



GET STARTED TODAY!

To participate, 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.

View select webinar recordings* on the [Employee Wellness Portal](#) to earn credits towards your reward!

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



[Ultimate Balancing Act:
A Healthy Work/Life Balance](#)



[Basics of Estate Planning](#)



[How Stress & Nutrition
Affect your Health](#)



[Building Fitness into Your Day](#)



[Planning for Higher Education:
Options for Financing College](#)



[Strategies for 10,000 Steps A Day](#)



To access eligible webinar recordings - log in at [lacountygetsfit.com](#) and choose from 23 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.