

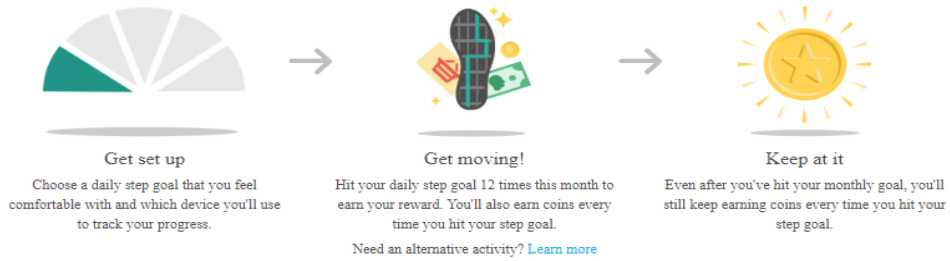
# **BONUS WELLNESS PROGRAM – Stride Program**

Stride provides incentives for taking healthy actions through daily exercise. It monitors the number of steps you take or the motion if you are cycling. The program recognizes that each person is different, so it offers a number of options to obtain the incentive reward.

Get started with Stride by logging into your Rally account and clicking on the Employer Reward Page. On the Rewards page under Program Activities, you will see the Stride Program listed – click on “View Details” and then “Get Started” to enter the activity experience.

- 1) You will be prompted to select your daily step goal:
  - Light – 5,000 steps
  - Moderate – 6,250 steps
  - Somewhat active – 8,750 steps
  - Active – 10,000 steps
  - Very Active – 12,500 steps
- 2) You will then be prompted to sync your motion tracking device. Please note that devices are required to participate in Stride. If you do not have a wearable device, you can sync with Rally mobile via your smartphone to track your steps. If you plan on getting your “steps” in through cycling, you may want to consider the following:
  - a. Since a rider's arm does not move as much, you may want to take your device and put it in a pocket or tuck it in the leg of your bike shorts. This tracks the movement as you pedal.
  - b. Strava is also a popular app with cyclists and available to sync with Rally. You can use the GPS feature. It will convert to the miles of the ride to an equivalent in steps for Stride.
- 3) The last step is to confirm your experience – noting the step goal selected and the device you will be syncing with.
  - a. Once you have set up the activity and launched it, you can sync your device as well as track your daily steps, your reward status and coin earnings
  - b. You can earn the monthly incentive of \$20 once you achieve your step goal for 12 days within the month. You may “cash in” your reward for gift cards once you earn them or accumulate them during the calendar year, but you may not carry over to another calendar year.
  - c. You will also receive Rally coins each day you check in and more Rally coins for every day you reach your daily goal, regardless of whether or not you achieve the 12 days of reaching your goal within a month.

Here's how it works:



**NEED HELP WITH STRIDE?**

**8am – 10pm CST, Monday – Friday**

**(844) 334-4944**

**Or online at the Prevention and Wellbeing Consumer Support Center**

**<https://helpcenter.werally.com/rally/s/contactsupport>**