

Walk & Stroll Healthy County Contest

Elevate your workout routine with activities you enjoy during the Walk & Stroll contest with WebMD ONE, powered by Healthy County. Plus, for completing the contest you'll earn 15 reward points.*

How It Works

- Participate in the challenge from June 3 – July 28
- Log 280,000 steps or 1,800 minutes of physical activity. That breaks down to 7,000 steps or 45 minutes of physical activity for 40 days to hit the goal!
- Track your progress on the Healthy County Rewards page
- Earn 15 reward points*

By enjoying your exercise routine, you'll be more likely to stick with it and experience benefits like increased energy, a better mood, a good night's rest and much more.

Contest Tips

- For the best experience and to earn 5 points, download and connect through the Wellness At Your Side app.** Connection code: **county**
- Sync your device to WebMD ONE to automatically track your progress.
- If you sync a device, log in regularly to ensure your steps or minutes are recorded.

Participate in the Walk & Stroll Contest

To learn more, go to
www.county.org/WebMDONE



Questions?

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.

Don't forget to complete the **ONE Health Assessment** to unlock your Healthy County Rewards earning potential.

*To complete the contest, you must complete the steps goal or the activity minutes goal. Progress towards the two goals cannot be combined. You must complete one or the other.

**You can only earn this reward once.