

# RULES AND GUIDELINES

## FOR EARNING INCENTIVES

### For the 2022 Countywide Fitness Challenge (CFC), Virtual Edition

1. To earn reward cards, employees must be a direct subscriber in a County-sponsored medical plan offered through Anthem Blue Cross, Cigna, Kaiser Permanente, or UnitedHealthcare. If you are unsure of your medical plan or your enrollment status, you can access your employee benefit enrollment information at [www.mylacountybenefits.com](http://www.mylacountybenefits.com) or call the Employee Benefits Division at 213-388-9982, Monday – Friday, 8 am – 4 pm.
2. Participate in eligible wellness webinars listed on the Wellness Education Tab at [www.lacountygetsfit.com](http://www.lacountygetsfit.com). This list of wellness webinars can be updated during the year.
  - a. Between April 1<sup>st</sup> and June 30, 2022, attend and engage in four hours (=240 credits) of wellness webinars to earn one \$50 reward card
  - b. Between July 1<sup>st</sup> and September 30, 2022, listen to four hours (=240 credits) of wellness webinars to earn one \$50 reward card
  - c. If an employee does not reach the four hours by June 30<sup>th</sup>, those credits will carry over into the second reward period. However, that employee will only be eligible for one reward card for the entire 2022 Virtual CFC.
3. Participation credit is earned when an employee (a) attends the entire duration of a webinar, (b) answers the poll questions, if offered, during the webinar, and (c) completes and submits the survey at the end of the webinar.
4. Reward cards are awarded **on a first-come, first-served basis** while supplies last. **An employee could complete all the requirements, but still not receive an award if all reward cards have been exhausted.**
5. Reward cards are accessed through an electronic link to a website that offers many redemption options. You will receive an email with your reward card's unique electronic link, at the email address in your account profile.
  - a. To view and update your email address, follow these steps:
    - i. Log in to your account at [www.lacountygetsfit.com](http://www.lacountygetsfit.com), 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”**
6. If you have any questions about the reward process, contact: [support@mybenefitschannel.com](mailto:support@mybenefitschannel.com)