

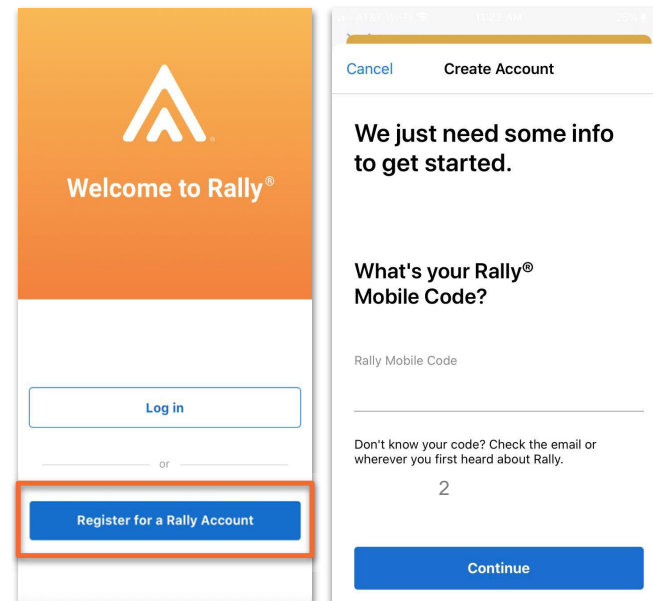
# Rally Registration Tutorial



# Mobile Registration

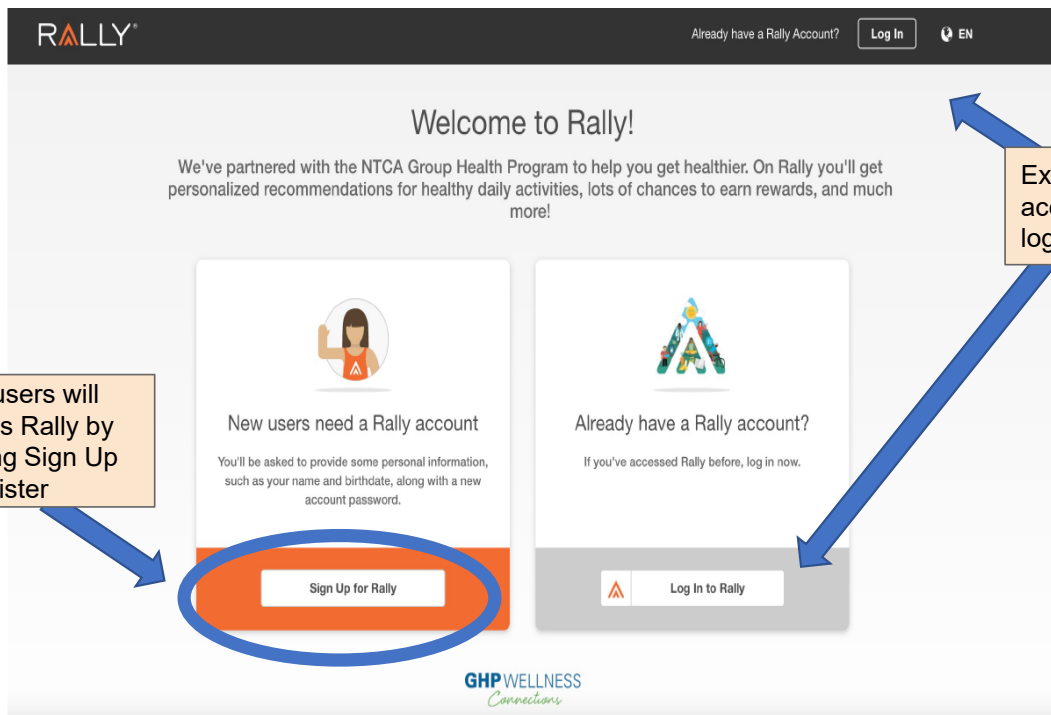
## Mobile Registration

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



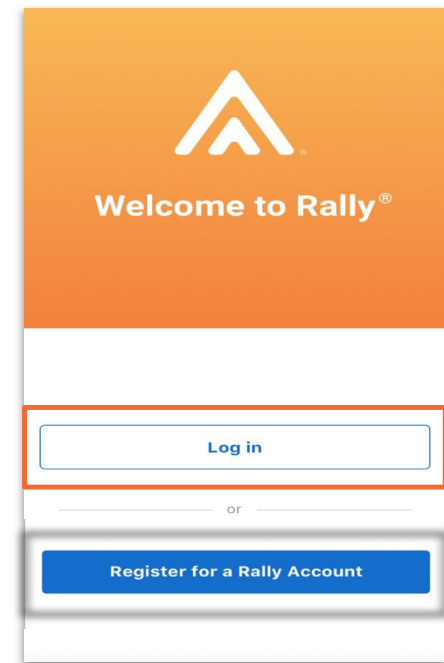
Step 1: Navigate to [www.ntca.org/ghpwellnessconnections](http://www.ntca.org/ghpwellnessconnections). You should see the GHP Wellness Connections logo at the bottom of the page; if not, you're in the wrong place!

OR on your cell phone, you can download the Rally Health app and register with mobile code **NTCA**

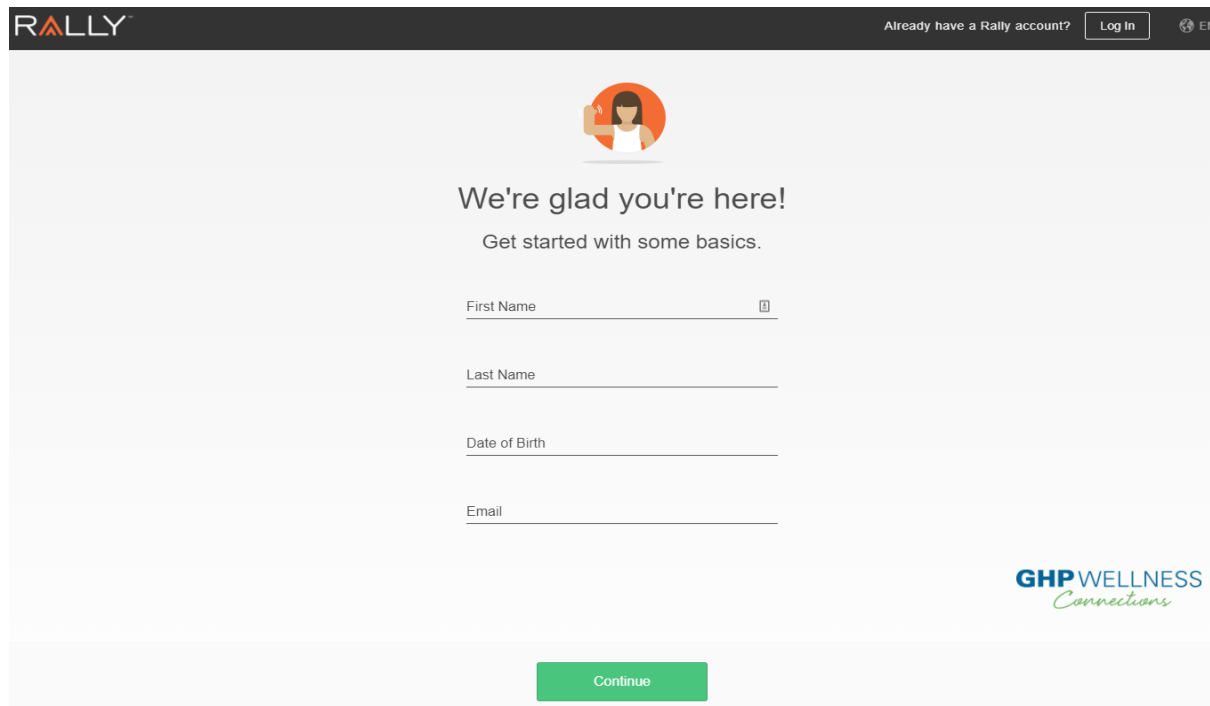


New users will access Rally by clicking Sign Up to register

Existing users access Rally by logging in

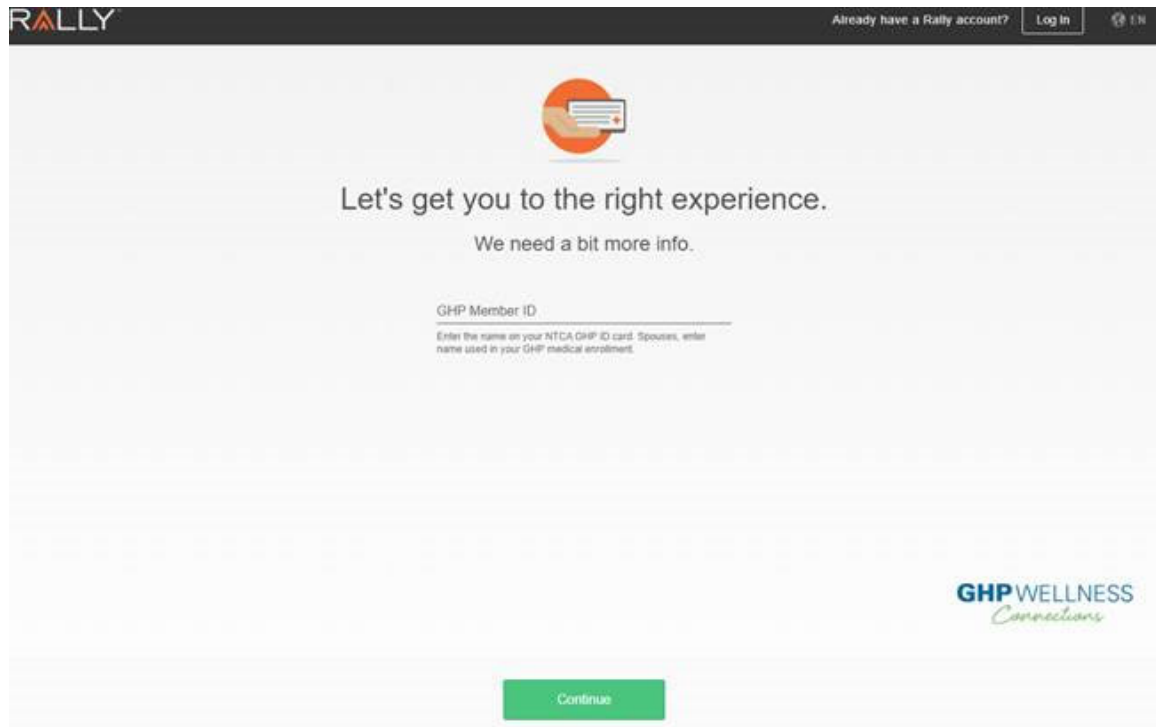


Step 2: Enter your first and last name **exactly as shown on your GHP ID card** (spouses enter name used in GHP medical enrollment), your DOB, and your email address before clicking Continue. If you have previously used Rally *with a different company*, you must register using a different email address.



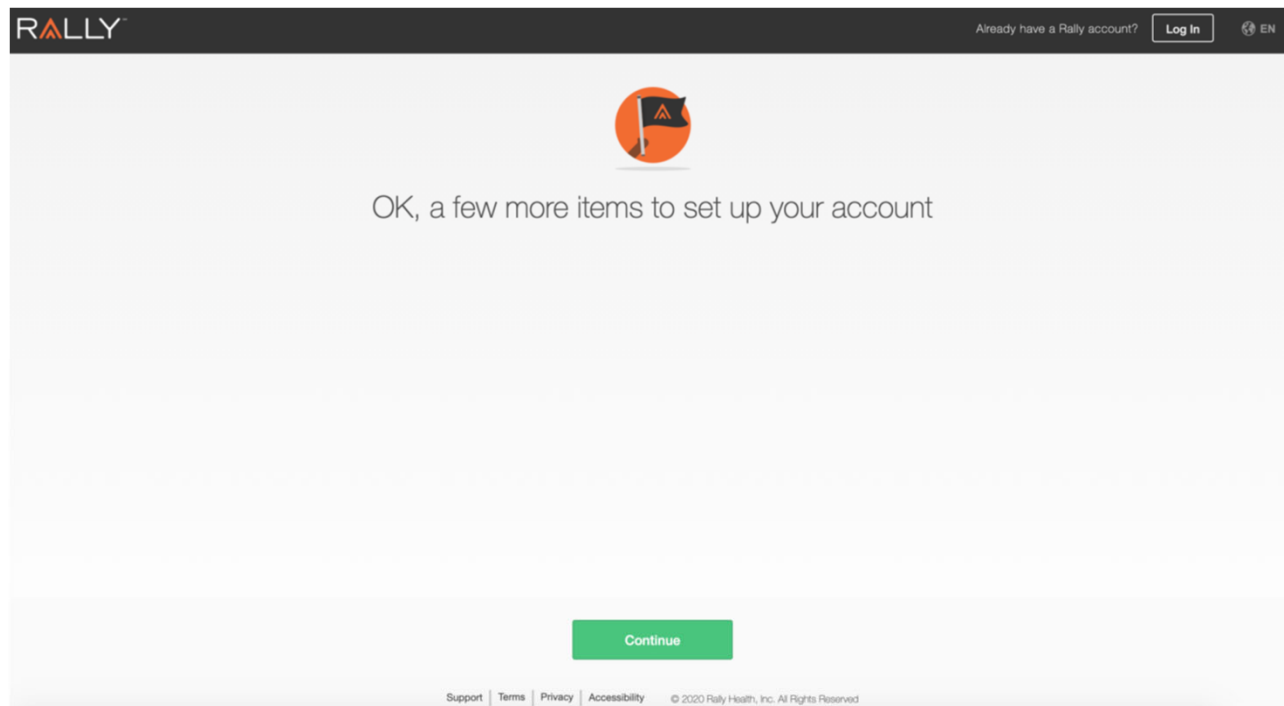
The screenshot shows the Rally registration interface. At the top left is the 'RALLY' logo. At the top right, there is a link 'Already have a Rally account?' and a 'Log In' button. The main content area features a circular icon of a person holding a phone. Below the icon, the text reads 'We're glad you're here!' followed by 'Get started with some basics.' There are four input fields: 'First Name', 'Last Name', 'Date of Birth', and 'Email'. A green 'Continue' button is located at the bottom center. The 'GHP WELLNESS Connections' logo is in the bottom right corner of the form area.

Step 3: Enter the full 12-digit GHP member ID shown on ID card. Spouses of a GHP participant use same ID as GHP participant. Click Continue.

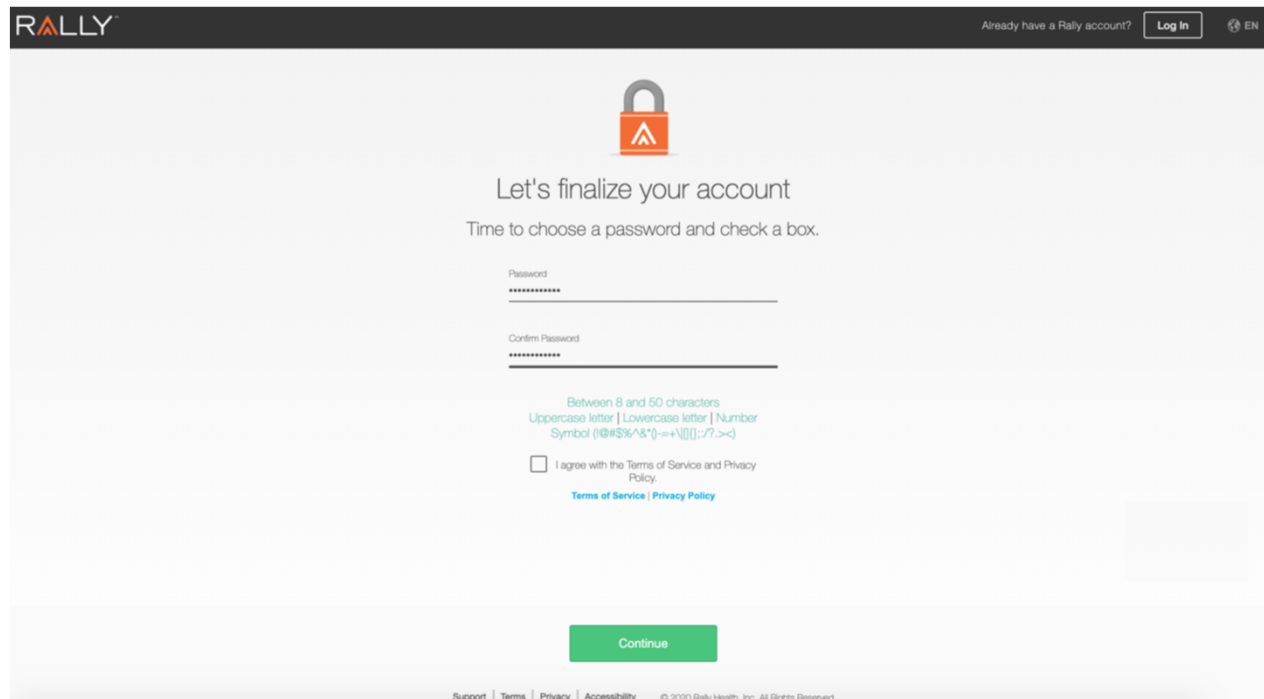


The screenshot shows the Rally website interface. At the top left is the 'RALLY' logo. At the top right, there is a link 'Already have a Rally account?' followed by a 'Log In' button and a user profile icon. The main content area features a central icon of a hand holding a card. Below the icon, the text reads: 'Let's get you to the right experience. We need a bit more info.' Underneath this is a form field labeled 'GHP Member ID' with a placeholder text: 'Enter the name on your NTCA GHP ID card. Spouses, enter name used in your GHP medical enrollment.' At the bottom right of the form area is the 'GHP WELLNESS Connections' logo. At the bottom center is a green 'Continue' button.

Step 4: Click Continue to proceed with the enrollment.

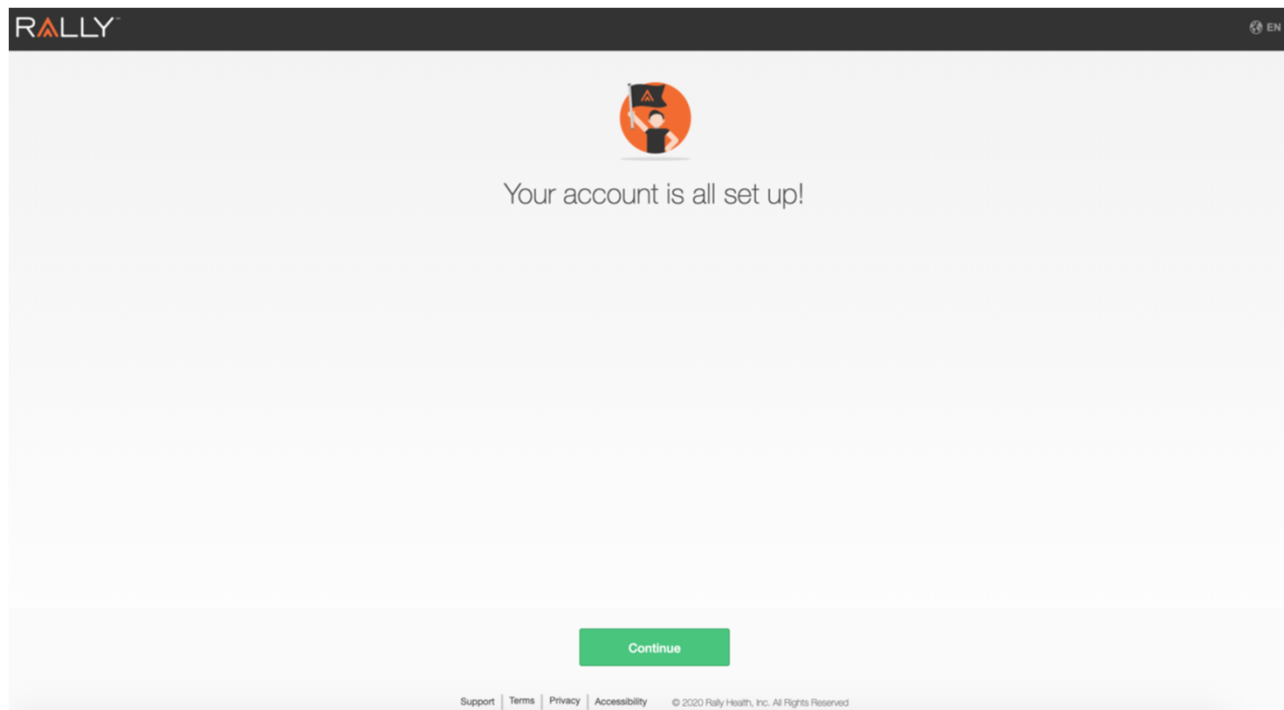


Step 5: Create a password and check the box to agree to terms of service and privacy policy.



The screenshot shows the Rally account creation interface. At the top left is the RALLY logo. At the top right, there is a link "Already have a Rally account?" and a "Log In" button. The main heading is "Let's finalize your account" with a sub-heading "Time to choose a password and check a box." Below this are two password input fields: "Password" and "Confirm Password", both masked with asterisks. A password strength indicator is shown below the fields, stating: "Between 8 and 50 characters", "Uppercase letter | Lowercase letter | Number", and "Symbol (@#%&\*'()-+=\|[]{};:~?><)". Below the indicator is a checkbox labeled "I agree with the Terms of Service and Privacy Policy." with links for "Terms of Service" and "Privacy Policy". A green "Continue" button is at the bottom center. The footer contains links for "Support", "Terms", "Privacy", and "Accessibility", along with the copyright notice "© 2020 Rally Health, Inc. All Rights Reserved."

Step 6: Click Continue to proceed.






Step 7: Pick an avatar from the selection of images and a unique username not containing your name or other identifying information.

**RALLY** EN (US)

Please pick an avatar and username to represent you.

This is how you'll be identified to other Rally users in any group activities you participate in.

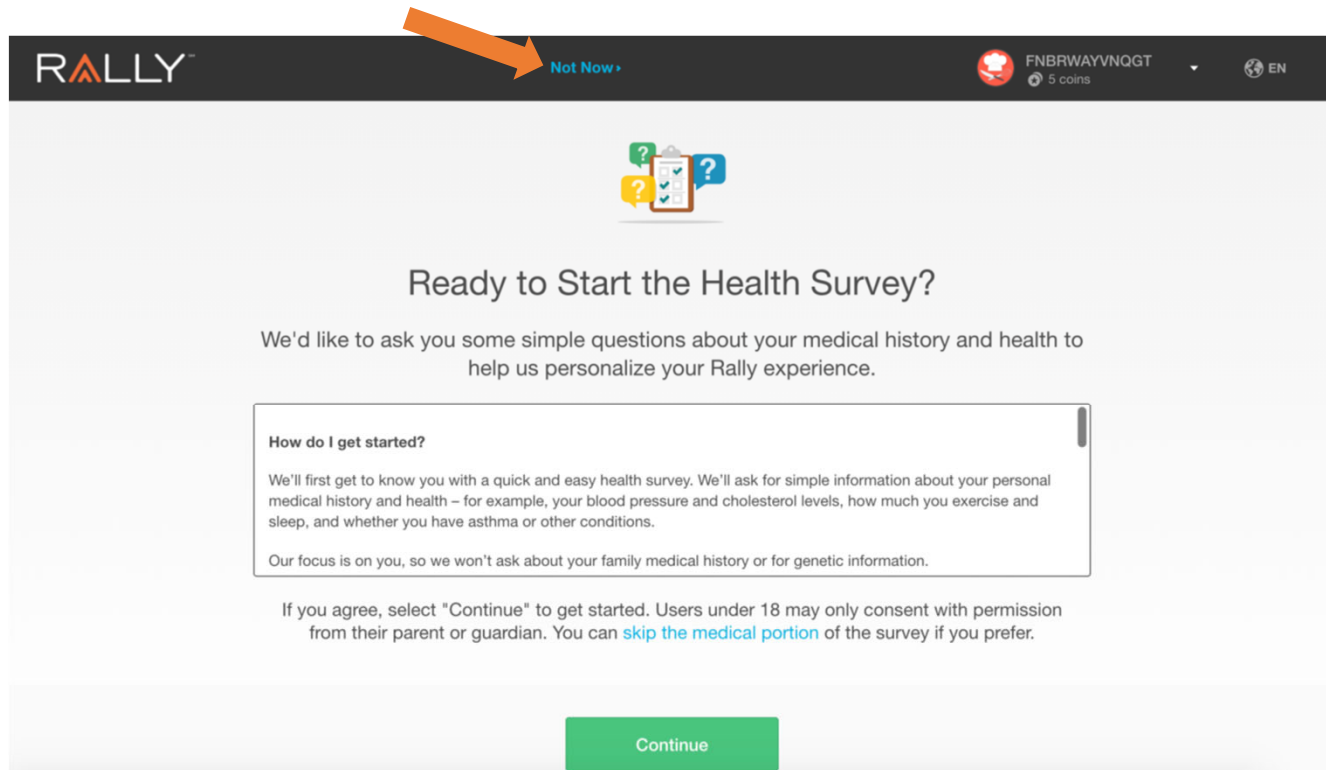


← ————— →

Username

Your privacy is important, so we recommend you choose a username that doesn't include your real name or otherwise identify you. It must be between 6 and 20 characters long.

Step 8: First-time users will be prompted to take the health survey to determine Health Score and activity recommendations. You can also skip it by selecting “Not Now.”



The screenshot shows the Rally app interface. At the top, there is a dark navigation bar with the Rally logo on the left and a 'Not Now' link on the right, which is highlighted by an orange arrow. To the right of the 'Not Now' link are user profile icons, including a red circular icon with a white figure, the text 'FNBRWAYVNOGT', and '5 coins'. Below the navigation bar is a large white area with a central illustration of a smartphone with question marks. The main heading is 'Ready to Start the Health Survey?'. Below this is a paragraph: 'We'd like to ask you some simple questions about your medical history and health to help us personalize your Rally experience.' A scrollable box titled 'How do I get started?' contains the following text: 'We'll first get to know you with a quick and easy health survey. We'll ask for simple information about your personal medical history and health – for example, your blood pressure and cholesterol levels, how much you exercise and sleep, and whether you have asthma or other conditions. Our focus is on you, so we won't ask about your family medical history or for genetic information.' Below the scrollable box is another paragraph: 'If you agree, select "Continue" to get started. Users under 18 may only consent with permission from their parent or guardian. You can [skip the medical portion](#) of the survey if you prefer.' At the bottom center is a green 'Continue' button.

## Step 9: Survey complete

### Your Survey is Complete!

Congrats JAYNE! You finished it Nov 17, 2021. Print this page for your records.

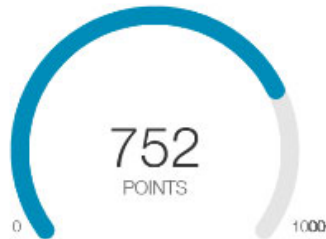


Now you'll have your overall health picture, including age, weight, diet, exercise habits, and other factors. Use it to decide how you'd like to start improving your health.

Let's Go

Print This Page

## Step 10: Receive your Rally Health Score



You're almost there with your Health Score!

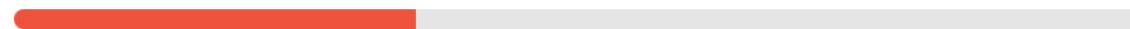


You're on-track with some health areas, but can improve on others. View the recommendations to help get to the next level. Select [View Details](#) to learn more about each section.

### Health Factors

There are a number of ways your Health Score can change. These include everyday factors that impact your health - what you eat and drink, how much exercise and sleep you get, and how much stress you feel.

#### Mood



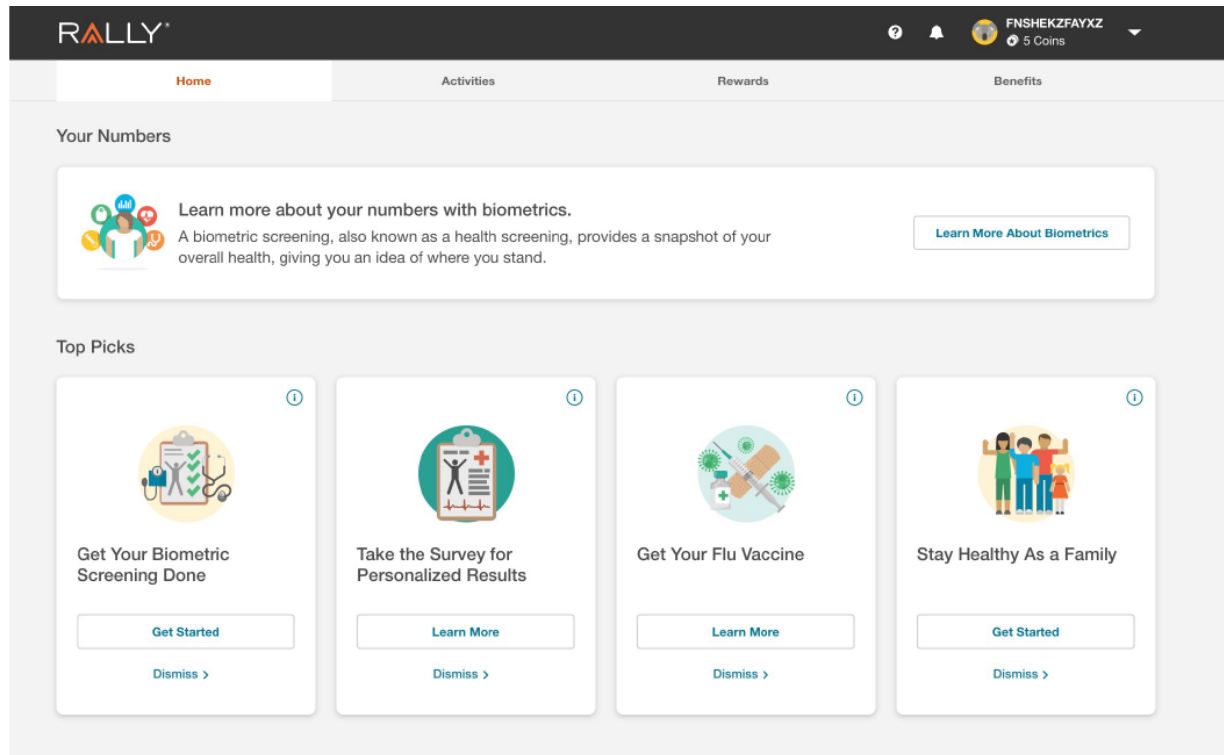
Needs work

When you're down or depressed, it can affect your health, weight, sleep, and relationships. It can also make it hard to keep up with work and family. It's very important to get help from a doctor or therapist and take any medicines as prescribed. Tak... [See More](#)

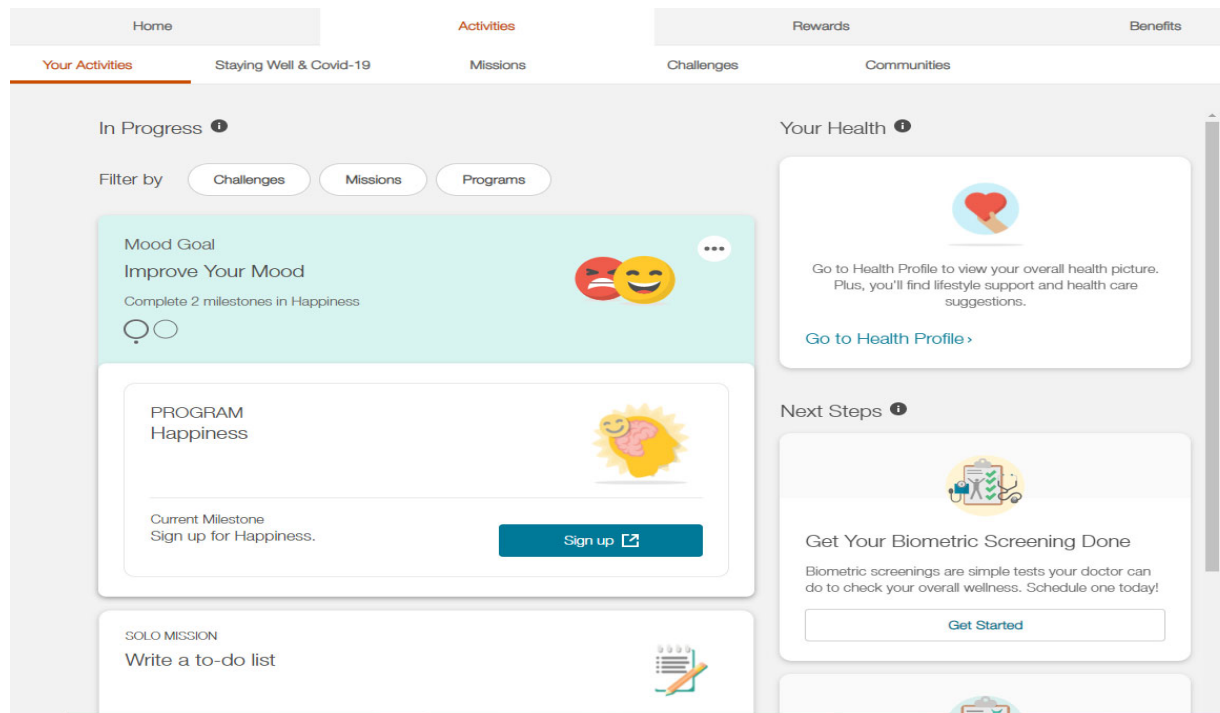
Step 11: Explore the Rally portal, starting with the Home page – note the different tabs at the top

The screenshot shows the Rally portal interface. At the top, the 'RALLY' logo is on the left, and the user's name 'FNSHEKZFAYXZ' is on the right. Below the logo, there is a navigation bar with four tabs: 'Home', 'Activities', 'Rewards', and 'Benefits'. The 'Activities', 'Rewards', and 'Benefits' tabs are circled in orange. Below the navigation bar, there is a message: 'You're almost there. Finish your Health Survey for updated recommendations' with a 'Finish Survey' button. The main content area features a greeting 'Hi, Fnshekfayxz!' and the GHP WELLNESS Connections logo. Below this, there are two main sections: 'Your Rewards Program' and 'Spotlight'. The 'Your Rewards Program' section shows a progress bar for 'Dollars' at '\$0 of \$150' and a 'View Your Program' button. The 'Spotlight' section features a 'Real Appeal' for '\$150 Gift Card Credit' ending 11/30/2022, and a 'The Doc is Always in With Teladoc' section with a 'Connect Now' button. A 'Feedback' button is visible on the right side of the page.

## Step 11: Home page continued



Step 12: The Activities page is where you'll find activities specific to you, and you can also browse through Missions, Challenges, and Communities

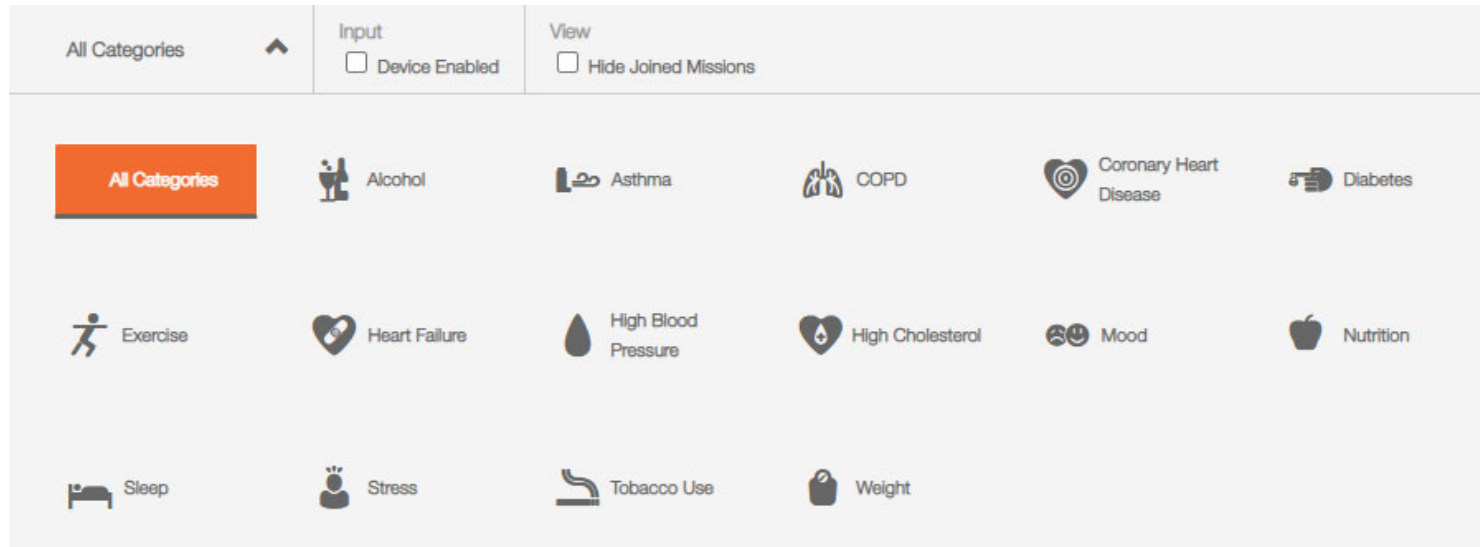


## Step 13: Navigate to the Missions tab to see all available Missions as well as your chosen Missions

The screenshot displays the GHP Wellness Connections app interface. At the top, there is a navigation bar with four main tabs: HOME, ACTIVITIES, REWARDS, and BENEFITS. Below this, there is a secondary navigation bar with five sub-tabs: YOUR ACTIVITIES, STAYING WELL & COVID-19, MISSIONS, CHALLENGES, and COMMUNITIES. The MISSIONS tab is currently selected, indicated by a red underline. Below the navigation bars, the page title "Missions" is displayed. Underneath the title, there are two sub-tabs: "Browse All" and "My Missions", with "My Missions" being the active tab. The main content area shows a mission card with a green checkmark and the word "Joined" in a dark green box. The card features an icon of a white notepad with a pencil. Below the card, the text reads "Write a to-do list" followed by a paragraph: "If you're feeling overwhelmed or anxious, try writing a to-do list. It may help you manage those worries about all the things you need to do." At the bottom of the card, there is a green button labeled "Check In".



Step 13 continued: You can sort Missions by specific category for easy selection



## Step 14: Navigate to the Challenges tab to check out the variety of Challenges – public or private, group or individual, in different areas of wellness

Home    **Activities**    Rewards    Benefits

Your Activities    Staying Well & Covid-19    Missions    **Challenges**    Communities

### Public Challenges

Create a challenge on the Rally app!

#### Exercise

1 - 3 of 6

- CITY WALK**  
**Chi Town Shuffle**  
21 Miles - 7-day Challenge  
ends in: 01d 13h 11m 49s
- CITY WALK**  
**Houston Hurtle**  
30 Miles - 10-day Challenge  
ends in: 04d 14h 11m 49s
- CITY WALK**  
**SF Stomp**  
9 Miles - 4-day Challenge  
ends in: 01d 13h 11m 49s

#### State of Mind

1 - 1 of 1

- MEDITATION**  
**Get Centered**  
40 Minutes - 7-day Challenge  
ends in: 06d 13h 11m 49s

#### 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?  **Submit**

#### Your Challenges

1 - 1 of 1

- MEDITATION**  
**Get Centered**  
Completed on 11/10/2021

Min	Coins	Rank
0	0	6th

Milestone Progress  
0 of 40 min

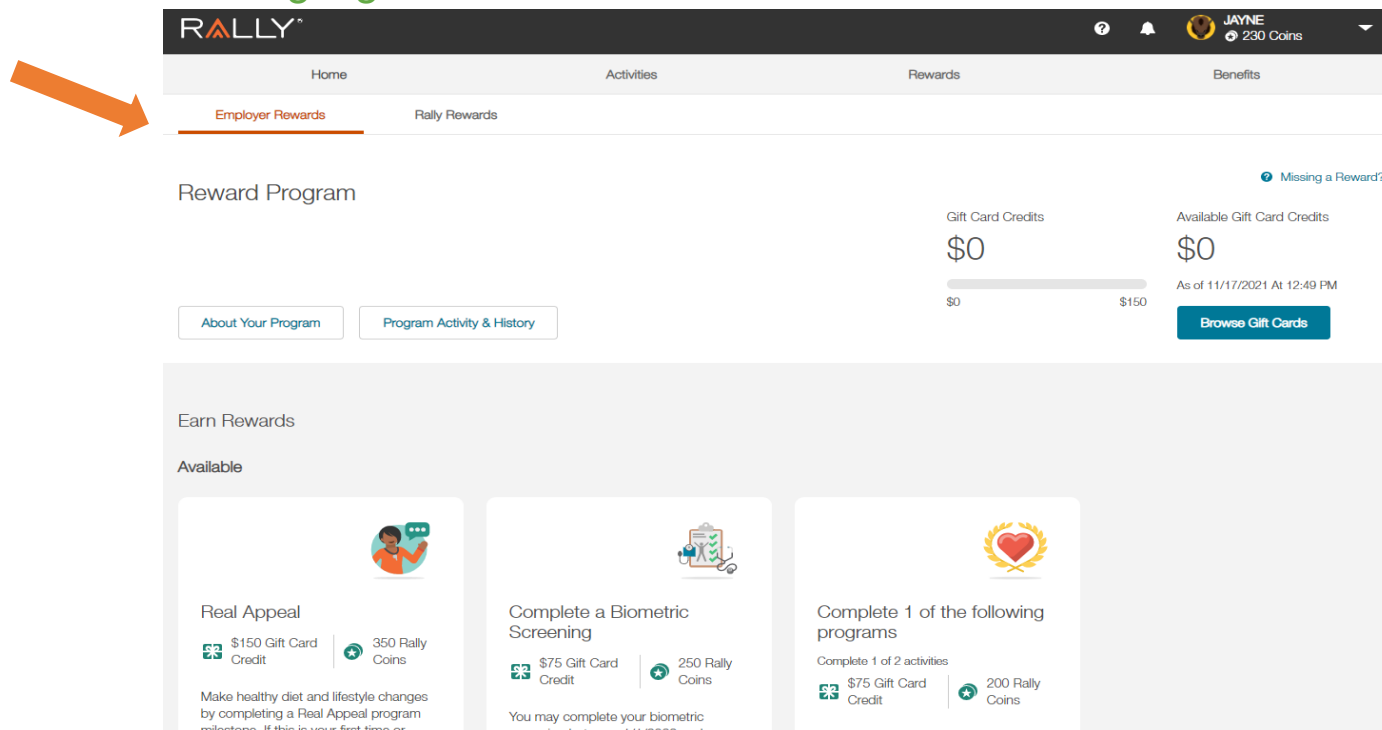
[Challenge Details >](#)

Step 15: Navigate to the Communities tab to join social communities on topics of interest to you

The screenshot shows the RALLY app interface. At the top, the RALLY logo is on the left, and user information (JAYNE, 230 Coins) is on the right. Below the logo is a navigation bar with tabs: HOME, ACTIVITIES, REWARDS, and BENEFITS. Underneath this is a secondary navigation bar with sub-tabs: YOUR ACTIVITIES, STAYING WELL & COVID-19, MISSIONS, CHALLENGES, and COMMUNITIES (which is highlighted with an orange underline). The main content area is titled "Communities" and has two sub-tabs: "Browse All" (highlighted) and "My Communities". A search bar labeled "Search Communities" is on the right. Below the sub-tabs are five community cards, each with an icon, a title, a short description, and a "Join" button.

Community Name	Description
Healthy Drinking	A toast to moderate drinking! It can be a fun, social, and potentially healthy activity, but too much can disrupt sleep and interfere with your life. Raise a glass in this convivial community.
Bike Lane	There's no doubt, bicyclists are a special breed of fitness fanatic. From fixing flats to your must-ride routes, all two-wheeled road warriors are welcome to park here.
Love & Life	Good relationships are key to our health and happiness, but we all know how complicated they can be. Here's a judgement-free zone to hash out all your relationship questions.
Joint Action	Whether you walk, run, hop or skip, your joints keep you going! Treat them well so they will stay healthy in the long run.
Healthy to the Core	A strong core is the foundation of many exercises, and it's great for back pain and other ailments. Buff up those abs of steel by taking tips, exercises, and other good stuff.

Step 16: The Rewards page is where you'll find both GHP Wellness Connections and Rally rewards. The active tab will be highlighted.



**RALLY** JAYNE 230 Coins

Home Activities Rewards Benefits

Employer Rewards Rally Rewards

Reward Program [Missing a Reward?](#)

Gift Card Credits: \$0 Available Gift Card Credits: \$0  
As of 11/17/2021 At 12:49 PM

[About Your Program](#) [Program Activity & History](#) [Browse Gift Cards](#)

Earn Rewards

Available

- Real Appeal**  
\$150 Gift Card Credit | 350 Rally Coins  
Make healthy diet and lifestyle changes by completing a Real Appeal program milestone. If this is your first time...
- Complete a Biometric Screening**  
\$75 Gift Card Credit | 250 Rally Coins  
You may complete your biometric...
- Complete 1 of the following programs**  
Complete 1 of 2 activities  
\$75 Gift Card Credit | 200 Rally Coins

Step 16 continued: Employer Rewards will show you your rewards program as well as progress toward meeting your rewards goal

Home      Activities      Rewards      Benefits

Employer Rewards      Rally Rewards

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Reward Program [Missing a Reward?](#)

About Your Program      Program Activity & History

Gift Card Credits

**\$0**

\$0      \$150

Available Gift Card Credits

**\$0**


As of 11/17/2021 At 01:29 PM

[Browse Gift Cards](#)

Step 16 continued: Further down the page, you'll see the available activities from which you can choose to earn your \$150 maximum reward

Earn Rewards

Available




**Real Appeal**

\$150 Gift Card Credit | 350 Rally Coins

Make healthy diet and lifestyle changes by completing a Real Appeal program milestone. If this is your first time or you've re-enrolled in the program this year, complete 9 sessions to reach a milestone. Otherwise, complete 3 sessions to reach a milestone.

[Register](#)




**Complete 1 of the following programs**

Complete 1 of 2 activities

\$75 Gift Card Credit | 200 Rally Coins

Complete a Wellness Coaching Program or three Rally missions to earn your reward.

[View Details](#)



**Complete a Biometric Screening**

\$75 Gift Card Credit | 250 Rally Coins

You may complete your biometric screening between 1/1/2022 and 11/30/2022. The biometric form must be received on or before 11/30/2022 or it will not be processed.




[Access Biometric Form](#)

Step 17: In addition to GHP Wellness Connections rewards, you'll also earn Rally coins for completing different actions. View your coin balance from your profile or under the Rally Rewards tab.




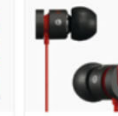
The screenshot displays the GHP Wellness Connections interface. At the top, there is a navigation bar with tabs for Home, Activities, Rewards, and Benefits. Below this, there are sub-tabs for Employer Rewards and Rally Rewards, with Rally Rewards being the active tab. A user profile card is visible in the top right corner, showing a profile picture, the name JAYNE, and a coin balance of 230 Coins. An orange arrow points to this card. Below the navigation, the Rally Rewards section is titled "Rally Rewards". A large white box contains the text "You have 230 coins available" with a coin icon and a "Learn More >" link. A "View Coin Activity" button is also present. An orange arrow points to this box.

Step 17 continued: Coins can be redeemed in many ways – in the Rally Marketplace, or through sweepstakes, auctions, and donations




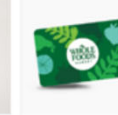
Marketplace

 <p>Fitness 15% off Fitbit Products</p> <p>Coins 3,500</p> <p><a href="#">View Details</a></p>	 <p>Health 15% off 23andme Health + Ancestry Kit</p> <p>Coins 1,000</p> <p><a href="#">View Details</a></p>	 <p>Fitness 50% off Sworkit</p> <p>Coins 1,500</p> <p><a href="#">View Details</a></p>
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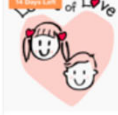



Auctions

 <p>Auction Ab Roller Wheel</p> <p>Starting Bid 5</p> <p><a href="#">Bid Now</a></p>	 <p>Auction \$100 Whole Foods Gift Card</p> <p>Current Bid 50</p> <p><a href="#">Bid Now</a></p>	 <p>Auction \$50 Nike Gift Card</p> <p>Current Bid 6</p> <p><a href="#">Bid Now</a></p>	 <p>Auction Beats Tour Headphones</p> <p>Starting Bid 5</p> <p><a href="#">Bid Now</a></p>
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Sweepstakes

 <p>Multi-Entry Sweepstakes \$25 Uber Gift Card</p> <p>Coins per entry 5</p> <p><a href="#">Enter</a></p>	 <p>Multi-Entry Sweepstakes \$100 Nike Gift Card</p> <p>Coins per entry 5</p> <p><a href="#">Enter</a></p>	 <p>Multi-Entry Sweepstakes \$100 Nordstrom Gift Card</p> <p>Coins per entry 5</p> <p><a href="#">Enter</a></p>	 <p>Multi-Entry Sweepstakes \$50 Whole Foods Gift Card</p> <p>Coins per entry 5</p> <p><a href="#">Enter</a></p>
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Donations


 <p>14 Days Left</p> <p>Donation Locks of Love</p> <p>Donation goal \$5000.00</p> <p>Coin goal 25,000,000</p> <p><a href="#">View Details</a></p>	 <p>14 Days Left</p> <p>Donation Pencils of Promise</p> <p>Donation goal \$5000.00</p> <p>Coin goal 25,000,000</p> <p><a href="#">View Details</a></p>	 <p>14 Days Left</p> <p>Donation Opportunity International</p> <p>Donation goal \$5000.00</p> <p>Coin goal 25,000,000</p> <p><a href="#">View Details</a></p>	 <p>14 Days Left</p> <p>Donation Healthier Generation</p> <p>Donation goal \$5000.00</p> <p>Coin goal 25,000,000</p> <p><a href="#">View Details</a></p>
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Step 18: Start earning rewards (up to \$150 maximum annually)!

Available

**Do this to earn the full \$150!**




### Real Appeal

 \$150 Gift Card Credit |  350 Rally Coins

Make healthy diet and lifestyle changes by completing a Real Appeal program milestone. If this is your first time or you've re-enrolled in the program this year, complete 9 sessions to reach a milestone. Otherwise, complete 3 sessions to reach a milestone.



[Register](#)

**Do one of these to earn \$75!**



### Complete 1 of the following programs


Complete 1 of 2 activities

 \$75 Gift Card Credit |  200 Rally Coins



Complete a Wellness Coaching Program or three Rally missions to earn your reward.

[View Details](#)

**Do this to earn \$75!**



### Complete a Biometric Screening

 \$75 Gift Card Credit |  250 Rally Coins

You may complete your biometric screening between 1/1/2022 and 11/30/2022. The biometric form must be received on or before 11/30/2022 or it will not be processed.

[Access Biometric Form](#)

# Help, FAQs, and Support

Find links to the Help Center at the bottom of each Rally page as shown

The screenshot shows the Rally website navigation menu with five tabs: Quick Links, Find Care & Costs, Health Plan, Activities, and Rewards. The Quick Links tab is active and contains the following links: Help Center & FAQs, Resources, My Profile, Settings, and Language - English. An orange arrow points from a text box to the 'Help Center & FAQs' link. Below the navigation menu is the 'CONTACT SUPPORT' section, which includes the text: 'Rally Support Specialists are here to assist you via phone! However, if you'd prefer to leave an email, please click below.' Below this text is the 'PHONE' section, which includes the text: 'Help from 8am - 9pm CT' and a button with a phone icon and the number '(877) 484-7013'. An orange arrow points from a text box to the phone icon. At the bottom of the contact support section, there is a link: 'Help in 2-3 business days, please click [here to submit a case](#)'.

**Quick Links**

- Help Center & FAQs
- Resources
- My Profile
- Settings
- Language - English

**Find Care & Costs**

- Overview

**Health Plan**

- Summary

**Activities**

- Dashboard
- Missions
- Challenges
- Communities

**Rewards**

- Rally Rewards
- Marketplace

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Terms | Privacy | HIPA

## CONTACT SUPPORT

Rally Support Specialists are here to assist you via phone!  
However, if you'd prefer to leave an email, please click below.

### PHONE

Help from 8am - 9pm CT

[\(877\) 484-7013](#)

Help in 2-3 business days, please click [here to submit a case](#)

# Other Helpful Tips

- You must be an active employee enrolled in a GHP medical plan whose company is enrolled in GHP Wellness Connections to participate
- Register with the first and last name shown on your ID card (or, if you are the spouse of the insured, use the first and last name you used in your medical plan enrollment)
- Register with the full 12-digit ID number shown on your ID card
- Enroll in Rally with a different email address from your spouse
- If you have used Rally with a previous employer, you *must* register with a different email address
- Do not attempt to use either biometric screening option for someone else – each is uniquely barcoded with your personal information
- Ensure you are using the latest version of your internet browser
- Unblock pop-ups in your internet browser – if you don't know how, ask your IT department or do a quick internet search
- Email GHP Wellness Connections at [wellnessconnections@ntca.org](mailto:wellnessconnections@ntca.org) with any additional questions