

1

## Register and create your Rally profile.

If you're a first-time user, get started by following the onscreen instructions. It'll take just a few moments to create a username that's fun and memorable (but not your real name) — and choose an avatar to participate in Rally's online communities and other activities. If you're already a Rally member, just log in!



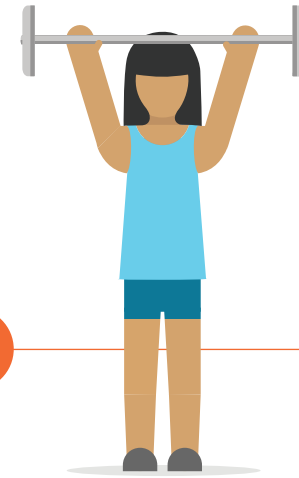
2



## Take the health survey.

Once you've logged in, your Rally experience begins with an easy, fun health survey designed to help you better understand your overall health. After you complete the survey, you'll receive your Rally Age, a number that indicates how your health age compares with your actual age and gives you a snapshot of your overall health.

3



## Get personalized recommendations.

Now that you have your Rally Age, you'll receive personalized recommendations to help you live healthier for the long term — including well-being programs, everyday activities called missions, and friendly competitions called challenges.



4

## Choose healthy activities to hit your goals.

Rally makes it easy to take your pick from a wide variety of missions designed to help improve your fitness, diet, even your mood. Start simple, then work your way up to more demanding options when you're ready. Rally also offers a range of challenges to help push you to the next level. Whatever your interests, there's a challenge for you. Compete against friends and other Rally members, or go for a personal best. The coolest part is, you'll earn Rally Coins with every milestone you reach on your journey to better health.

5

## Get rewarded for getting healthy.

By taking healthy actions and achieving your goals, you'll earn Rally coins, which can be redeemed for great rewards.



6



## Dive into communities.

Communities is one of the most popular features on Rally, where you can interact with other members in a positive, friendly environment. From diet and fitness to sleep, back pain and even relationships, members can share their experiences and offer tips, motivation, and support.