

Five to Thrive FAQ

What is the Five to Thrive challenge?

This challenge is designed to promote positive eating habits and to provide tips about how to work more fruits and vegetables into your diet. Have fun working on wellness while tracking your fruit and vegetable intake.

How do I participate?

Register between June 30, 2021 and July 14, 2021. The challenge begins July 7, 2021 and ends August 3, 2021. We encourage you to record your daily fruit and vegetable intake, so that you stay on track towards reaching your nutrition goals.

When is the last day I can enter data for this challenge?

The challenge officially ends August 3, 2021. You must have a minimum of 21 days of logged and recorded 5+ servings on at least 14 of those days on the WebMD website no later than August 10, 2021, to successfully earn your reward and to have your data count.

Is this a team challenge?

No. This is an individual challenge, so there will be no teams for this challenge. We do encourage you to involve your colleagues, though— engage in some friendly competition, or find ways to motivate one another.

Who can participate in the challenge?

All Farm Credit employees can participate as well as spouses/domestic partners covered under the Farm Credit Foundations medical plan. We encourage you to get friends and family involved while you participate in the challenge. It is a great opportunity to work on wellness together!

How do I access the portal from my mobile device/smart phone?

To access the challenge from your mobile device, download the Wellness At Your Side app from the Device and App Connection Center (connection code: HealthyReturns), or follow these steps:

- Go to webmdhealth.com/healthyreturns from your smartphone, tablet, or desktop
- Log in using your WebMD Health Manager username and password
- Click into the challenge from the homepage

How much is a serving of fruits and/or vegetables?

A serving of vegetables equals 2 cups of raw leafy vegetables, 1 cup of chopped, cooked or canned vegetables, 1 cup of vegetable juice. A serving of fruit equals 1 medium fruit (about the size of a baseball); 1/2 cup chopped, cooked or canned fruit, or 1/2 cup of fruit juice.

Is there a maximum number of servings of fruits and/or vegetables that I can enter on a given day?

Yes, for this challenge we are limiting the maximum number of servings of fruits and/or vegetables that can be entered on a given day to 10 servings.

What if I do not log 21 days of servings during the challenge?

You will not be eligible to earn Take Action points.

What are the rewards/prizes?

You will earn 50 Take Action points for:

Achieving the Participation Goal: Logging servings for a minimum of 21 days

Achieving the Daily Goal: Recording at least 5 servings of fruits and/or vegetables on at least 14 days of the challenge *

*To receive the Daily Goal reward, a participant must meet the Participation Goal.

We are also raffling off some fruit/veggie boxes during the challenge:

Register by July 7 and be entered into a drawing for one of ten fruit/veggie boxes

Complete the challenge requirements (challenge ends August 3 and data must be tracked by August 10) and be entered into a drawing for one of ten fruit/veggies boxes.

When are challenge results available?

Results will be available August 11, 2021.

If I have questions during the challenge, who do I direct them to?

Contact Customer Service at 855-719-1909 for any questions during the challenge. Farm Credit *HealthyReturns* Customer service is available from 8:30 AM to 8:00 PM Eastern Standard Time, Monday-Friday.

Who do I contact if I have a medical condition that prohibits me from participating in the challenge?

Farm Credit *HealthyReturns* is committed to helping you take positive steps toward wellness. If you think you might be unable to participate in this wellness challenge due to your health status, please contact Customer Service at 855-719-1909 (available from 8a.m. to 5 p.m. EST) and we will work with you (and, if you wish, your doctor) to find a wellness alternative that is right for you, with the same reward.