



# Small steps. Big rewards.

Rally Engage gives you meaningful rewards when you work toward achieving your health goals.



The more you do, the better you'll feel — all while getting rewarded for your work. Download the app to get started.



## Get a snapshot of your health

Take the health survey to better understand your overall health and set achievable, everyday goals to improve your health.



## Create new habits

Choose areas of focus, set goals and track your progress as you support your health, from activity and diet to emotional well-being.



## Get rewarded

Rally Engage has simple ways to improve your health and earn rewards along the way.

## Get started

Visit [ymca.rallyengage.com](https://ymca.rallyengage.com)



## On your phone?

Download the **new** Rally Engage app and sign in with your HealthSafe ID®



**YMCA EMPLOYEE BENEFITS**  
A nonprofit benefit Plan exclusively  
serving YMCAs since 1970.

Rally is available to you at no additional cost as part of your employee health benefits. To learn more about your employer reward program, check out the Employer Rewards section on your dashboard. Rally Rewards Rules apply to any rewards you earn.

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