

Staying Alive in 2025 Healthy County Contest

Explore what makes you truly come alive when you participate in the **Staying Alive in 2025** contest from WebMD ONE, powered by **Healthy County**. Plus, for completing the contest, you'll earn 15 reward points.* Keep the vibe alive!

Here's how it works

- Participate in the contest from January 13 - March 2.
- 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.
- 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 Staying Alive in 2025 Healthy County Contest

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.

*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.