



2026 Countywide Wellness Challenge, Virtual Edition

Instructions and FAQs

The CWC Virtual Edition campaign allows employees to personalize their wellness journey through participation in wellness webinars across the six dimensions of wellness - with the opportunity to earn up to \$100* in reward cards.

Participate in live webinars or view select webinar recordings on the Employee Wellness Portal to earn credits toward CWC Virtual Edition rewards.

Find answers to Frequently Asked Questions and Instructions for accessing eligible webinar recordings below:

1. How do I get started earning rewards?

- **Register an account on the County of Los Angeles Employee Wellness Portal** by visiting LACountyGetsFit.com. If you already have an account, simply log in.
- **Go to Wellness Education in the Wellness Center** and enroll in live or recorded wellness webinars. Earn 60 credits for every 1 hour of webinar participation.
- **View webinars and complete the following:**
 - **For live webinars**, watch the entire webinar, answer all poll questions, and submit a survey to earn credit.
 - **For recorded webinars**, view the webinar recording on the [Employee Wellness Portal](#) in Wellness Education under **CWC Virtual Edition: Recorded Webinars** and pass the knowledge quiz to earn credit.
- **Earn 240 credits** between April 1st and June 30th to receive a \$50 reward card.
- **Earn 240 credits** between July 1st and September 30th to receive a second \$50 reward card.

For detailed information on rules and guidelines, view the [2026 CWC VE Rules and Guidelines](#).

2. Who is eligible for the rewards offered through this program?

County employees enrolled as direct subscribers in a County-sponsored medical plan are eligible to earn reward cards. Employees enrolled in union-sponsored medical plans, e.g., CAPE/Blue Shield, Local 1014, and ALADS, are welcome to view the webinars, but are not eligible to earn rewards.



3. What is required to earn webinar participation credit?

Employees can choose to participate in live webinars, view select recorded webinars on the Employee Wellness Portal at lacountygetsfit.com, or both. **For LIVE webinars**, credit is earned when an employee **(a)** attends the entire duration of a webinar, **(b)** answers all poll questions, if offered, during the webinar, and **(c)** completes and submits the survey at the end of the webinar. **For RECORDED webinars**, credit is earned when an employee **(a)** listens to the complete recording and **(b)** completes a knowledge quiz with a score of 80% or higher.

4. How do I access and earn credits for RECORDED webinars?

Steps 1 and 2 -- Click **Wellness Education** in the **Wellness Center** **(1)**. Click on the name of the recording you would like to view **(2)** listed under the category **"CWC Virtual Edition: RECORDED Webinars"**.

Wellness Center - Wellness Education

[Expand All](#) | [Collapse All](#)

CWC Virtual Edition LIVE Webinars: (Access the Wellness Activities page to view your credits)

COURSE NAME	TYPE	DUE DATE	AVAILABLE CREDITS	EARNED CREDITS	STATUS
CWC Virtual Edition: Live Webinar Registration	Elective		0		

CWC Virtual Edition: RECORDED Webinars

COURSE NAME	TYPE	DUE DATE	AVAILABLE CREDITS	EARNED CREDITS	STATUS
Cervical Cancer: What You Need to Know (RECORDING)	Elective		60		
Healing foods: Natural remedies to combat Chronic conditions (RECORDING)	Elective		60		
Love your Heart, Love your Health (RECORDING)	Elective		60		

Step 3 - Click on the **Play Webinar Recording** button **(3)**.

Cervical Cancer: What You Need to Know (RECORDING)

Note: Using the browser forward/back buttons will not save your progress, so they have been disabled. Please use the gray or blue buttons to navigate the course.

Table of Contents

[Play Webinar Recording](#)

[Take the Quiz](#)

Cervical Cancer: What You Need to Know

Find out the risk factors, signs and symptoms, treatment options for cervical cancer. Cervical Cancer is highly curable if caught early; learn how to decrease the chance of incurring this possibly deadly cancer.



Steps 4 and 5 -- Click the video button **(4)** to watch the entire webinar recording. After viewing the recording, click on the **Next** button **(5)**.

Cervical Cancer: What You Need to Know (RECORDING)

Menu Play Webinar Recording Save & Exit Section

Click on the video below to watch the webinar recording.

You will need to complete the quiz at the end of the recording. You must correctly answer 4 of the 5 questions to earn credit.

Click the **Next** button below to continue to the Quiz. Then click "Start Quiz".

(4)

RADIATION THERAPY

Preferred treatment for higher stage cervical cancers, with or without chemotherapy. Radiation therapy kills cancer cells by damaging their DNA.

59:24

Cervical Cancer: What You Need to Know

(5)

Next

Step 6 -- Click the Start Quiz button **(6)** to take the quiz.

Cervical Cancer: What You Need to Know (RECORDING)

Menu Take the Quiz

This is a scored quiz. You must answer 4 of 5 questions correctly to pass the quiz. Your progress will automatically be saved once you start the quiz.

(6)

Start Quiz

Please note that you can review course content while taking the quiz by using the blue "Menu" button in the top left. Your progress will be saved automatically, so you will be able to resume the quiz from where you left.



Step 7 -- After you answer each quiz question, click the **Next** button **(7)** to continue to the next question.

Cervical Cancer: What You Need to Know (RECORDING)

Menu Take the Quiz Save & Exit Section

What is not a stage of cervical cancer?

- ☐ Normal
- ☐ Early Stage
- ☐ Middle Stage
- ☐ Late Stage

Question 1 of 5

Next

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Step 8 -- After answering all questions, click the **Finish** button **(8)**.

Menu Take the Quiz Save & Exit Section

What medical prevention steps can you take?

(Please select all that apply)

- ☐ Blood Pressure Checks
- ☐ Pap Test
- ☐ HPV Vaccine
- ☐ Lipid Panel

Question 5 of 5

Back Finish



Step 9 -- Once you have passed the quiz, click the **Finish Course** button (9).

Cervical Cancer: What You Need to Know (RECORDING)

Menu Take the Quiz Save & Exit Section

Congratulations, you have passed this quiz.

You answered 4 out of 5 questions correctly.

Review your responses **Finish Course**

Step 10 & 11 -- If you do not pass the quiz, a “**Sorry, you have not passed the quiz**” statement will appear. You can click the “**Retry the Quiz**” button (10) to retake the quiz, or you can click on the “**Save & Exit Section**” button (11) to try again at a later date.

Sorry, you have not passed this quiz.

You answered 1 out of 5 questions correctly.
You must answer a minimum of 4 questions correctly to pass this quiz.

You can review the course sections by pressing the Table of Contents button located at the upper left.

Please retry the quiz.

Retry the Quiz **Save & Exit Section**

5. Where in the wellness portal can I see earned participation credits for RECORDED webinars?

Your credits for completing the recorded webinar will be displayed on the Wellness Education tab under the “**CWC – Virtual Edition: Webinar Recordings**” section. The “**Earned Credits**” column will show the number of credits earned, and the **Status** column will display a **green check mark**.

CWC Virtual Edition: RECORDED Webinars					
COURSE NAME	TYPE	DUE DATE	AVAILABLE CREDITS	EARNED CREDITS	STATUS
Cervical Cancer: What You Need to Know (RECORDING)	Elective		60	60	✓
Healing foods: Natural remedies to combat Chronic conditions (RECORDING)	Elective		60		



6. Where in the wellness portal can I see earned participation credits for LIVE webinars?

LIVE webinar credits will be posted after the webinar host verifies participation credit was earned. You can view credits earned by visiting the Wellness Activities page and looking under **Group Sponsored Activities**. Allow up to two weeks from the date of the webinar for credits to post. A green check mark under STATUS indicates credit was earned.

Wellness Center - Wellness Activities

Plan: 2026 COLA Wellness Plan - DEMO (1/1/2026 - 12/31/2026)

Show By: ☒ Category ☐ Priority ☐ Coming Due

Expand All | Collapse All

Group Sponsored Activities

ACTIVITIES	TYPE	DUE DATE	AVAILABLE CREDITS	EARNED CREDITS	STATUS
04/03/25 Attendance Verified - Ultimate Balancing Act: A Healthy Work/Life Balance (LIVE)	Elective		60	60	✓
04/08/25 Attendance Verified - How stress & nutrition affect your health (LIVE)	Elective		60	60	✓
05/01/25 Attendance Verified - Women's Health: Maintaining your Health at any Age (LIVE)	Elective		60		

7. Why didn't I earn participation credit for a LIVE or RECORDED webinar?

The Wellness Portal will indicate why you did not earn credit for a webinar. Go to the **STATUS** column, hover your pointer over the ⓘ, and a message will appear explaining why credit was not earned. Credits are only earned when completing all the requirements.

Reasons why an employee did not earn credit for LIVE webinars are as follows: a. did not attend, b. did not stay long enough, c. did not answer all poll questions, d. did not answer any poll questions, and/or e. did not submit a survey at the end of the webinar.

Group Sponsored Activities

ACTIVITIES	TYPE	DUE DATE	AVAILABLE CREDITS	EARNED CREDITS	STATUS
04/03/25 Attendance Verified - Ultimate Balancing Act: A Healthy Work/Life Balance (LIVE)	Elective		60	0	ⓘ
04/08/25 Attendance Verified - How stress & nutrition affect your health (LIVE)	Elective	Ineligible for Credit: did not attend entire duration of webinar			ⓘ
05/01/25 Attendance Verified - Women's Health: Maintaining your Health at any Age (LIVE)	Elective		60		

For RECORDED webinars, an ⓘ will display if the knowledge quiz was not passed.



8. What are some other possible reasons I am not seeing webinar participation credit? What can I do?
- a. The email address you provided upon initial registration at the LACountyGetsFit.com website does not match the email address used when registering to attend webinars. The emails must match. To update your email in your wellness portal account, follow these steps:
 - i. Log in to your account, then click **My Profile** in the portal navigation bar.
 - ii. Click the **“Next”** button in the notification box.
 - iii. Update your email address in ‘Edit Personal Profile’ and click the **“Submit Change Request.”**
 - b. The Employee ID you provided upon registering at the LACountyGetsFit.com website does not match the Employee ID you used when registering to attend webinars. If there is no email match, then your Employee ID is used as a secondary way to verify attendance. To update your Employee ID in your wellness portal account, please call 800.435.5023, extension 2, to speak to a team member who can confirm your identity and update your Employee ID.