



**Be in the
Moment**

Be Present. Be Well.

STRESSLESS

You've got bills to pay, deadlines to meet, and kids who won't stop screaming – who wouldn't feel stressed? Stress is a normal part of life, but if it's not handled in a healthy way, it can negatively impact your physical, emotional and mental wellness.

Join the Stressless challenge, and for the next 28 days, challenge yourself to find 5 minutes each day to focus on something that helps you feel good.

Here's how:



Register

Log-in to your WebMD ONE account and find the Stressless card to sign-up. Once you register, you will receive weekly emails with helpful relaxation tips.



Take 5 minutes

The goal of this challenge is to help you find 5 minutes a day to focus on you. Here are some examples: listen to music, take a quick walk, or call an old friend.



Track Progress

Record your progress in your WebMD ONE account for 21 out of 28 days to check the well-being activity off your list in the Well Wisconsin program.

Challenge runs from February 28th - March 27th
Start tracking at webmdhealth.com/wellwisconsin

Questions? Contact Customer Service at 800-821-6591.



WELL WISCONSIN
Healthier starts with you

*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 W-2. In some cases, the Wisconsin Retirement System acts as the employer. Retirees, contingent and their spouses will have some taxes withheld from the incentive amount earned.

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