

BE IN THE
MOMENT
Be Present. Be Well.



TIPS TO AVOID HOLIDAY WEIGHT GAIN

November 14 from 1–1:30 pm Central

Join us for a Well Wisconsin Webinar—Tips to Avoid Holiday Weight Gain. Understand typical weight fluctuations and explore 10 tips for avoiding weight gain during the holiday season. Discover resources available in the Well Wisconsin portal to support your well-being goals.



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

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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