



# Employer *Bulletin*

Employer Communication Center 608-266-3285

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etf.wi.gov

## 2019 Well Wisconsin Program

The Well Wisconsin Program is available to subscribers and spouses enrolled in the State of Wisconsin or Wisconsin Public Employers Group Health Insurance Program. This bulletin highlights key points for 2019.

### Thank You for Your Support

Staff at ETF would like to thank our employers for their support in promoting the [Well Wisconsin Program](#). We continue to see increases in overall participant engagement, with over 30% of all employees participating in 2018, and are in the beginning stages of seeing reductions in overall health risks. We couldn't do it without you.

### Schedule Your 2019 On-Site Health Screening Event(s)

The scheduling process for on-site health screening events is open. [Submit your requests](#) to host an event at your location as soon as possible to ensure your preferred date(s) can be accommodated. Events can be held February 4 - October 4, 2019.

For more information on scheduling on-site screening events, see the [On-Site Health Screening Coordinator Guide](#).

### Changes to 2019 Well-Being Activity Options

Like 2018, subscribers (and spouses) must complete a health screening, health assessment and well-being activity by October 11, 2019 to earn their \$150 gift card. Changes for 2019 include two new well-being activity option choices:

1. Sleep Well is a challenge to support participants with improving their overall sleep. Completing the eight-week challenge and post-assessment will count as the well-being activity option for the incentive.
2. Digital workshops are short workshops to include an article, short video and quiz. Completing one workshop will count as the well-being activity for the incentive.

Other activities that continue to be available include the Million Steps Challenge (complete one million steps), 21-Day Meditation Experience (complete 14 days; down from all 21 days in 2018), Daily Dash (complete 20 dashes) and health coaching (complete 3 calls). Employers have access to a [well-being activity options handout](#) for promotion.

### Upcoming Participant Communication

Like previous years, StayWell will reach out to participants to communicate the activities to earn the Well Wisconsin incentive and additional tools and resources that are available to support them with reaching their overall health and well-being goals. Upcoming communications include:

- Early January: Email to all registered portal users
- Mid-January: Home mailer to all eligible households
- February 13: Webinar reviewing the Well Wisconsin Program and the [StayWell wellness portal](#). Interested participants can register via the StayWell wellness portal.

Additional communications including emails and home mailers will be sent throughout 2019. A [promotional flyer](#) is also available for employers to assist with communications.

### **Workplace Wellness Support for Employers**

Do you have questions about the Well Wisconsin Program and/or how your employer location is doing, including resources available to assist you? Would you like to set up time for a StayWell contact to provide a lunch and learn or set up a table in a general employee area to answer questions or support your employees? Contact Kristi Mulcahey, the Well Wisconsin Program Manager at [kmulcahey@staywell.com](mailto:kmulcahey@staywell.com) or 608-261-8956 for assistance.

### **StayWell HelpLine**

The HelpLine will assist employers and participants with questions about accessing the [portal](#), completing the activities toward or the status of earning the incentive, or the services offered by StayWell, including interpretation services. And, the StayWell HelpLine can also help employees who may need to complete the health assessment by paper or telephonically rather than online. The StayWell HelpLine can be reached at 1-800-821-6591 or [wellwisconsin@staywell.com](mailto:wellwisconsin@staywell.com).

The Department of Employee Trust Funds does not discriminate on the basis of disability in the provision of programs, services or employment. If you are speech or hearing impaired and need assistance, call the Wisconsin Relay Service toll free at 7-1-1 or 1-800-947-3529 (English) 1-800-833-7813 (Español). If you are visually or cognitively impaired, call 1-877-533-5020 or 608-266-3285 locally. We will try to find another way to get the information to you in a usable form.

This *Employer Bulletin* is published by the Wisconsin Department of Employee Trust Funds. Questions should be directed to contact persons listed in the *Bulletin*. Employer agents may copy this *Bulletin* for further distribution to other payroll offices, subunits or individuals who may need the information. Copies of the most recent *Employer Bulletins* are available on our Internet site at [etf.wi.gov/employers.htm](http://etf.wi.gov/employers.htm)

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