

BE IN THE MOMENT

Be Present. Be Well.

Well Wisconsin in 2023

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.

Complete these three activities by **October 13, 2023**, to earn a \$150 Well Wisconsin gift card:

HEALTH ASSESSMENT: Complete WebMD ONE's 10-minute questionnaire.

HEALTH CHECK: Complete one of the following health checks:

- Biometric screening
- Dental exam
- One coaching session

WELL-BEING ACTIVITY: Complete one of the many activities WebMD has to offer.

Download our mobile app, **Wellness At Your Side**

Visit the Apple App Store or the Google Play Store and search for "Wellness At Your Side."

After downloading and opening the app, enter your Connection Code: **SOWI**.

GET STARTED TODAY!

Visit the Well Wisconsin portal at webmdhealth.com/wellwisconsin.

Important Information About Your 2023 Gift Cards

Starting in 2023, you will have the option to redeem your \$150 Well Wisconsin gift card VIRTUALLY, 2 or 3 business days after your three Well Wisconsin activities are marked complete. You will receive an email with instructions to redeem your gift card. If you prefer a physical gift card is mailed to your home, you can select that option and verify your mailing address. If you do not redeem your gift card within 30 days, it will automatically be sent to the address on file with your employer or ETF.

*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.

