



# Find Your Feel-Good

Navigate your way toward better well-being with WebMD ONE,  
powered by **Healthy County**.

## Discover health and happiness

WebMD ONE can help guide you toward your healthy place. Whether you'd like to spend more time in nature, in the comfort of your home or in the company of loved ones, we offer exciting new tools that can help you enjoy better well-being and experience more feel-good moments in your life.

### Map your way toward well-being with proven resources:

- **ONE Health Assessment** – Receive a personalized report on your health along with steps to help you improve it.
- **Daily Habits** – Start a plan and begin creating a new healthy habit. Focus on increasing your level of exercise, getting better sleep and so much more!
- **Community** – Be part of a support system. Share helpful tips, discuss your experiences, and join conversations that will help you stay engaged in your health goals.
- **Rewards** – Earn rewards for working toward your personal well-being goals and completing healthy activities.
- **Media library** – Watch videos and listen to podcasts on well-being topics.
- **Device and App Connection Center** – Connect a fitness device or app to automatically upload your activity.
- **Personal Health Record** – View all of your health information in one place.

### Download our app, Wellness At Your Side

Work toward your well-being goals anytime, anywhere.

1. Visit the Apple App Store or the Google Play Store and search for “Wellness At Your Side.”
2. Download and open the app, then enter your connection code: **county**.
3. Register a new account on the WebMD ONE portal and personalize your experience by answering a few questions about your health goals.



Questions? Call WebMD Customer Service at (877) 855-9430,  
Monday – Friday 7:30 am – 7:00 pm CT.

[www.county.org/WebMDONE](http://www.county.org/WebMDONE)

