

Quench

Stay fully hydrated and feel your best during Well Wisconsin's **Rethink Your Drink** challenge.



Drink to good health

Your body weight is made of 50 to 70 percent water, making hydration important to every part of your body. During Rethink Your Drink, track your water intake for at least 21 of 28 days between **February 1** and **February 28**. Drink six or more glasses for 14 days and you'll earn **your well-being activity credit** and enjoy better well-being! (Remember to complete your health assessment and a health check, too, to earn your full \$150 incentive.)

Register by **February 8, 2023**, at www.webmdhealth.com/wellwisconsin.

Download our app to make challenge participation a breeze

Use the Wellness At Your Side mobile app from WebMD to register and track your water intake during Rethink Your Drink. Enter "SOWI" as the connection code.



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.

SOURCE

Mayo Clinic: "Water: How much should you drink every day?"

