SimplyEngaged®: Gym Check-in and Physical Activity Check-in COVID-19 FAQ

These times call for flexibility as we all look for ways to adapt, stay active, and support each other. With that in mind and due to widespread gym closures, Rally Health® has temporarily introduced an alternative way to earn Gym Check-In rewards without having to visit a gym.

Q	A
What alternative options do I have for Gym Check-in during this time?	While many gyms and fitness centers are closed due to Covid-19, the Gym Check-in activity will be temporarily replaced with the Physical Activity Check-in in your member experience. All members should see the Physical Activity Check-in replacement as of May 1, 2020.
What is the Physical Activity Check-in?	This alternative reward activity is a mini survey consisting of a single question asking you what kind of physical activity you completed that day. None of the options involve going to the gym or any other place that would require coming in close contact with other people.
How do I participate?	Log in to your Rally web experience. The Physical Activity Check-in will appear on your Rewards Program overview page, and click "Let's go" to see the activity details page. From there, click "Check-in" to launch the mini survey, where you can choose any of the following 5 physical activities): • Took a virtual fitness class • Went for a walk, run, or bike ride • Played with my kids or pets • Used home workout equipment • Did housework or other home activities
Can I still earn my Gym Check-in rewards?	Just like Gym Check-in, you can complete the Physical Activity Check-In a minimum of 12X per month to earn your reward of $20 each month.
When will Gym Check-in be available again?	During COVID-19, we will continue to monitor state and federal regulations affecting gyms and fitness centers and will adjust our program in accordance to these and other health guidelines. Our top priority continues to be your health and well-being during these times.
What if I have more questions about Gym Check-in or Physical Activity Check-in?	Reach out to our support team by phone (855) 215-0230 or by email. Rally Support Specialists are available during extended business hours to assist you with questions or concerns.
Where can I read more about COVID-19?	The U.S. Centers for Disease Control and Prevention (CDC) is the primary source for the latest updates on COVID-19. For the most current information, please visit their site: https://www.cdc.gov/coronavirus/2019-ncov/index.html .

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