



# Falling For Fitness Healthy County Contest

Get ready to enjoy the cooler weather outdoors by participating in the **Falling For Fitness** contest from WebMD ONE, powered by **Healthy County**. Plus, for completing the contest, you'll earn 15 reward points.\* You can earn up to 75 points, redeemable for merchandise or gift cards, for completing other healthy activities.

## Here's how it works

- Participate in the contest from September 8 – November 2.
- Log 280,000 total steps or 1,800 total minutes during the 40-day contest. That breaks down to 7,000 steps or 45 minutes of physical activity per day for 40 days.
- Track your progress on the Healthy County Rewards page or “pin” Health Goals on the homepage to quickly see how many steps or minutes you've logged during the contest.
- Earn 15 reward points.\*

## 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 and earn 5 points.\*\*
- If you sync a device, log in regularly to ensure your steps or minutes are recorded.

## Participate in the Falling For Fitness Healthy County Contest

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



Scan the QR Code to download the Wellness At Your Side app, connection code: **county**.

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. Complete the ONE Health Assessment to be eligible to earn rewards.

\*\*You can only earn the App Download and Sync Your Device rewards once.