

RALLY®



Access Better Health Anytime, Anywhere

Get the Rally® app, where you can take charge of your health in one simplified experience. Use a single dashboard to track all your health activities, rewards, personalized recommendations, and more. Sync your favorite health trackers, too.



See Your Health Profile

Take a quick Health Survey to see how you're doing in vital areas like nutrition, fitness, and stress.



Focus on Your Goals

Choose areas to focus on, set goals, and track your progress – right in the app. Get recommendations to build healthy habits, too.



Earn Rally Rewards

The coolest part? You can earn Rally Coins every step of the way — and redeem them for a variety of rewards.

New to Rally? Download the Rally app, then register using code YMCA01.

Already on Rally? Just download the app and log in.



YMCA Employee Benefits

Rally is available to you at no additional cost as part of your employee health benefits.

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