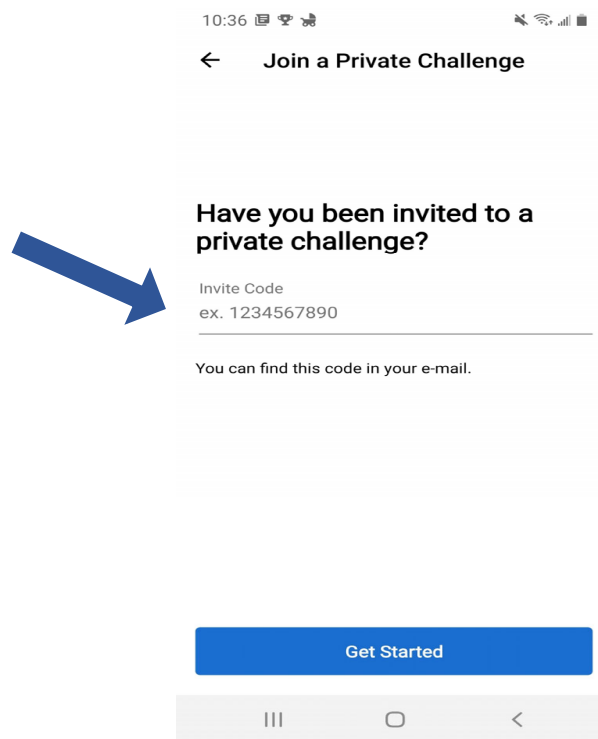
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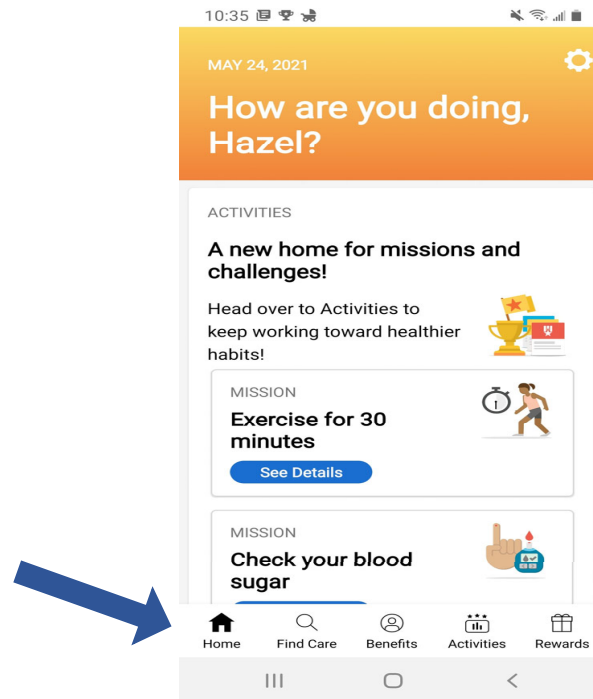
Step 3: Select the Activities tab at the bottom, then either of the Join Activities buttons shown

www.ntca.org/benefits
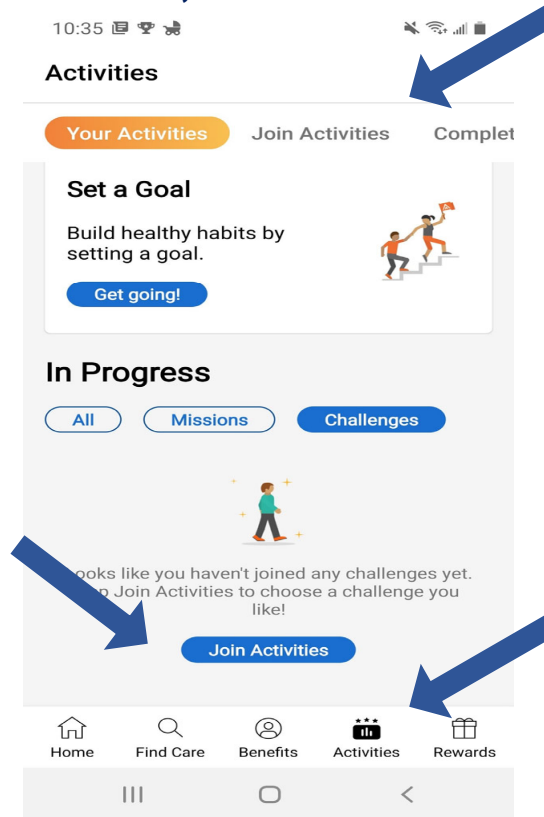
Step 4: Select Enter Invite Code under the Join Private Challenges option

![GHP Wellness Connections logo]
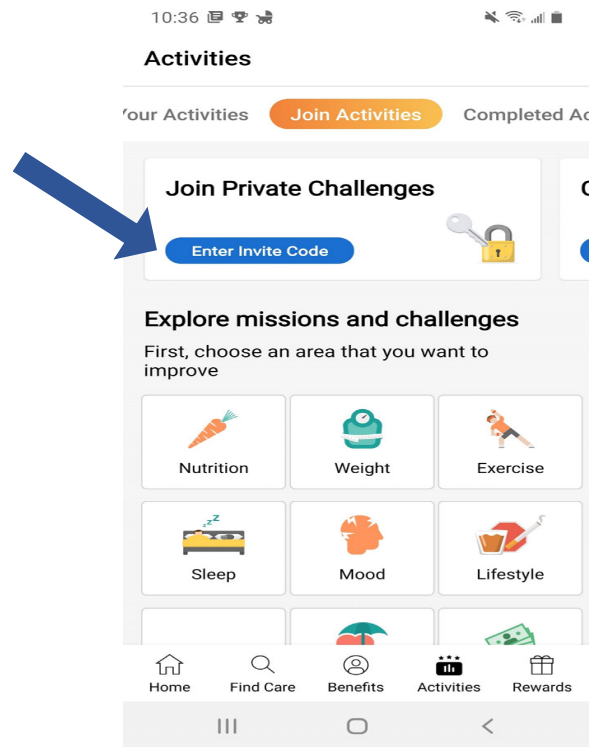
Step 5: You will be prompted to enter the private invite code sent to you

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Step 6: Challenge details will populate including start date or, if already in progress, days to completion. Scroll further down to Challenge Summary for more information including the leaderboard link, your next checkpoint, and your daily activity
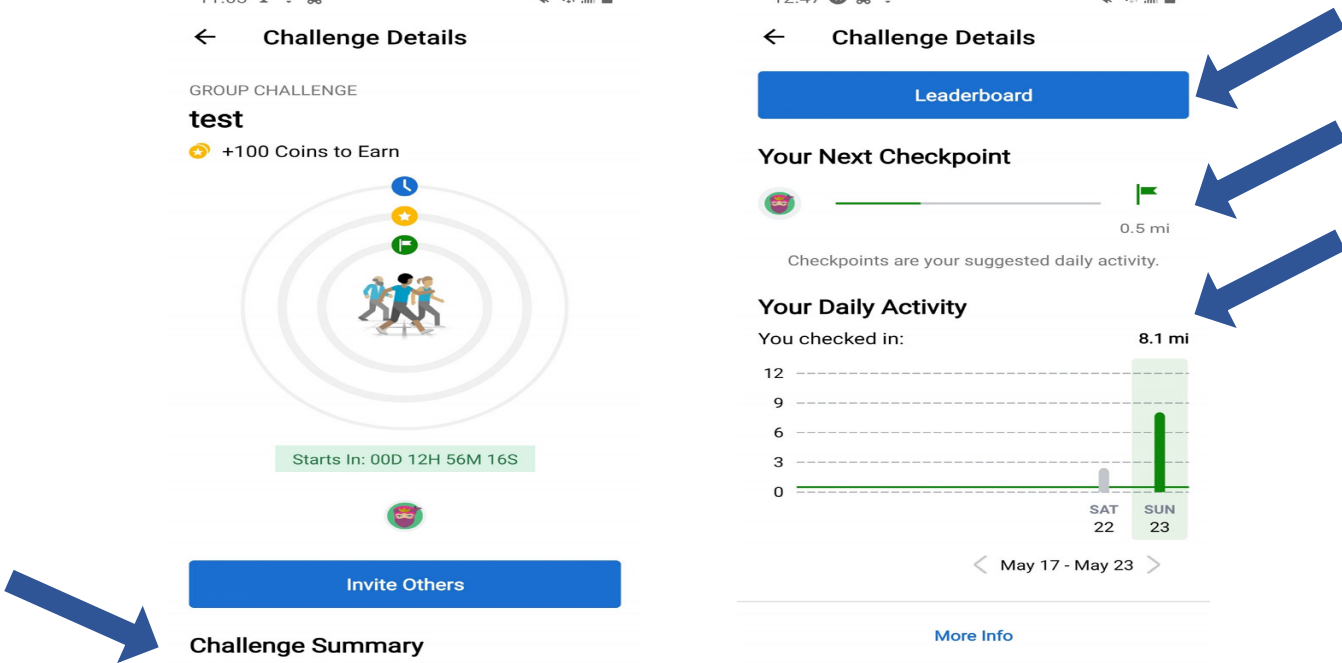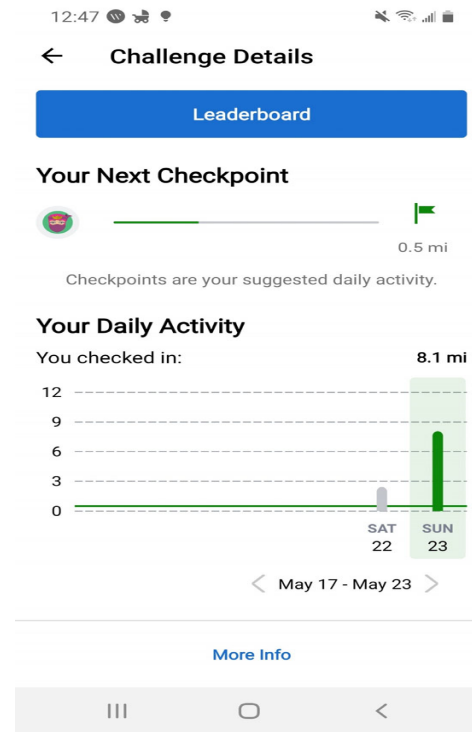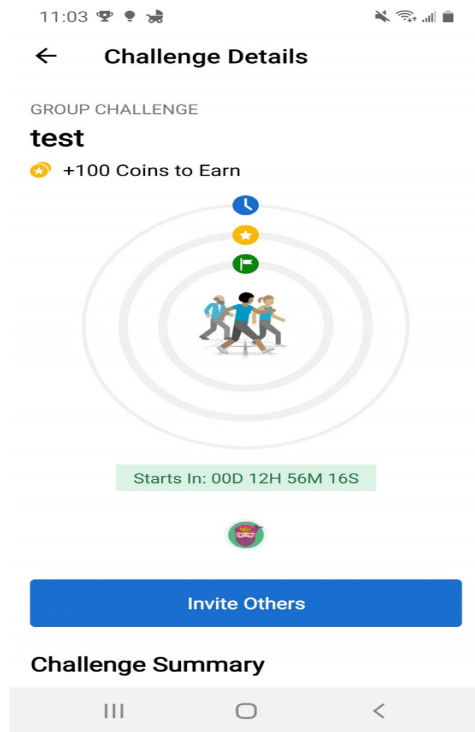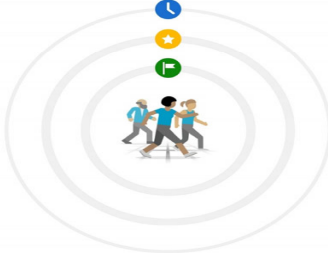
Step 6 continued: Your challenge progress wheel includes 3 key items – the blue clock reflects time elapsed in the challenge; the gold star reflects how many coins you've earned, and the green flag reflects milestones (see legend at left)

11:03

Challenge Details

GROUP CHALLENGE
test
+100 Coins to Earn

Starts In: 00D 12H 56M 16S

Invite Others

Challenge Summary

Time
This is the total length of the challenge.

Coins
This is the amount of coins you're earning while participating in the challenge.

Milestone
This is what you hit to get the maximum rewards possible.

Once the challenge starts, you'll see these 3 items start to move.

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Step 7: Click "More info" for specific rules and details about how the challenge works

12:47

← Challenge Details

Leaderboard

Your Next Checkpoint

0.5 mi

Checkpoints are your suggested daily activity.

Your Daily Activity

You checked in: 8.1 mi

12
9
6
3
0

SAT 22   SUN 23

< May 17 - May 23 >

More Info

1:28

← About This Challenge

2 days | 5 miles | 🪙 100 coins

How it works

✅ Connect device and check in daily
✅ Hit checkpoints to earn coins
✅ Hit the milestone of **5** miles to complete the challenge

Game rules

🪙 Once the counter starts, challenge is on
🪙 Challenges end when counter reaches 0
🪙 See your rank on the leaderboard
🪙 Track progress in the colorful circles

Step 8: Click the Leaderboard to view participants' rank and activity. Good luck in your challenge!
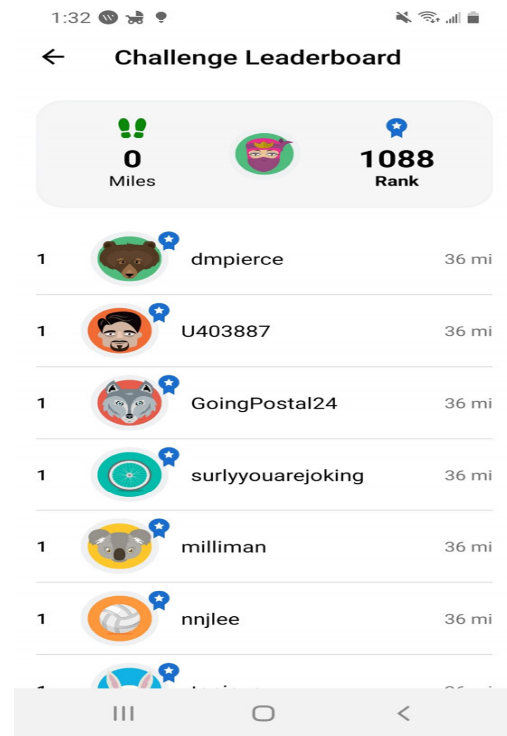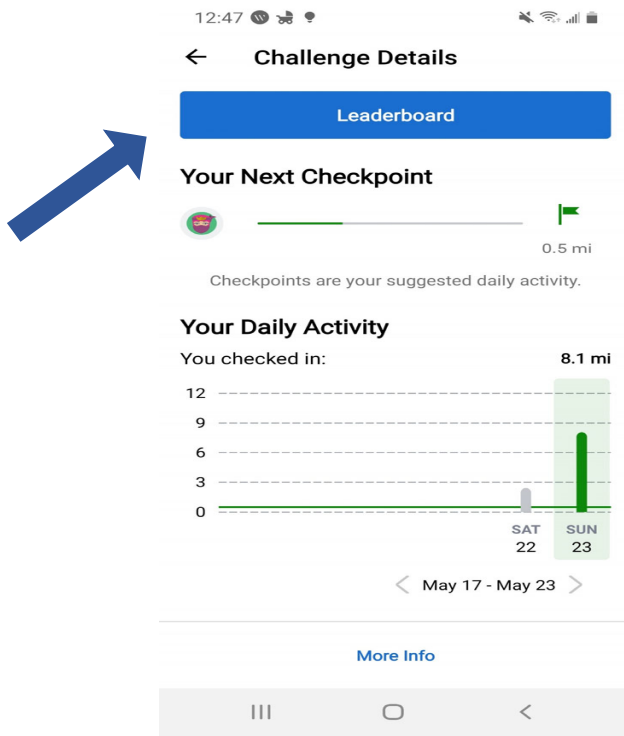
FAQ and Other Resources

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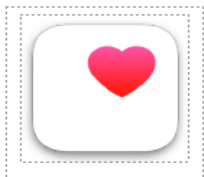
Do I need a device to be a part of a challenge?
- That depends on the challenge. For a private challenge set up as device-only, you need an approved app or device to participate. If it is a public challenge or a user-created challenge that allows manual tracking, you may self-report your activity.

Does the Rally platform support Apple Watch data?
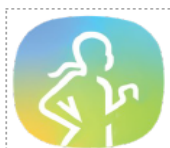- Yes. Rally App integrates with Apple's HealthKit. An individual should make sure that their Apple Watch data is being synced to HealthKit. When the individual goes to the Rally Device Tracker Manager, they can select HealthKit as their tracking methodology. Rally will pull all relevant data into the app.

What devices and apps can be synced with Rally?
- Please see below:

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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).