

How to log in and complete your Rally® Health Survey

Log in to My Health Toolkit®

1. Go to www.StateSC.SouthCarolinaBlues.com.
2. Log in to your My Health Toolkit member account.
 - If you have an existing account, enter your username and password, then click the green **Login** button.
 - If you do not have an account, select the orange **Register Now!** button and follow the instructions. You will need to provide your State Health Plan member ID, so have your insurance card handy.
3. Once logged in to your My Health Toolkit account, select the Wellness tab at the top.
4. Select the Rally link, then click **Sign up for Rally now!** This will take you to the Rally portal.

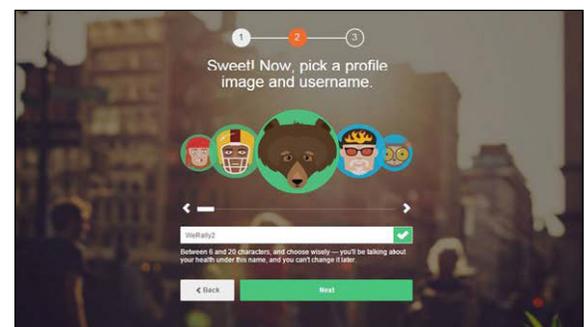
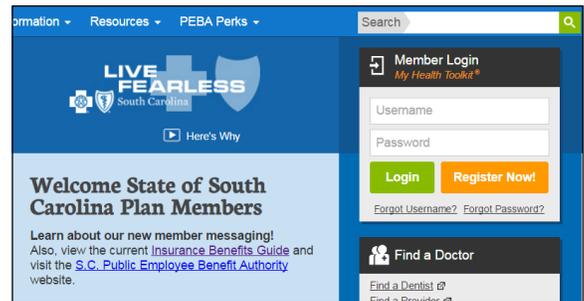
Create your Rally profile

On the Rally website, click the green **Sign Up** button.

5. Enter your email address and choose a password. Your password must be at least 8 characters, including at least one letter and one number.
6. Check the box to confirm you are over age 16, then click **Next**.
7. Pick a username and an avatar image. This is how you will appear to other Rally users. Then click **Next**.
8. Your health survey will launch automatically.

Rally will walk you through each step in the health survey, rewarding you with coins along the way! At the end, you'll receive your Rally Age and personalized recommendations based on your responses.

After you register and complete your health survey, download the Rally app to easily keep track of your health changes, check into Missions, see your progress in Challenges, use your Rally Coins and more - from the palm of your hand. Available for iOS and Android™.



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