



**Be in the
Moment**

Be Present. Be Well.

Tune in to Greater Well-Being with a Health Check.

And get one step closer to earning \$150 while you're at it.*

Your health check options:

- 1. BIOMETRIC SCREENING:** Go to webmdhealth.com/wellwisconsin and click "Get Started" on the Biometric Screening card. From there, you have three screening options:
 - **Onsite screening event:** Click under "Onsite Health Screening" to be directed to the Quest site, find a screening near you and reserve your spot.
 - **Self-collection materials:** Click under "Self-collection materials" and order them on the Quest site.
 - **Health Care Provider Form:** Download and complete the fillable form by clicking under "Health Care Provider Form."
- 2. DENTAL CLEANING:** Complete a routine dental cleaning visit by October 14, 2022. Report your completion on webmdhealth.com/wellwisconsin by clicking "Rewards" and then, next to Health Check, clicking "more." Enter your cleaning date and click "save" in the Annual Dental Cleaning activity.
- 3. COACHING SESSION:** You have two options for coaching interactions:
 - Complete one call with a WebMD health coach by calling **800-821-6591**.
 - Complete a series of online messaging interactions by clicking "Coaching" on webmdhealth.com/wellwisconsin.

Complete the other two Well Wisconsin activities for a \$150 gift card.

In addition to a health check, you can complete the health assessment and one well-being activity by October 14, 2022, to earn your \$150* gift card. Get started at webmdhealth.com/wellwisconsin.

Contact Customer Support at **800-821-6591**.

*The Well Wisconsin incentive program is a voluntary program available to employees, retirees and spouses enrolled in the State of Wisconsin Group Health Insurance Program, excluding Medicare Advantage participants who have incentives available through their health plan. The Well Wisconsin incentive will automatically be issued to eligible participants upon completing the applicable activities. All wellness incentives paid to participants are considered taxable income to the group health plan subscriber and are reported to their employer, who will issue a W2. In some cases, the Wisconsin Retirement System acts as the employer. Retirees, continuants and their spouses will have some taxes withheld from the incentive amount earned.