

2025 Healthy County Contests

Find an activity you love! You can hit the gym, take to the wilderness or play with your kids. All that matters is you find something you enjoy and stick to it. Plus, with Healthy County you can earn up to 75 points in 2025 with WebMD ONE, powered by Healthy County.



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

Staying Alive in 2025

January 13 - March 2

Log 180,000 total steps or 900 total minutes during the 30-day contest.

*EARN 15 POINTS**

Walk this Way

March 31 - May 11

Log 180,000 total steps or 900 total minutes during the 30-day contest.

*EARN 15 POINTS**

Too Legit to Sit

June 2 - July 27

Log 280,000 total steps or 1,800 total minutes during the 40-day contest.

*EARN 15 POINTS***

Falling for Fitness

September 8 - November 2

Log 280,000 total steps or 1,800 total minutes during the 40-day contest.

*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.

***You can only earn this reward once.

