

Be in the Moment

Be Present. Be Well.

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



WELL WISCONSIN
Healthier starts with you

Taking healthy actions over time is like regularly putting a penny in a jar. Over time, every moment you choose to be well adds up to greater health. Now's your moment to start adding up those healthy choices—and adding up those pennies, too, to the tune of \$150*.

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

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 8, 2021, to earn your \$150 gift card.

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.	
CHALLENGES.	STRESS LESS CHALLENGE <i>(March 2021).</i>	Find new ways to improve your stress resiliency. Track five minutes of stress-reducing activity for 21 days over this challenge.
	INVITATIONAL CHALLENGE <i>(May-June 2021).</i>	A team-based steps challenge with head-to-head matchups. Log your activity for at least five days in each of the five rounds of this challenge.
	RETHINK YOUR DRINK CHALLENGE <i>(July-August 2021).</i>	Challenge yourself to replace your sugary beverages with water. Record your liquid intake for 21 days over this challenge.
	SEIZE THE ZZZ'S CHALLENGE <i>(September 2021).</i>	Get more rest and get rewarded! Track your sleep for 21 days over this challenge.
EMPLOYER-SPONSORED ACTIVITY.	Watch for information from your employer regarding activities they may be organizing that will count toward your 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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health services