


For help with your tracking device or joining a challenge, call 877-818-5826.

Mobile

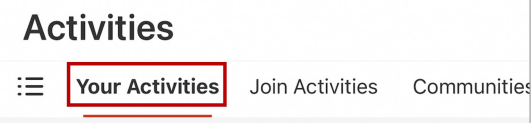
1 Download the Rally app by searching for “Rally Health” in the app store of your mobile device.

2 Select **Log in**. Enter your email address and password.

3 On the **Home** screen click **Activities** located at the bottom.

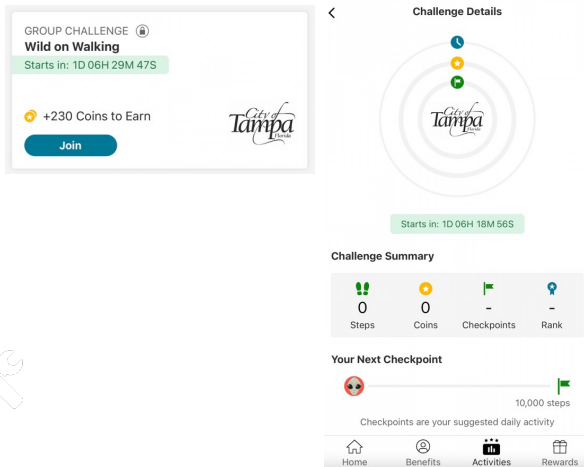


4 On the **Activities** screen, select **Your Activities** if it's not already selected.

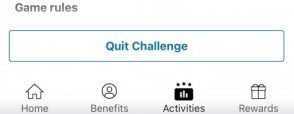


5 Under **Your Activities** you will see the **Wild on Walking** challenge, select **Join**.

6 If you haven't setup a tracking device, please do so by going to the Home screen, select the **Settings** icon then select **Health Trackers > Setup a Tracker**



7 If you want to quit a challenge after you have joined. While in the challenge details, click on **More Info** at the bottom. Then you will see the option to **Quit Challenge**.



Desktop

- 1** You will access Rally from the myUHC website via your web browser.
- On the **Home** page, click on the **Activities** tab then **Challenges**. On the **Challenges** platform you will see the **Wild on Walking** challenge, click **Join**.

