

RALLY<sup>SM</sup>

# Getting Healthier Just Got Easier



**Rally<sup>SM</sup> can help you get healthier, one small step at a time.**

We'll show you how to make simple changes to your daily routine, set smart goals for yourself, and stay on target. You'll get personalized recommendations to get you moving more, eating better, feeling happier — and you'll have fun doing it.

Start with our quick Health Survey. We'll tell you your Rally Age, a measure of your overall health, and recommend Missions for you — simple activities designed to immediately improve your diet, your fitness, and your mood. Start easy, and level up when you're ready.

Plus, on Rally there are lots of ways to earn Rally Coins, which you can use for a chance to win awesome rewards. Rack up coins for joining Missions, pushing yourself in a Challenge — even just for logging in every day!

**It's time to Rally.**

Register now at [HealthAlliance.WeRally.com](https://HealthAlliance.WeRally.com)



Get Your Rally Age



Build Better Habits



Win Cool Stuff

