

2026 HEALTHY COUNTY CONTEST



Want to spend more quality time with loved ones? Want to enjoy more time in nature? You can by participating in the **2026 Healthy County contests**.

Plus, you can earn up to \$75, redeemable for merchandise or gift cards, for completing other healthy activities, like participating in contests and challenges, completing annual or preventative exams and much more.* Don't forget to complete the ONE Health Assessment to unlock your Healthy County Rewards earning potential.

Frost Fit Challenge

January 12 – March 1 • Earn \$15*

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

Strive to Thrive

March 23 – May 10 • Earn \$15*

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

We Like to Move It

June 1 – July 26 • Earn \$15**

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

Harvest Your Health

October 12 – December 6 • Earn \$15**

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

CONTEST TIPS

- For the best experience, download and connect through the Wellness At Your Side app. Earn \$5 the first time you download the app. Connection code: **county**.
- Sync your device to WebMD ONE to automatically track your progress. Earn \$5 the first time you sync your device.
- 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.

To learn more, go to the Rewards page on www.county.org/WebMDONE

*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. You must complete one or the other. Complete the ONE Health Assessment to be eligible to earn rewards.

**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 must complete one or the other. Complete the ONE Health Assessment to be eligible to earn rewards.

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Stronger.
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Healthy and Financially Resilient People

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