HEALTHY COUNTY

# HARVEST YOUR HEALTH CONTEST



Keep working toward well-being by participating in the Healthy County **Harvest Your Health 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 October 12 – December 6.
- 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 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.

## PARTICIPATE IN THE HEALTHY COUNTY HARVEST YOUR HEALTH CONTEST

To learn more, go to the Rewards page on **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. Complete the ONE Health Assessment to be eligible to earn rewards.

WebMD Health Services

Healthy County Together. Better. Stronger. Texas Association of Counties Health and Employee Benefits Pool

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