Rally™ Rewards

It pays to make healthy choices

Your employer wants to reward you for taking care of your health! Rally Rewards is a free incentive program that encourages you to take simple steps toward a healthier lifestyle. Rally is a product of Rally Health, Inc., an independent company that offers a digital health platform on behalf of your health plan.

How does it work?

Each activity on the next page has an associated reward. Complete the activity to earn the reward. It’s that easy!

Start by completing your Rally health survey. After your survey, you have until December 31 to complete additional activities and rack up rewards.

Who can participate?

Evening Post Industries employees and spouses who have primary coverage through BlueCross BlueShield of South Carolina can participate. Dependents are not eligible.

Your rewards dashboard

Log in to your Rally account and select the Rewards tab at any time to see eligible activities and track your progress.

- Go to www.SouthCarolinaBlues.com
- Log in to My Toolkit®
- Select the Wellness Tab, then select Rally

On your first visit to Rally, select “Sign Up” and follow the instructions to create your user account. Your health survey will automatically launch at the end of registration.

What can you earn?

By participating, you can earn up to $180 to redeem inside Rally’s Gift Card Marketplace, home to over 60 top retailers.
Ways to Earn Rewards

To get started:

Complete your health survey
Reward: $25 gift card
Take a fun and interactive health survey to get your Rally age — a number that can be higher or lower than your physical age based on your lifestyle and risk factors.

To take your health survey:
- Log in to your My Health Toolkit® account
- Select the Wellness tab, then select Rally.

To earn more rewards:

Have a wellness exam
Reward: $50 gift card
Complete your annual physical using an in-network doctor. Women may complete a routine physical or an annual gynecological exam. Once your doctor files the claim for your visit, you will receive your reward. Schedule your exam as far in advance as possible to ensure you receive the credit before the end of your benefit year.

Complete three Rally missions
Reward: $25 gift card
Improve the way you move, care, feel or eat by adding missions to your daily routine. You can choose missions as soon as you receive your Rally age. Make sure you follow the instructions to check in daily or weekly, your mission is complete!

Complete a Rally challenge
Reward: $25 gift card
Explore destinations around the U.S using your own steps on a virtual course. Sync your personal fitness device to track your daily progress. To get credit for this activity, make sure you hit your daily milestones for the entire length of the challenge.

Have a preventive screening
Reward: $25 gift card
See your doctor for a preventive screening, including a colonoscopy, prostate-specific antigen test (men) or a mammogram (women).