

OPTIMIZING YOUR SLEEP

Aug. 15 from 1–1:30 pm Central

YOU'RE INVITED

Join us for a Well Wisconsin Webinar—Optimizing Your Sleep on Aug. 15, 2023 from 1-1:30 pm Central.

- Discover what happens when you sleep and the importance of sleep
- Examine relaxation techniques
- Identify opportunities for improving your sleep



Scan the QR code or [click here to register](#) for this virtual presentation, delivered through GoTo webinar.



Attending this event (plus completing the health assessment and a health check), earns you \$150...and they're ALL a big boost for your wellness. Get started at webmdhealth.com/wellwisconsin. Report completion of this event under "rewards" as an "employer-sponsored activity" using "sleep" as the description.

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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