Rethink Your Drink
Leadership Talking Points

We need your support to encourage participation across our worksite in the Well Wisconsin Rethink Your Drink challenge. Simply share these talking points in meetings or during conversations with employees, and don't forget to sign up for the challenge at **www.webmdhealth.com/wellwisconsin.**

Rethink Your Drink Dates
Registration: 1/18/23—2/8/23
Challenge: 2/1/23—2/28/23

Leadership Talking Points

- Staying hydrated is an important part of your well-being. We want to make sure all of our employees drink enough water and feel their best, every day. That's why we're excited to announce the Well Wisconsin Rethink Your Drink challenge.

- If you haven't already, make sure to sign up for the upcoming Rethink Your Drink challenge. It's fun, easy and it can help you stay healthy and hydrated. Not to mention, you'll complete your well-being activity by finishing the challenge. Next, complete the health assessment and a health check to earn your $150 Well Wisconsin incentive. Visit **www.webmdhealth.com/wellwisconsin** to get started.

- I would like to mention that I've been really impressed by the commitment to well-being that I've seen during the Rethink Your Drink challenge. Team members across our organization are stepping up to the challenge and staying hydrated.

WebMD health services

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