

# Physical Activity Check-in Guide

## Fitness Reimbursement Program

Kiewit employees and their spouses can earn \$25 each month they work out at least six times. That's a total of up to \$300 per year. The program was designed to help employees pay for gym memberships but was expanded as a result of the COVID-19 pandemic to reward employees for getting some exercise. Workouts no longer need to be done at a fitness facility — they can be virtual classes, home workouts, a walk with the family or even doing household chores. To earn rewards, participants must record their physical activity each month. Below are detailed instructions.



### Rally App

1. Log in to the Rally app and click on Rewards in the lower navigation bar.
2. From the top navigation bar, select Program Activities.
3. Click on View Details under Physical Activity Check-in.
4. Click Check-in
5. Click Check-in again.
6. Select the type of activity you completed.

