

RivalHealth: Getting Started

How to Register

What You Will Need:

1. NCSHP Member ID card
 2. Worksite Promo Code →
- (IF covered by the State Health Plan)

1. NCSHP Members go to www.rivalhealth.com/ncshp
Non-NCSHP Members go to www.rivalhealth.com
2. Follow the registration instructions
3. Complete your profile set-up
4. Begin your journey!

WORKSITE PROMO CODES

State Health
Plan Member

NCSU

Non-State
Health Plan
Member

NM-NCSU

The Dashboard

How Am I Doing?

Displays your current RivalRating score and weight

Nutrition

Displays today's prescribed meal plan

Messages & Buzz

Interact with other users by sending messages and submitting buzz

Exercise

Displays today's prescribed fitness plan

RivalTV

Access RivalHealth's ENTIRE video library at your leisure!

Healthy News

Displays up-to-date news articles from RivalHealth's blog

RivalRiddle

A fun daily riddle to help keep you mentally sharp!

Challenges

Create or participate in individual and team challenges

Tip of the Day

A daily tip to help you make healthy choices through your day!



Take a FitIn



1. Select “[Take a FitIn](#)” on the Dashboard’s *How Am I Doing?* section **OR** click on the “[FitIn](#)” tab at the top of your Dashboard
2. Watch the FitIn video for guidance on how to take your first FitIn.
3. Omit movements you are unable to perform by clicking on the red cross  .
4. Note your goal repetitions next to each movement and **do your best!**

RivalRating – A simple patented metric that shows you how fit you are compared to others your age and gender with ‘100’ being average. Below ‘100’ means you have some work to do and above ‘100’ means that it’s time to help someone else to become more physically fit. Complete a FitIn to determine your RivalRating!



NC State University
Type: Personal
2 Team Members



Create a Team

1. Select the “[Teams & Challenges](#)” tab at the top of your Dashboard
2. Add a new team by clicking the blue cross  next to “Your Teams”
3. Complete the three-step ‘Create a Team’ process
4. Send your invitations and engage with your teammates!



THE Rival Exercise
Challenge

Enter your actual min(s)

Submit



Create a Challenge

1. Select the “[Teams & Challenges](#)” tab at the top of your Dashboard
2. Add a new challenge by clicking the blue cross  next to “Your Current Challenges”
3. Complete the five-step ‘Create a Challenge’ process
4. Send your invitations and engage with your teammates!

Sync an Activity Tracker

1. Select “[Activity Trackers](#)” from the profile dropdown menu (located under your name at the top right of your Dashboard)
2. Read the pop-up message and select “[Connect Now](#)”
3. Select your desired activity trackers by clicking “[Connect +](#)”
4. Once your activity trackers are connected, you may sync them to challenges by re-visiting the “[Activity Trackers](#)” section in the profile dropdown menu.



*Please note that each challenge may have only have **one** activity tracker synced to it at any given time.

**Please also note that syncing an activity tracker may take up to 24-hours to process successfully.