

AUTHENTIC PURPOSE

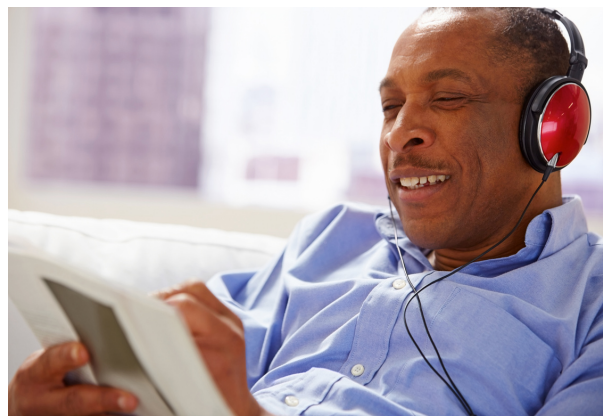
Why it Matters and How to Make it Happen

Guide for hosting a book club

After watching Dr. Christine Whelan's presentation on **Authentic Purpose: Why it Matters and How to Make it Happen**, encourage employees across your worksite to continue focusing on purpose by hosting a book club as an employer-sponsored activity. Consider using Dr. Whelan's book—*The Big Picture: A Guide to Finding Your Purpose in Life*, Audible Original lecture series—*Finding Your Purpose*, or identify another book about purpose. Next, use the checklist below to get started and provide an opportunity for employees to complete a well-being activity at work.

Book club checklist

- *Get leadership buy-in and support*.....
- *Select dates, times and location*.....
- *Invite employees*.....
- *Identify weekly discussion leads*.....
- *Send book club reminders*.....
- *Host book club*.....
- *Discuss aligning purpose and health as your "why" for well-being*.....
- *Share how to report for incentive credit and continue earning \$150*.....



Use our **[How-to Guide: Report Employer-Sponsored Activity Completion](#)** for directing participants to self-report, using "purpose" as the activity description in the drop-down menu for step 7.

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.

