



Be Present. Be Well.

Make This Your Moment.

WITH COACHING, CHANGE HAPPENS ONE SESSION AT A TIME ...

When you schedule a session with a WebMD Health Coach, you'll get personalized support to help you start healthy habits that contribute to living a more purposeful life. During one-on-one conversations, a coach will provide professional advice to help you exercise and rest, enjoy solitude and stay social, and find a better balance in your everyday life.

TAKE A STEP TOWARD \$150.

Health coaching can help you earn a \$150 incentive* from Well Wisconsin! Just complete the steps below by **October 13, 2023**.

- **TAKE THE HEALTH ASSESSMENT** – Get a personalized health report in 10 to 15 minutes.
- **GET A HEALTH CHECK** – Learn about your health and how to help protect it. You can complete one health coaching session, go for a dental exam or get a biometric screening.
- **COMPLETE A WELL-BEING ACTIVITY** – You can finish three health coaching calls or choose another activity from webmdhealth.com/wellwisconsin.

Schedule a coaching session today!

Call 800-821-6591 or click "Coaching" on webmdhealth.com/wellwisconsin.



HERE'S WHAT YOUR CO-WORKERS HAD TO SAY ABOUT WORKING WITH COACHES:

"Health coaching helped me conquer my goals when I felt defeated. My coach helped to keep me accountable and now it's been over a month since I smoked a cigarette. You don't have to do it alone—a coach will support you and help you believe in yourself!"

"My coach helped me lose more weight than I planned. They held me accountable, but they were always kind and helpful, and the sessions were very convenient. I'm so glad I got the support I needed."

"I was feeling depressed, but my coach reminded me about the tools I have available to help me feel better. She's also lighthearted, funny and perks up my spirits! But she's serious when it's important. I really appreciate my calls with her."



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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