

Be in the Moment

Be Present. Be Well.

Well-Being Activities: Take Care of Yourself By Taking Action.

A healthy mind and body make you fully present for all of life's pleasures. Show yourself some kindness and enable better well-being by participating in the Well Wisconsin program. You'll also get a \$150 gift card.*

Below is a list of WebMD-powered activities that will help boost your well-being. Get started at webmdhealth.com/wellwisconsin.

Activity.	Description.
HEALTH COACHING.	Complete three coaching sessions with a WebMD health coach via phone call or online Coach Connect chats.
DAILY HABITS.	Complete one Daily Habits plan on the Well Wisconsin portal. Log in every day of your chosen Daily Habits activity period and report your progress. Choose from plans that focus on weight loss, stress, diet, sleep, diabetes and more.
WELL WISCONSIN RADIO.	Listen to at least two episodes of Well Wisconsin Radio. Monthly episodes feature interviews with local Wisconsin experts on a variety of well-being topics.
EMPLOYER-SPONSORED ACTIVITY.	Watch for information from your employer regarding activities they may be organizing that will count toward your well-being activity.
STRESSLESS CHALLENGE (February-March 2022).	Find new ways to improve your stress resiliency. Track five minutes of stress-reducing activity for 21 days over this challenge.
INVITATIONAL CHALLENGE ROUND #1 (May-June 2022).	Your first chance to participate in the popular team-based steps challenge with head-to-head matchups.
FIVE TO THRIVE CHALLENGE (July-August 2022).	Improve your health by eating at least five servings of fruit and veggies each day.
INVITATIONAL CHALLENGE ROUND #2 (September-October 2022).	Your second chance to participate! Log your activity for at least five days in each round of this challenge.

Complete the other two Well Wisconsin activities for a \$150 gift card.

In addition to completing one well-being activity, you can complete an online health assessment and a health check by October 14, 2022, to earn your \$150 gift card.

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*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.