

# 2024 Healthy County Contests

Whether you're a fast walker, foot shuffler or anything in-between—physical activity can help ease stress, improve sleep, and provide a more positive outlook on life. Plus, with Healthy County you can earn up to 75 points in 2024 with WebMD ONE, powered by Healthy County.

To learn more, go to [www.county.org/WebMDONE](http://www.county.org/WebMDONE)

## Best Foot Forward

**January 15 - March 3**

Log 6,000 steps or 30 minutes of exercise per day for 30 days.

EARN 15 POINTS\*

## Spring into Action

**April 1 - May 12**

Log 6,000 steps or 30 minutes of exercise per day for 30 days.

EARN 15 POINTS\*

## Walk & Stroll

**June 3 - July 28**

Log 7,000 steps or 45 minutes of physical activity per day for 40 days.

EARN 15 POINTS\*\*

## Move for a Mission

**September 9 - November 3**

Log 7,000 steps or 45 minutes of physical activity per day for 40 days.

EARN 15 POINTS\*\*

## Contest Tips

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

**Questions?** Call WebMD Customer Service at **(877) 855-9430**, Monday – Friday 7:30 a.m. – 7:00 p.m. 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 30-day steps goal or the activity minutes goal. Progress towards the two goals cannot be combined. You must complete one or the other. The 30-days do not need to be consecutive.

\*\*To complete the contest, you must complete the 40-day steps goal or the activity minutes goal. Progress towards the two goals cannot be combined. You must complete one or the other. The 40-days do not need to be consecutive.

