

HEALTHY COUNTY STRIVE TO THRIVE CONTEST



Keep working toward well-being by participating in the **Healthy County Strive to Thrive Contest**.

Plus, for completing the contest, you'll earn \$15 in the Healthy County Rewards.* 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.

Here's how it works

- Participate in the contest from March 23 – May 10.
- Log 280,000 total steps or 1,800 total minutes during the 40-day contest. That breaks down to 7,000 steps or 45 minutes of physical activity per day for 40 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.*

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, like participating in contests and challenges, completing annual or preventative exams and much more.
- If you sync a device, log in regularly to ensure your steps or minutes are recorded.

PARTICIPATE IN THE HEALTHY COUNTY STRIVE TO THRIVE CONTEST

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

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 a.m. – 7:00 p.m. CT or click “Contact Us” at the bottom of the website page.

*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.