



COUNTYWIDE WELLNESS CHALLENGE *Virtual Edition*



GET STARTED TODAY!

Visit the [Employee Wellness Portal](#) to register for an account. If you already have an account, simply log in. Once logged in, go to the Wellness Education page to view eligible webinar recordings and register for live webinars.

RULES, REQUIREMENTS, & FAQs

Visit the [CWC, Virtual Edition](#) page for complete details on registration, participation, eligible webinar recordings, and more.

NEW for 2024 - select recordings* available any time on the [Employee Wellness Portal](#) can also count towards rewards!

EARN UP TO \$100 in REWARD CARDS*

Earn a \$50 reward card when you participate in 4 hours of live or recorded* wellness webinars from April 1st through June 30th. Earn an additional \$50 reward card when you participate in 4 hours of live or recorded* wellness webinars between July 1st and September 30th.

*Only recordings located on the Employee Wellness Portal will count towards rewards.

APRIL CWC VIRTUAL EDITION EDUCATION



[Ready, Set Goal: Creating Healthy Habit](#)



[Paying Off Debt While Building Wealth](#)



[Basics of Estate Planning](#)



[Habits for a Healthy Weight and a Healthy Body](#)



[Love your Heart, Love your Health](#)



[Stress Less for Better Health](#)



To access eligible webinar recordings - log in at lacountygetsfit.com and choose from 12 recordings listed on the Wellness Education Page.



The *Countywide Wellness Challenge (CWC), Virtual Edition* campaign allows employees to personalize their wellness journey with the opportunity to earn rewards.

*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.

