

# Find Your Feel-Good



Navigate your way toward better well-being with WebMD ONE, powered by **Healthy County**.



## Discover health and happiness

WebMD ONE can help guide you toward your healthy place. Whether you'd like to spend more time in nature, in the comfort of your home or in the company of loved ones, we offer exciting new tools that can help you enjoy better well-being and experience more feel-good moments in your life.

## Map your way toward well-being with proven resources:

- **ONE Health Assessment** — Receive a personalized report on your health along with steps to help you improve it.
- **Daily Habits** — Start a plan and begin creating a new healthy habit. Focus on increasing your level of exercise, getting better sleep and so much more!
- **Community** — Be part of a support system. Share helpful tips, discuss your experiences, and join conversations that will help you stay engaged in your health goals.
- **Rewards** — Earn rewards for working toward your personal well-being goals and completing healthy activities.
- **Media library** — Watch videos and listen to podcasts on well-being topics.
- **Device and App Connection Center** — Connect a fitness device or app to automatically upload your activity.
- **Personal Health Record** — View all of your health information in one place.

## Download our app, Wellness At Your Side

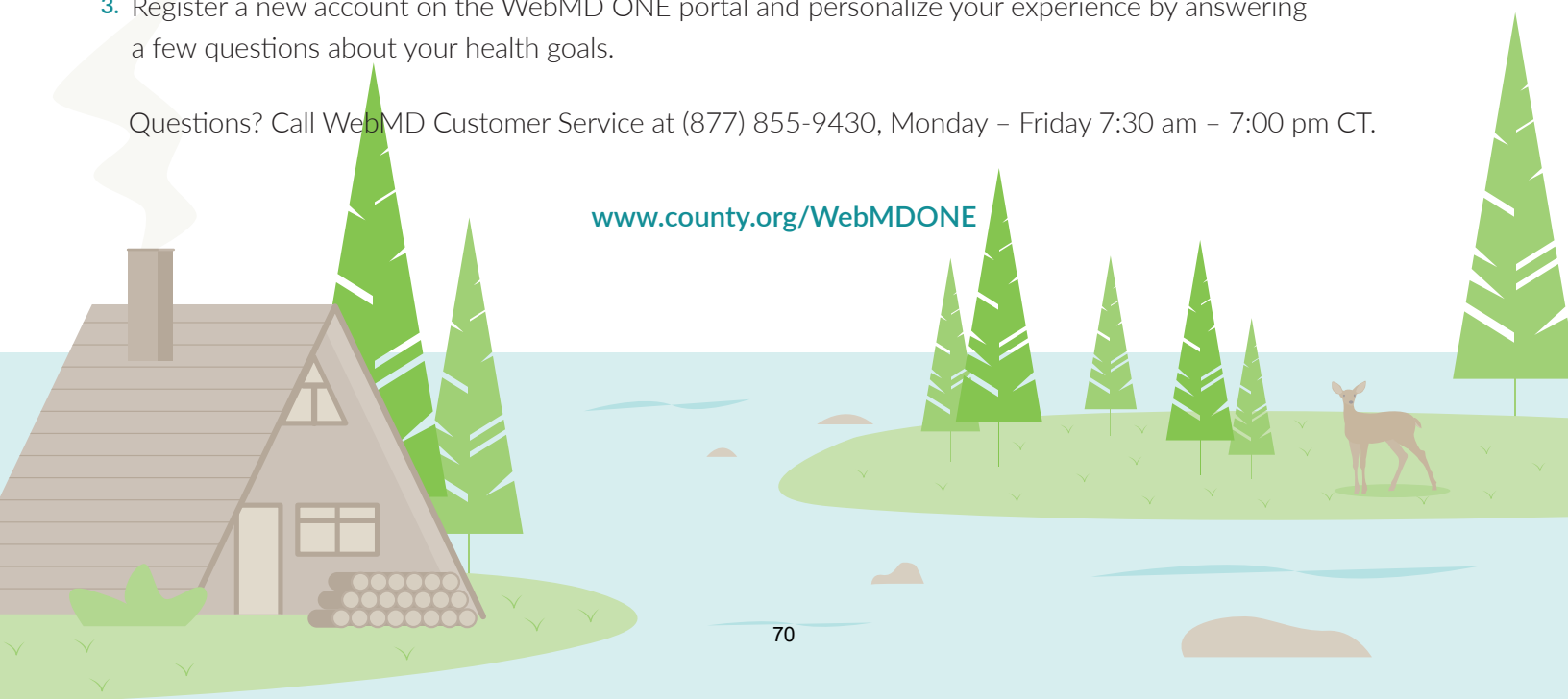
Work toward your well-being goals anytime, anywhere.

1. Visit the Apple App Store or the Google Play Store and search for “Wellness At Your Side.”
2. Download and open the app, then enter your connection code: **county**.
3. Register a new account on the WebMD ONE portal and personalize your experience by answering a few questions about your health goals.



Questions? Call WebMD Customer Service at (877) 855-9430, Monday – Friday 7:30 am – 7:00 pm CT.

[www.county.org/WebMDONE](http://www.county.org/WebMDONE)



# HOW-TO GUIDE

## How to Register (2 ways available):

### Method 1: Direct login to WebMD ONE

1. Go to **county.org/webmdone**.
2. Click **Create Account**.
3. Enter the first nine digits of your **BCBSTX Member ID** from your health benefits card (leave out the letters).  
**Spouses will need to add DOB** (XXXXXXXXMMDDYYYY) at the end of their BCBSTX Member ID Number.
4. Enter your **Date of Birth**.
5. Follow the prompts to create your account.

### Method 2: Mobile App - Wellness At Your Side

Follow the steps in Method 1 to create your account.

1. Visit the Apple App Store or the Google Play Store and search "Wellness At Your Side."
2. Download and open the app, then enter your connection code: **county**.
3. Follow the steps in Method 2 to create your account.

**You only need to create a WebMD ONE account once. Your login credentials will work on both the WebMD ONE website and app.**

## How to Sync Your Device:

1. Go to the Apple App Store or Google Play Store and download the app associated with your device manufacturer (Fitbit for a Fitbit, Google Health for Samsung, Garmin Connect for Garmin, etc.).
2. Follow your device manufacturer's instructions to create an account on that app if you haven't already, and then connect your device to it.
3. Log in to your WebMD ONE account at **county.org/webmdone**.
4. Click on the **Devices/Apps** icon at top of screen.
5. Choose your device based on the type of device you have.
6. Click **Connect** on your selected device and enter the log-in credentials that you use to log in to that device's mobile app.
7. **WOOHOO!** You're good to go. Sync your data to your device's app and watch as it flows to your profile.

**Apple and Samsung devices can only be synced while using the Wellness At Your Side App.**

## How to Purchase a Device:

1. Log in to your WebMD ONE account at **county.org/webmdone**.
2. Click the **Get a Fitness Tracker** featured card in the **Take Action** section in the middle of the page.
3. Once at the device storefront, there are two ways to use your coupon code:
  - a. Select **Click to Redeem** under your preferred device on the **Featured Products** banner to receive a Garmin or Fitbit device at **no cost\* with your coupon code**.
  - b. Use your \$30 coupon code to subsidize the cost of an upgraded device.
4. Click the device you would like to purchase.
5. Click **Add to Cart**.
6. Click the **Shopping Bag** in the upper right corner of the page.
7. Click **View Cart & Checkout**.
8. To **use your \$30 coupon code**, enter the first nine digits of your **BCBSTX Member ID** from your health benefits card (leave out the letters) in the **Coupon Code** box and click **Apply Coupon**. Spouses will need to enter nine digit ID plus DOB (XXXXXXXXMMDDYYYY).\*
9. Scroll down and click **Proceed to Checkout**.
10. Fill out your billing and shipping information.
11. To finalize your order, check the **I've read and accept the terms & conditions** box and click **Place Order**.

*\*Coupon code for \$30 may be used once every two years. Coupon code value varies depending on which featured device is redeemed and is a taxable wellness incentive.*

## Questions?

Visit [www.county.org/webmdone](http://www.county.org/webmdone) and click "Contact Us" at the bottom of the page or call WebMD Customer Service at (877) 855-9430, Monday – Friday 7:30 a.m. – 7 p.m. CT.

