



MENTAL HEALTH RESOURCES

Taking steps to support a healthy future gets you closer to fulfilling your purpose, whether it's improving mental health, managing stress, prioritizing family, or living as authentically as possible. Think of Well Wisconsin as the place where getting closer to your purpose syncs up with good well-being. Explore these mental health resources from the Well Wisconsin program.



Health Trackers



Podcasts



Videos



Articles

Health Coaching

When it comes to making changes, we can all use some help. A WebMD health coach can be the beneficial guide you need to get the real results you're looking for. WebMD coaches are trained health professionals, ready to support you whatever your goal—whether you want to get some help reduce anxiety, sleep better, practice mindfulness or improve your mood. Get started today by calling 800-821-6591 or send a confidential message on webmdhealth.com/wellwisconsin.

meQuilibrium

Beat stress with meQuilibrium (meQ) and find your more powerful self with meQ's resilience program. meQ offers tools to help you build mental and emotional strength that will help you face each day with confidence, even during times of adversity.

Access these resources at webmdhealth.com/wellwisconsin or from the Wellness at Your Side App.

Download the app on the App Store or get it from Google Play. Enter your Connection Code, SOWI, and sign in.

Access these mental health resources at webmdhealth.com/wellwisconsin



Health Trackers

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help you chart your health measurements over time. Explore these trackers and more:

- Mindfulness minutes
- Mood
- Pain
- Stress



Podcasts

Mental Health Podcasts

from Beyond Well Solutions and **Well-being Podcasts** from Well Wisconsin Radio are resources you can listen to on the go. Check out these episodes and more:

- Psychedelics in mental health
- Shoring up self esteem during job uncertainty
- Talking to kids about gun violence
- Workplace peer support
- SAD should we just hibernate
- Purpose and goals
- Authentic purpose
- Sleep
- Mindfulness and guided meditation



Videos

Videos

from the WebMD learning center can help you discover your favorite ways to live healthier. Discover the following topics and more:

- Breathing exercises
- Progressive muscle relaxation
- Journaling
- Resilience and sleep



Articles

Articles

on a variety of health topics, including the following and more:

- Ways to Manage Stress
- Stress and Cholesterol: Is There a Link?
- 6 Ways to Tame Stress When You Have Diabetes

Daily Habits

Take control of your well-being today and start building daily habits. Choose from plans that focus on work life balance, staying connected, sleeping well, keeping stress in check, coping with the blues and more.

Guided Meditations

Practice the art of meditation by listening to pre-recorded meditation sessions by Dan Tyler, a fellow Wisconsin colleague, or get details to join his twice a week live sessions.

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. meQuilibrium is a pilot program available to employees who are the primary subscriber in the State of Wisconsin Group Health Insurance Program from the following state agencies: DOA, ETF, DHS, DOJ, DNR, DPI, OPD and PSC.

WebMD
health services


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Healthier starts with you