



2025 Countywide Wellness Challenge (CWC), Virtual Edition

RULES AND GUIDELINES

Participate in live webinars or webinar recordings at any time, day or night, on the Employee Wellness Portal to earn credits toward CWC Virtual Edition rewards.

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 rewards. Detailed program information can be found in the *2025 CWC VE Instructions and FAQs* and on DHR's [Countywide Wellness Challenge Virtual Edition website](#).

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. Employees enrolled in union-sponsored medical plans, e.g., CAPE/Blue Shield, Local 1014, and ALADS, are not eligible to earn rewards. If you are unsure of your medical plan or your enrollment status, you can access your employee benefits enrollment information at 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 and earn credits toward two \$50 reward cards.
 - a. Employees can earn credit by participating in designated* recorded wellness webinars at any time, day or night, on the Employee Wellness Platform at www.lacountygetsfit.com (Wellness Education tab – Category: CWC Virtual Edition – Recorded Webinars). See the *2025 CWC VE Instructions and FAQs* for details.
 - b. Between April 1st and June 30, 2025, participate in a total of four hours (240 credits) of live and/or designated recorded* wellness webinars to earn one \$50 reward card.
 - c. Between July 1st and September 30, 2025, participate in a total of four hours (240 credits) of live and/or designated recorded* wellness webinars to earn one \$50 reward card.

*Only recordings located on the Employee Wellness Portal (lacountygetsfit.com) will count towards rewards.

If an employee does not complete the entire four hours of live and/or recorded webinars by June 30th, those credits will carry over into the second reward period. However, those using carried-over credits from the April 1st through June 30th timeframe will only be eligible for one 2025 Virtual CWC reward card.



3. For live webinars, participation credit is earned when an employee (a) attends the entire duration of a webinar, (b) answers the poll questions during the webinar, and (c) completes and submits the survey at the end of the webinar.

Participation credit is earned for recorded webinars when an employee (a) listens to the entire webinar recording and (b) completes and passes a knowledge quiz for that webinar. You must score 80% or higher to pass the quiz and receive credit.

4. Reward cards are limited and awarded **on a first-come, first-served basis** while supplies last.
5. Reward cards are accessed through an electronic link to a website that offers many redemption options. You will be sent an email with your reward card's unique electronic link to 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, 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