



COUNTYWIDE FITNESS CHALLENGE 2021 *Virtual Edition*

A new day, a new you, in the new normal



The new Countywide Fitness Challenge (CFC) Virtual Edition pilot campaign offers employees the benefit of personalizing their wellness experience with virtual content designed to help meet overall health needs with the opportunity to earn rewards.

GET STARTED TODAY!

Visit the [Employee Wellness Portal](#) at lacountygetsfit.com to register an account. If you already have an account, simply log in. Once in the portal, go to the Wellness Education icon for a complete listing of CFC virtual activities.

JULY CFC VIRTUAL ACTIVITIES:

- JULY 21** [Working with Difficult People](#)
- JULY 28** [Guided Meditation: Take a Stress Reduction Break Wherever You Are](#)

EARN UP TO \$100 IN REWARD CARDS*

To earn rewards, enroll in the [Employee Wellness Portal](#) and start your CFC virtual activities! Earn a \$50 reward card when you participate in 4 hours of live wellness webinars from now through October 15th. Earn an additional \$50 card when you participate in 4 hours of live wellness webinars from October 16th through December 31st.

For more information on the CFC, Virtual Edition, Employee Wellness Portal, and Rewards [click here](#).



*Rewards are limited to employees who are direct subscribers in a County-sponsored medical plan and while supplies last. In accordance with applicable tax law, reward cards you receive will be reported by the County as taxable wages on your W-2, and applicable payroll taxes will be withheld from your regular pay.