

# Random Acts of Kindness

When you offer someone kindness, they are more likely to be kind to others. Even the smallest deeds can have a positive impact, and many take little time to do. Help us make kindness the norm at work with these resources.

## KINDNESS RESOURCES

### Well Wisconsin Kindness Bingo Game

Complete five activities in a row (across, down or horizontal) on the bingo card. Finishing this employer-sponsored, well-being activity (plus completing the health assessment and a health check), earns you \$150...and they're ALL a big boost for your wellness. Download the [kindness bingo game card](#) to get started.

### Kindness at Work Calendar

Continue practicing kindness throughout the year with a calendar full of ideas you can do each day. Download the [2023 calendar](#) from The Random Acts of Kindness Foundation.

### The Science of Kindness

Discover the well-being benefits linked to kindness with an educational handout from the Well Wisconsin program. Download [the science of kindness handout](#).



Your mind and body are yours for life. Of all the things in life worthwhile to invest in, those are good ones to be purposeful about. Consider the Well Wisconsin program a reliable touchstone you can always fall back on to help you achieve your goals. Discover resources by visiting the Well Wisconsin portal at [webmdhealth.com/wellwisconsin](http://webmdhealth.com/wellwisconsin) or downloading the Wellness At Your Side mobile app from the Apple App Store or the Google PlayStore. After downloading and opening the app, enter your Connection Code: SOWI.

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.

Sources: [randomactsofkindness.org](http://randomactsofkindness.org). Accessed 12.13.22.

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