

# EXERCISING OUTDOORS & GETTING FIT AS A FAMILY

April 10 from 11:30am–12pm Central

## YOU'RE INVITED

Join us for a Well Wisconsin Webinar—Exercising Outdoors & Getting Fit as a Family on April 10, 2023 from 11:30am-12pm Central.

- Discover the health benefits of getting outside
- Gain ideas for exercising outdoors and tips for staying safe
- Outline simple methods to get fit as a family



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](http://webmdhealth.com/wellwisconsin). Report completion of this event under "rewards" as an "employer-sponsored activity" using "physical activity" 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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Healthier starts with you