



# Small steps to better health



Sometimes, we can all use a little extra motivation. Rally Engage is a digital experience that makes it fun and easy to stay healthy while getting rewarded along the way.

With in-app programs like Stride, you can set a daily step goal to your level of physical activity, track your progress and step your way to rewards.



## Set your daily step goal

Choose your activity level and adjust your step goal as you go.



## Track and sync your progress

Count every step you take throughout the day using your mobile device, activity tracker, or favorite fitness app. You can also go back and look at your previous step totals for extra motivation.



## Earn employer rewards

Earn \$25 each month with the YMCA Employer Rewards program for reaching your Stride step goals.



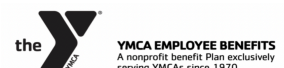
## Don't have the Rally Engage app yet?

Download it today and sign in with your HealthSafe ID®.

---

Get started at  
**[ymca.rallyengage.com](https://ymca.rallyengage.com)**

Go to your **Rewards** tab after signing in to Rally Engage and join Stride.



Rally is a voluntary program. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. Talk to your doctor before significantly increasing your level of activity, particularly if you have a medical condition or have been inactive. Participation in the health survey is voluntary. Your health information is kept confidential in accordance with the law. The service is not an insurance program and may be discontinued at any time. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. All trademarks are the property of their respective owners.

© 2025 Rally Health, Inc. Rally and the Rally logo(s) are trademarks of Rally Health, Inc., 1 Health Drive, Eden Prairie, MN 55344 [rallyengage.com](https://rallyengage.com) WF13153828 333457-112024 OHC