

# Move for a Mission Healthy County Contest

Discover what moves you during the Move for a Mission contest from 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 September 9 – November 3
- 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 and you'll hit the goal!
- Track your progress on the Healthy County Rewards page
- Earn 15 reward points\*

Find an activity you love! You can hit the gym, take to the wilderness or simply run around with your kids. All that matters is you find something you enjoy and stick to it.

## 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 Move for a Mission Contest

To learn more, go to

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



Or scan the QR code to download the Wellness At Your Side app.

## 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.