

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:



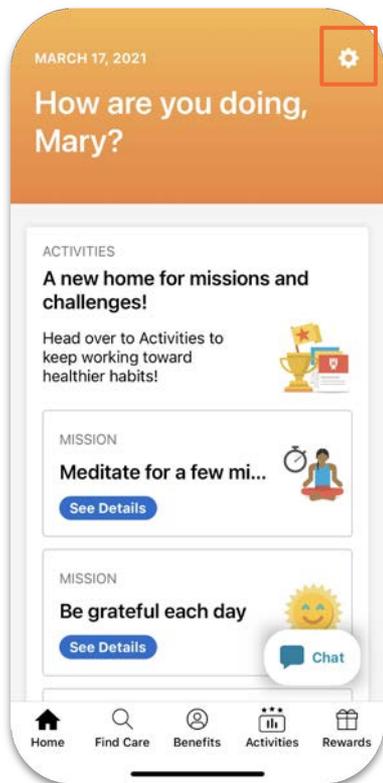
Apple
Health



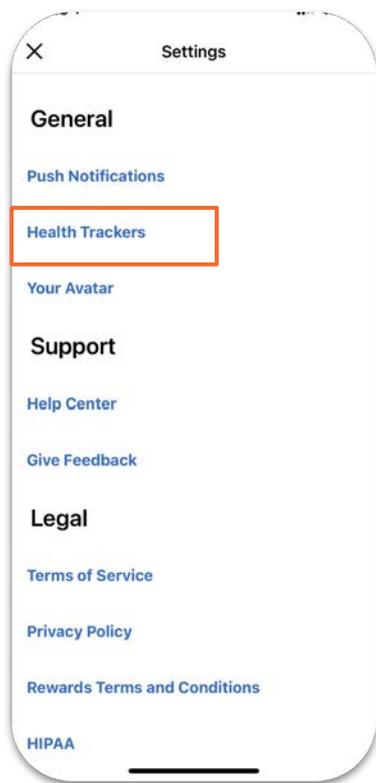
Samsung
Health



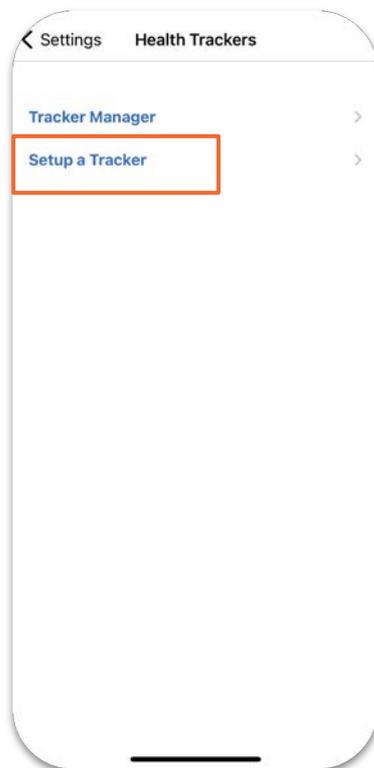
Member Experience: Setting up a Tracker



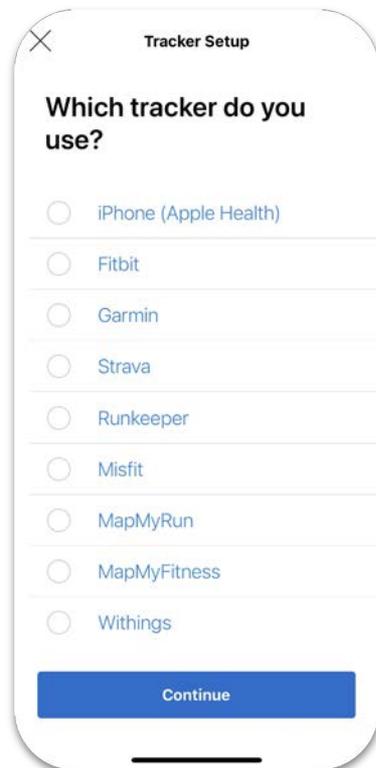
To access Tracker setup, go to "Settings" from your Home dashboard



Select "Health Trackers"

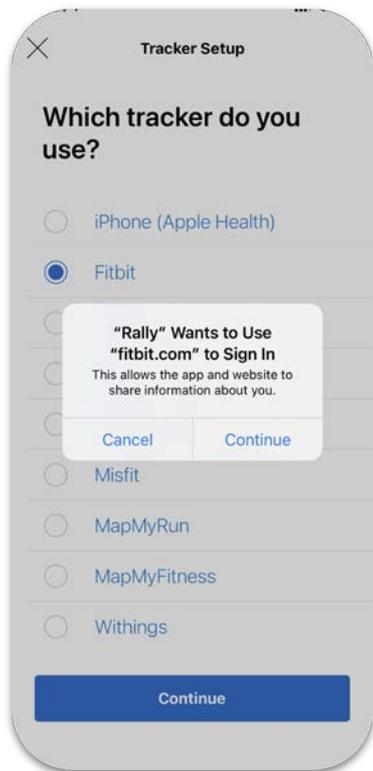


Choose to "Setup a Tracker"

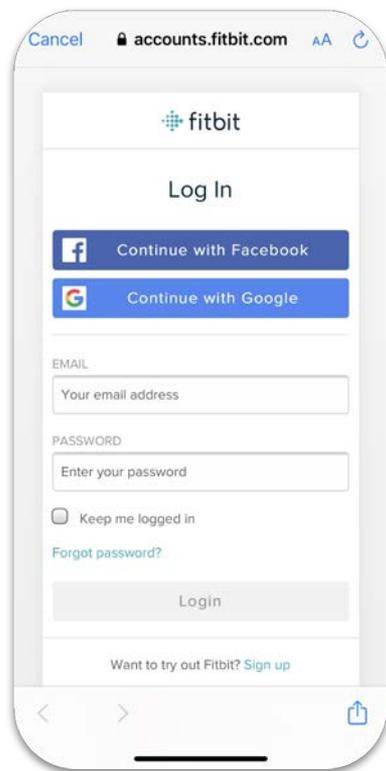


Select which tracker device you plan on using

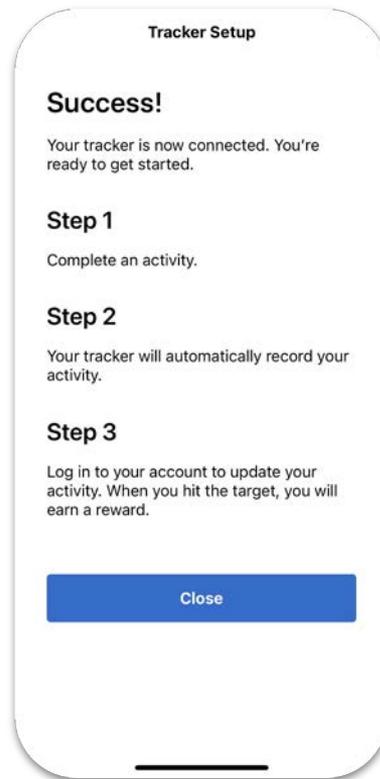
Member Experience: Setting Up a Tracker & Syncing



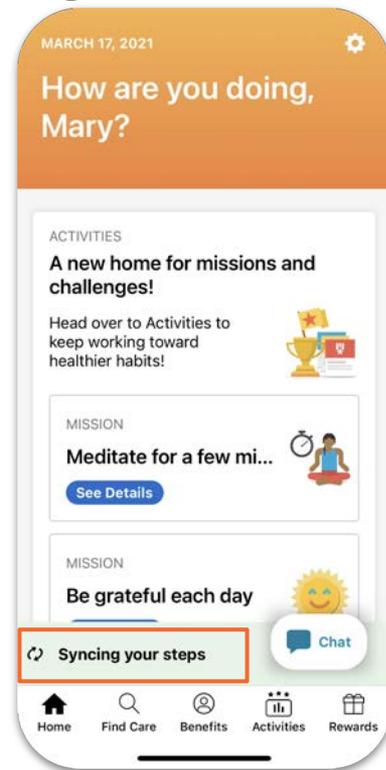
Login to tracker device account to sync



Follow tracker device account instructions to finalize set up

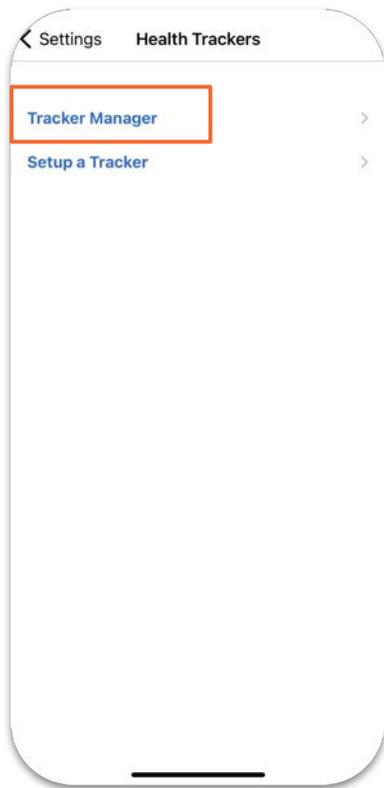


You're ready to go!

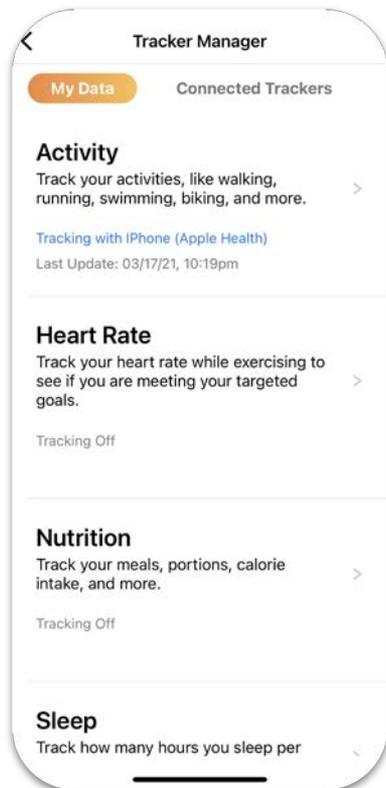


Activity will automatically sync as you login to Rally app—easy peasy!

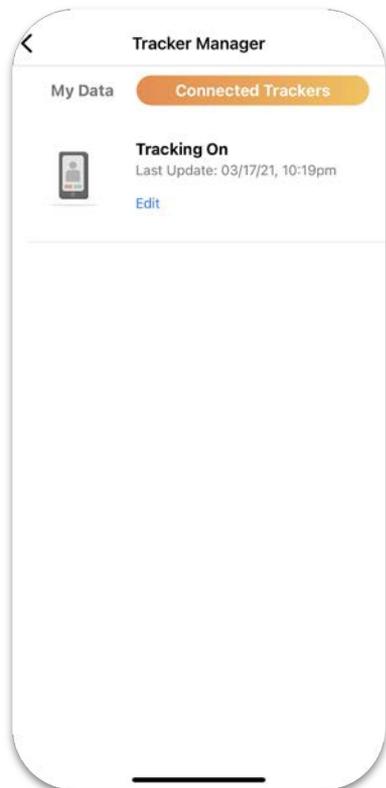
Member Experience: Managing Trackers



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

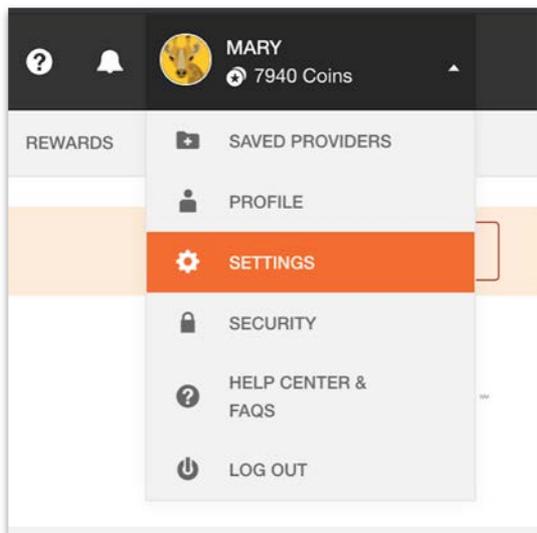


See personal health info under "My Data"

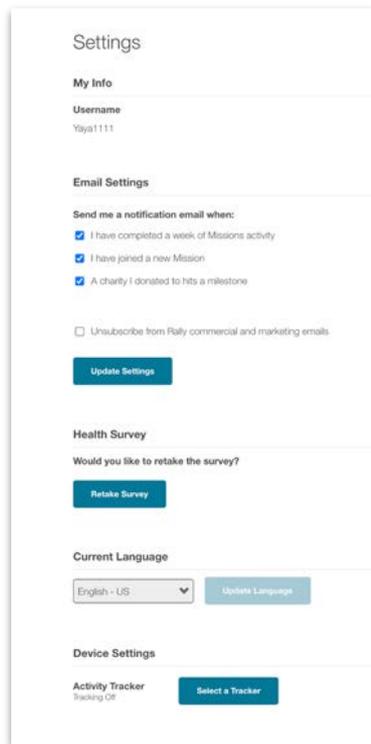


Review, edit or delete a tracker under "Connected Trackers"

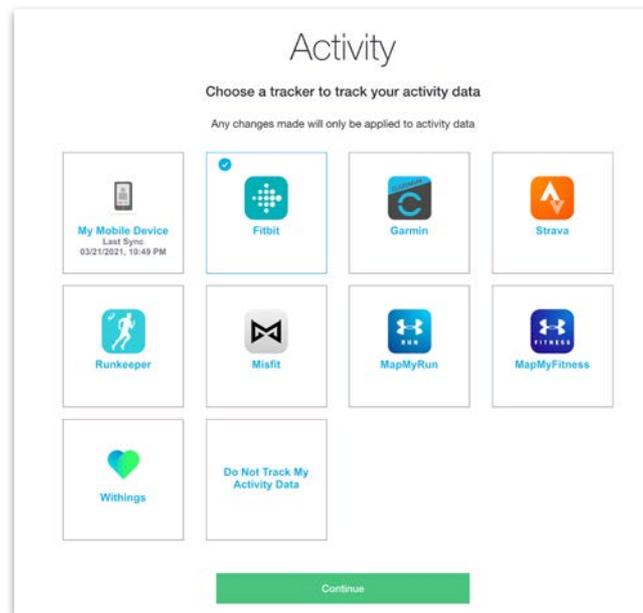
Web Experience: Setting up a Tracker



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

 This option is only available on the Rally Health mobile app. Follow these instructions to download the app:

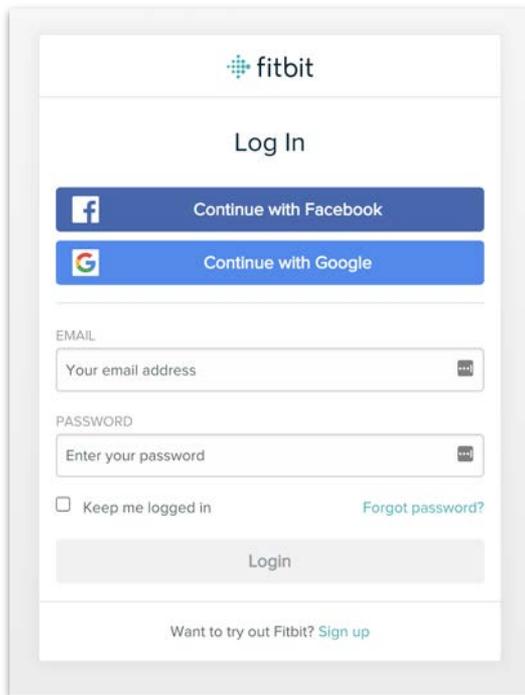
1. Open the Apple App Store or Google Play or Samsung Galaxy Store on your mobile device
2. Search for Rally Health
3. Download the following app:



Rally Health

4. Open the app, log in, navigate to  and select Settings
5. Select Motion Tracking Devices

For using a mobile device, use the Rally app



The image shows a screenshot of the Fitbit login page. At the top is the Fitbit logo. Below it is the text "Log In". There are two large blue buttons: "Continue with Facebook" and "Continue with Google". Below these are two input fields: "EMAIL" with the placeholder "Your email address" and "PASSWORD" with the placeholder "Enter your password". There is a checkbox for "Keep me logged in" and a link for "Forgot password?". At the bottom is a "Login" button and a link for "Want to try out Fitbit? Sign up".

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

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!

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.