



## BETTER HEALTH IN YOUR HANDS



**Introducing Rally®** — an easier way to improve and maintain your health. Based on your responses to the quick Health Survey, Rally will offer personalized recommendations to help you move more, eat better and feel great.

Use Rally on the web or download the app for the convenience of Rally on the go. The Rally Health app is available in the App Store (iOS) or on Google Play (Android).

### Get started today:

1. Go to [www.SouthCarolinaBlues.com](http://www.SouthCarolinaBlues.com)
2. Log in to your My Health Toolkit® account
3. Select Wellness, then Rally

**Already a Rally User? Search “Rally Health” to download mobile app.**



See all your Missions at a glance

Track your progress

Earn and redeem Rally Coins

Join challenges and go for the gold



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

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South Carolina