

Walk this Way Healthy County Contest

Walk your way when you participate in the **Walk this Way** 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 March 31 - May 11.
- Log 180,000 total steps or 900 total minutes during the 30-day contest. That breaks down to 6,000 steps or 30 minutes of physical activity per day for 30 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.

*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.

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



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