



Be Present. Be Well.



# MINDFULNESS COLORING from Well Wisconsin

Taking steps to support a healthy future gets you closer to fulfilling your purpose, whether that's managing stress, prioritizing family, or living as authentically as possible. Think of Well Wisconsin as your resource for good well-being. Enjoy these mindfulness coloring pages, and explore additional resources and tools by signing into your Well Wisconsin portal at [webmdhealth.com/wellwisconsin](https://webmdhealth.com/wellwisconsin).

Complete these three activities by October 13, 2023 to earn your \$150 Well Wisconsin incentive:

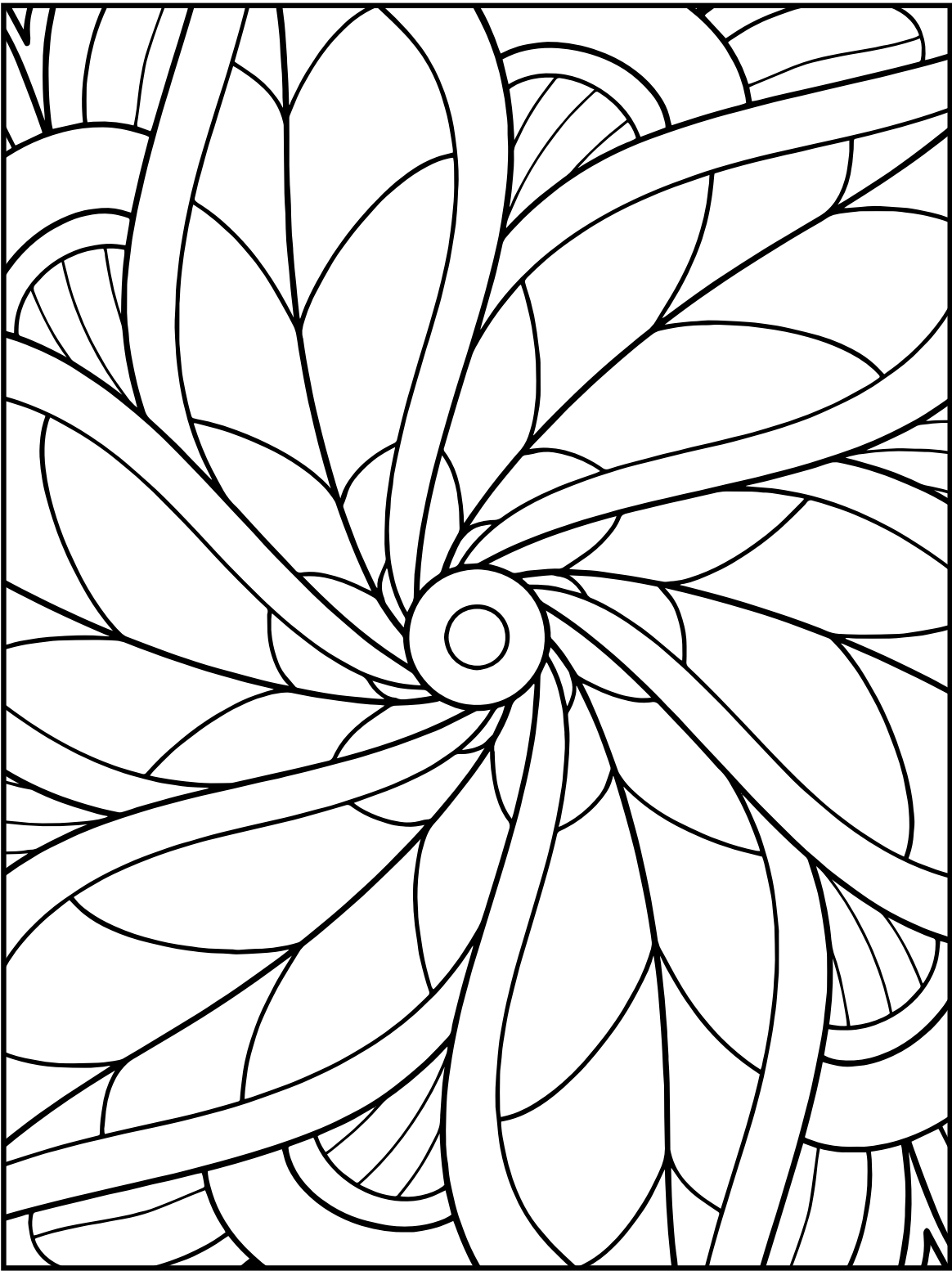
- 1) Health Assessment
- 2) Health Check
- 3) Well-being Activity

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.



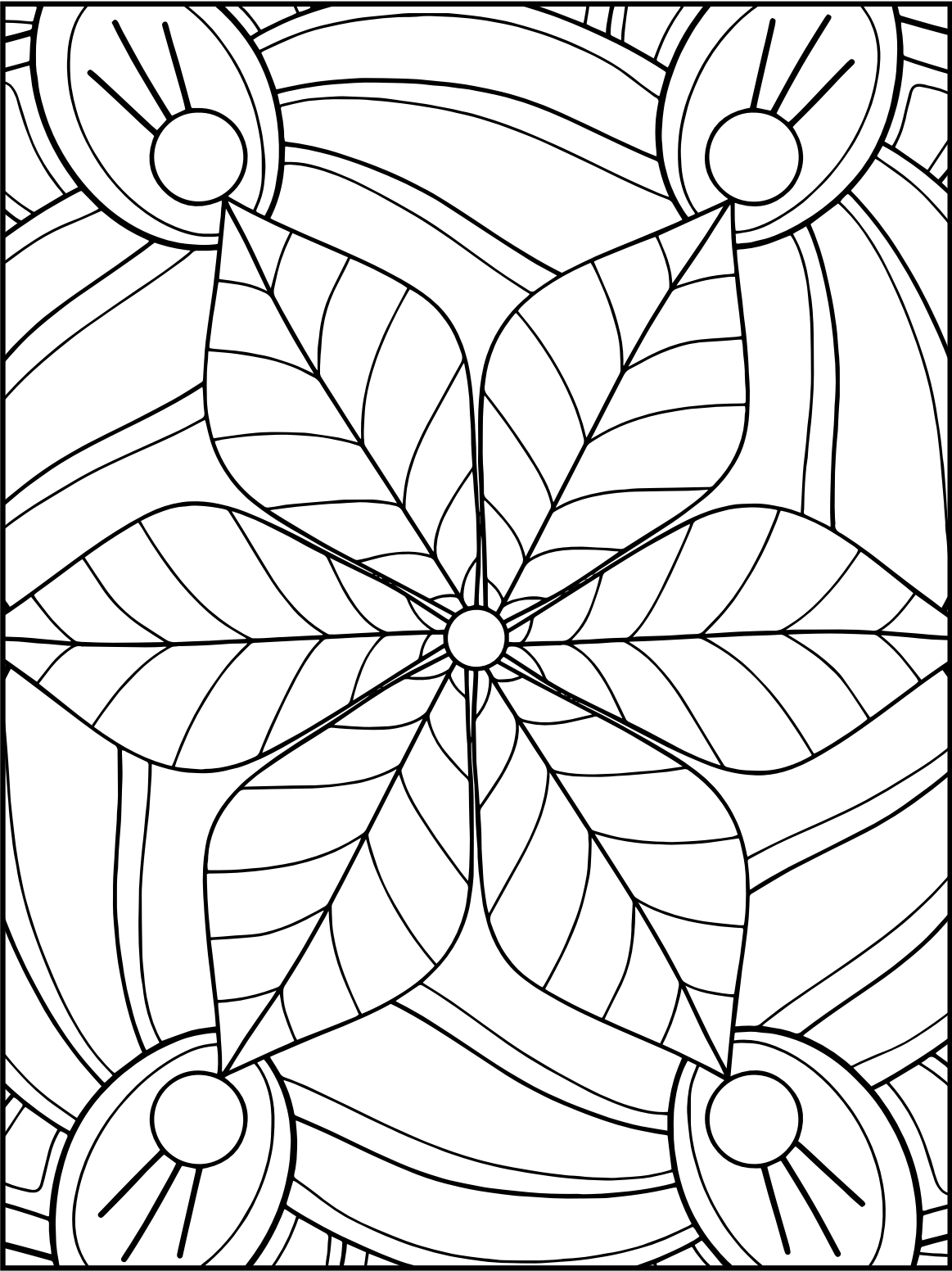
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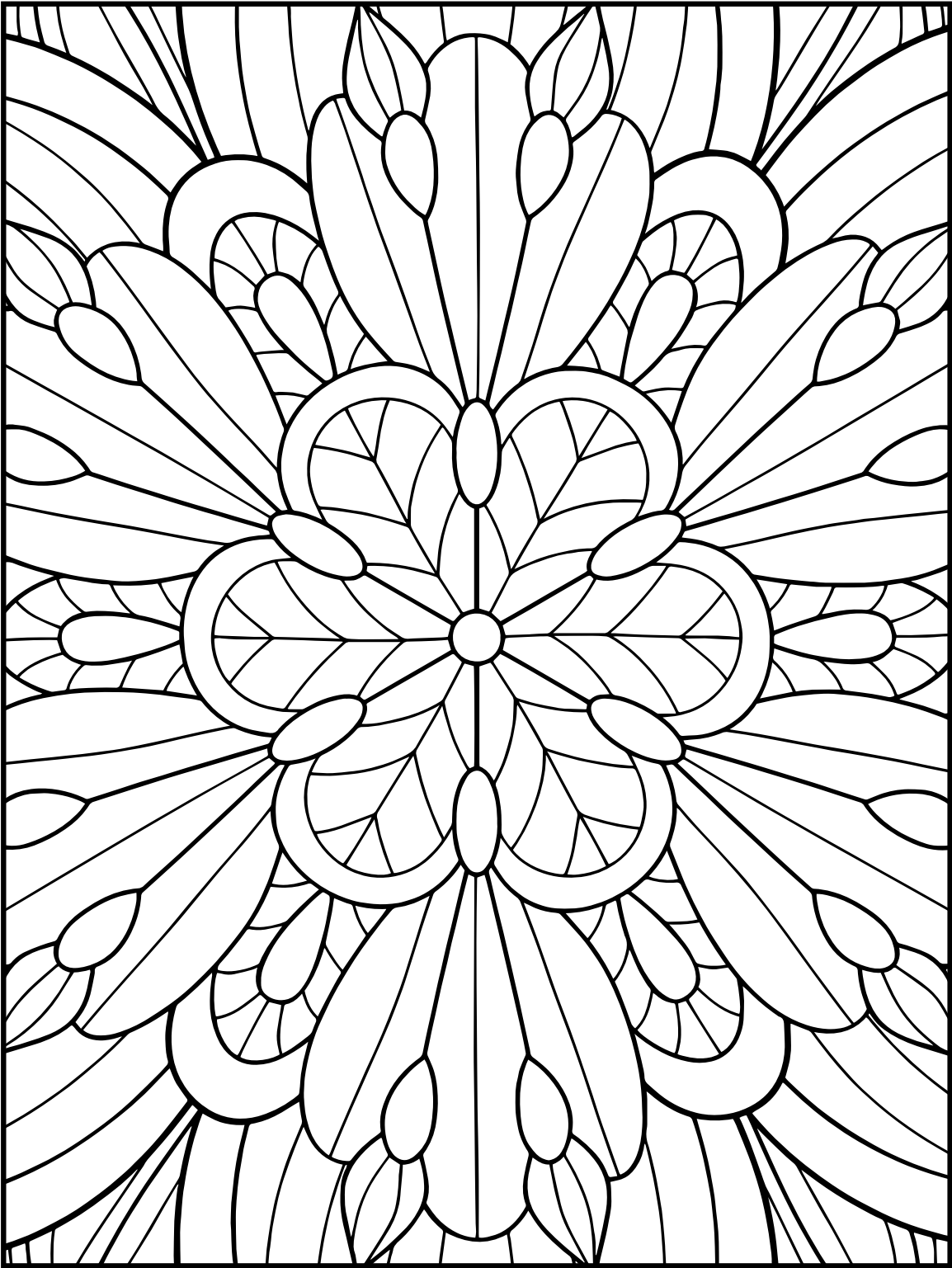
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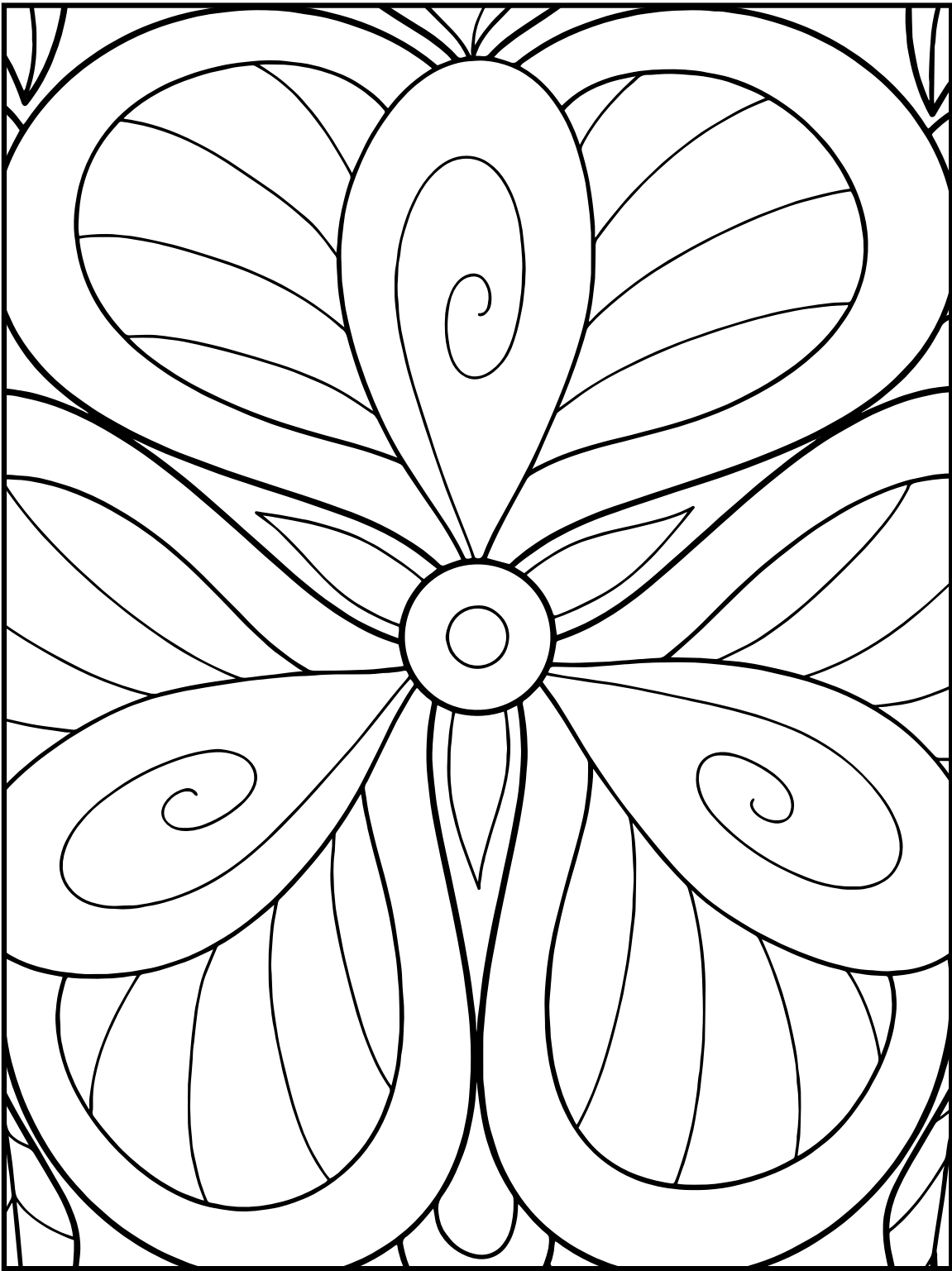


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