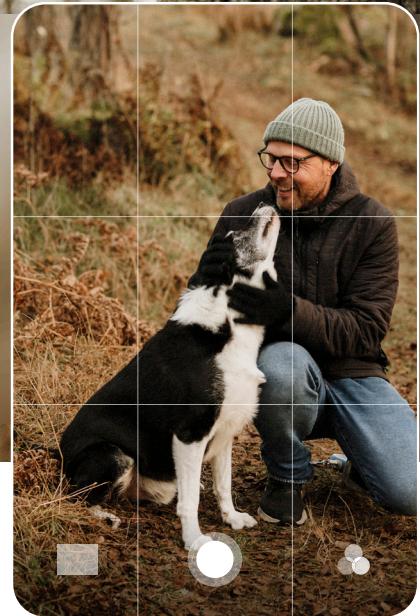# IMPROVE YOUR HEALTH AND EARN REWARDS

Enjoy a life that's filled with inspiration, connection, relaxation and exploration! WebMD ONE, powered by **Healthy County**, offers tools that can help you focus on the well-being goals that are meaningful to you.

Plus, you can earn up to $75, redeemable for merchandise or gift cards, for completing healthy activities.

Required Activity: Complete the **ONE Health Assessment** to unlock your Healthy County Rewards earning potential.

Get Started and Learn About Your Health	Up to 15 points
Log in to WebMD ONE, powered by **Healthy County**	5
Download and connect through the Wellness At Your Side App***	5
Sync a Device***	5
Enjoy multi-media within Content Hub (up to 2 times)	10
Preventive Exams	**Up to 45 points**
Complete an Annual Physical or Cervical Exam	15
Complete a Colonoscopy, Mammogram, PSA Test or Prostate Exam, or Preventive Dental Screening (10 points each)	40
Engage in the Support You Need	**Up to 40 points**
Complete a Daily Habits Plan (up to 3 times)	30
Engage with Teladoc Health	10
Engage with Omada Health	10
Engage with Wondr Health	10
Create a post in Community (up to 2 times)	10
Complete a Side Quest Adventure (up to 2 times)	10
Complete a Side Quest Duel (up to 2 times)	10
Contests and Challenges	**Up to 60 points**
Frost Fit (January 12 – March 1) – Log 180,000 total steps or 900 total minutes during the 30-day contest.*	15
Strive to Thrive (March 23 – May 10) –Log 180,000 total steps or 900 total minutes during the 30-day contest.*	15
We Like to Move It (June 1 – July 26) – Log 280,000 total steps or 1,800 total minutes during the 40-day contest.**	15
Invitational Team Steps Challenge – Registration: August 5 - 12, Warm-Up: August 12 - 18, Contest: August 19 - September 22. Log steps for 4 of 5 weeks of the challenge.	15
Harvest your Health (October 12 – December 6) – Log 280,000 total steps or 1,800 total minutes during the 40-day contest.**	15

To learn more, go to **www.county.org/WebMDONE** or scan the QR Code to download the Wellness At Your Side app, connection code: **county**.

Questions? Call WebMD Customer Service at **(877) 855-9430**, Monday – Friday 7:30 am – 7:00 pm CT or click "Contact Us" at the bottom of the website page.

Healthy County — Together. Better. Stronger.

TEXAS ASSOCIATION of COUNTIES
HEALTH AND EMPLOYEE BENEFITS POOL

*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.