



YOUR GUIDE TO RALLY COINS

How to Earn and Spend Your Coins*

You now have access to Rally®, which makes it easy to take charge of your health by putting your GEHA benefits and programs in one place. Every healthy action you take on Rally – from logging in to working out – earns you Rally Coins. From there, it’s easy to exchange your Coins for discounts on top-brand goods and services and even donate to your favorite causes.

Earning Rally Coins

There are all sorts of easy ways to earn Rally Coins — it’s really up to you.

Activity	Coins Earned	Details
Log in to Rally	5 Coins	Logging in
	10 Coins	Logging in 2 days or more in a row
Complete the Health Survey	150 Coins	Complete the Rally Health Survey (one per calendar year)
Participate in Missions Choose from a range of everyday activities to help improve your fitness, diet, and mood.	10 Coins	Successfully complete a daily mission objective
	20 Coins	Successfully complete a weekly mission objective
	75 Coins	Successfully complete a mission
Participate in Challenges Compete against friends or go for a personal best with these friendly competitions.	100 Coins	Coming in 1st in a public challenge
	75 Coins	Coming in 2nd in a public challenge
	50 Coins	Coming in 3rd in a public challenge
	5 Coins	Reach an in-challenge achievement
	10 Coins	Reach one of the last five in-challenge achievements
	10 Coins	Check into a challenge with a device

Members who are eligible for GEHA Wellness Rewards can also earn additional Rally Coins for completing the following activities:

Activity	Coins Earned	Details
Coaching or Activity Programs	350 Coins	Complete an Online Wellness Coaching Program
	350 Coins	Complete Quit For Life
	350 Coins	Complete Real Appeal
	250 Coins	Complete 12x per month Step Activity in Stride
	300 Coins	Complete 3 Rally Missions
Preventive Screenings or Online Doctor Visit	400 Coins	Complete an Annual Physical
	400 Coins	Complete a Biometric Screening
	400 Coins	Complete a First Trimester Prenatal Visit
	200 Coins	Get a Flu Shot
	150 Coins	Complete a Mammography Screening
	150 Coins	Complete a Colorectal Screening
	150 Coins	Complete a Cervical Screening
200 Coins	Complete a MDLIVE Online Visit	
Complete a Quiz	150 Coins per quiz	Earn an extra 200 coins for completing all 5 quizzes

Ways to Spend Your Rally Coins

The only thing better than earning Coins? Spending them! Here's how:

Rally Marketplace™

Redeem your Coins for sweet discounts on name-brand goods and services.

Donations**

Team up with other GEHA members and donate to your favorite charities.

Log in to learn about all the ways you can earn and use your Rally Coins by checking the Rewards tab on Rally.

Earn more Coins today at
www.RallyHealth.com/GEHA

On your phone? Get the Rally Health® app and use code **GEHA1** if you're registering for the first time.

*Rally Coins are virtual and have no cash value, are non-negotiable, and cannot be redeemed either in whole or in part for cash. Check out Rally's Rewards Rules, which apply to any rewards you earn.

**Medicare members have access to Rally Marketplace™ but not to donations.