

# 2024 Healthy County Rewards Program

## Earn Rewards and Improve Your Health

Whether you'd like to spend more time in nature, in the comfort of your home or in the company of loved ones, Healthy County offers exciting new tools that can help you enjoy better well-being and experience more feel-good moments in life. Plus, you can earn up to 75 points, redeemable for rewards, with WebMD ONE, powered by Healthy County.

Required Activity: Complete the **ONE Health Assessment** to unlock your Healthy County Rewards earning potential.

Get Started and Learn about Your Health	Up to 20 points
Download and connect through the Wellness at Your Side App	5
Sync a Device	5
Complete an Annual Physical or Cervical/Prostate	10
Engage in the Support You Need	Up to 40 points
Complete a Daily Habits Plan (up to 3 times)	30
Engage with Livongo	10
Engage with Omada Health	10
Engage with Wondr Health	10
Contests	Up to 60 points
<b>Best Foot Forward</b> (January 15 – March 3) Log 6,000 steps or 30 minutes of exercise per day for 30 days.*	15
<b>Spring into Action</b> (April 1 – May 12) Log 6,000 steps or 30 minutes of exercise per day for 30 days.*	15
<b>Walk &amp; Stroll</b> (June 3 – July 28) Log 7,000 steps or 45 minutes of physical activity per day for 40 days.**	15
<b>Move for a Mission</b> (September 9 – November 3) Log 7,000 steps or 45 minutes of physical activity per day for 40 days.**	15

To learn more, go to [www.county.org/WebMDONE](http://www.county.org/WebMDONE). To redeem your points, click on the Online Rewards card under the Take Action section.

Questions? Review our [How to Guides](#), call WebMD Customer Service at **(877) 855-9430**, Monday – Friday 7:30 am – 7:00 pm CT or click “Contact Us” at the bottom of the website page.