

2025 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 tools and resources 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 45 points
Login to WebMD ONE, powered by Healthy County	5
Download and connect through the Wellness at Your Side App*	5
Sync a Device*	5
Complete an Annual Physical or Cervical Exam	15
Complete a Colonoscopy, Mammogram, PSA Test or Preventative Dental Exam	10
Engage in the Support You Need	Up to 40 points
Complete a Daily Habits Plan (up to 3 times)	30
Engage with Teladoc Health	10
Engage with Omada Health	10
Engage with Wondr Health	10
Contests	Up to 60 points
Staying Alive in 2025 (January 13 - March 2) Log 180,000 total steps or 900 total minutes during the 30-day contest.**	15
Walk this Way (March 31 - May 11) Log 180,000 total steps or 900 total minutes during the 30-day contest.**	15
Too Legit to Sit (June 2 - July 27) Log 280,000 total steps or 1,800 total minutes during the 40-day contest.**	15
Falling for Fitness (September 8 - November 2) Log 280,000 total steps or 1,800 total minutes during the 40-day contest.**	15
Wellness From Within Challenge (Stay tuned for details.)	15

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

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.