

“Why didn’t I do this sooner?”

If you think WebMD health coaches are the same as personal trainers, we’ve got a surprise for you to enjoy.

They don’t judge.

They don’t bark like a drill sergeant.

They always find just the right words to inspire you—everything from a helpful push to a dose of tough love.

Connect with a health coach today.

Coaching sessions are free, convenient and confidential.

Send a secure Coach Connect message at webmdhealth.com/wellwisconsin or call **800-821-6591** to set up a phone session.

Be in the Moment

Be Present. Be Well.

Health coaching can help you earn \$150

Check off the “well-being activity” portion of your Well Wisconsin incentive by completing three coaching sessions via phone call or online Coach Connect chats.

REMEMBER: You earn \$150 by completing a well-being activity, a health assessment and a health check. Go to webmdhealth.com/wellwisconsin for more details.



WELL WISCONSIN
Healthier starts with you

WebMD
health services

