

Be in the Moment

Be Present. Be Well.

WELCOME TO

Well Wisconsin 2022.

More of the new wellness portal that State of Wisconsin Group Health Insurance Program members have come to know and love.

OPEN TO
FIND OUT HOW
YOU CAN EARN \$150.

“Thank you for offering this wonderful program that informs, educates, and gives us hope during these challenging times.”

– FROM A WISCONSIN COLLEAGUE.



WELL WISCONSIN
Healthier starts with you

WebMD[®]
health services



Simple. Easy. Intuitive.

These are just a few of the words you've used to describe the new Well Wisconsin wellness portal introduced in 2021. We're happy to say this customized portal is here to stay in 2022, and your well-being is here to benefit in brand new ways.

Join the almost 54,000 of your colleagues who completed the Health Assessment in 2021!

How's the Moment Treating You?

That alive feeling you get after a good workout. The surge of energy that comes after you eat a nourishing meal. The peace and calm of walking through a forest. Life is full of tiny enjoyable moments, and each new moment is like a shiny fresh chance to take really good care of yourself.

2022 is a clean slate giving you so many chances to **Be in the Moment**.

Forget what you did (or didn't do) last year, last month, even yesterday. The best moment to do something for your well-being is *always right now*. And the tools and resources available through Well Wisconsin are there to make it easy and fun, and to guide you along the way.

Get started at webmdhealth.com/wellwisconsin.

If you were a registered user in 2021, log in using your existing username and password.

If you've never visited the Well Wisconsin portal powered by WebMD ONE, you'll need to register a new account. For those new to the portal:

- Select CREATE ACCOUNT.
- Enter your Registration ID (explained on the site).
- Select an affiliation.
- Create a username and password.
- Enter your birthdate and an email address.
- Accept the Privacy Policy and the Terms and Conditions.
- Click "Go" to complete registration.

You only need to complete these steps the first time you register.

\$150 Gift Card? You Can Count on It.

Employees, retirees and their spouses enrolled in the State of Wisconsin Group Health Insurance Program can complete these three activities by **October 14, 2022**, 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. See page 8 for a full list.

Keep Your Eye on the Deadline.

Complete your three Well Wisconsin activities in any order by **October 14, 2022**, to earn your \$150 gift card.

The Moment to Start is Now.

Go to webmdhealth.com/wellwisconsin to log in or create your account and begin this year's well-being journey.

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.

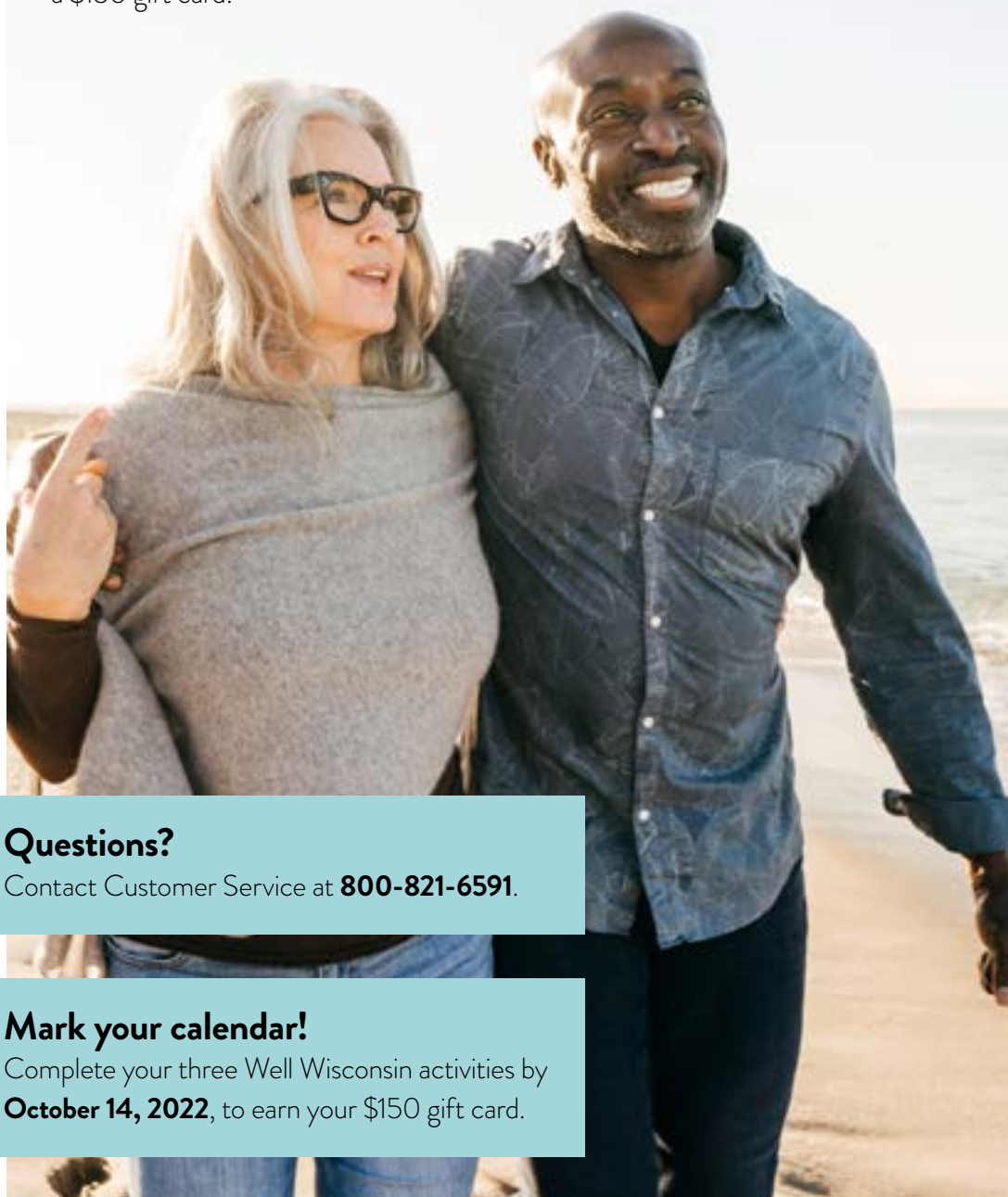
A Note for Retirees.

You will continue to see your gift card arrive in the amount of \$138.52. The dollars withheld are for your FICA taxes, which will be sent to the government. Also, if you are enrolled in UHC Medicare Advantage, you may participate in Well Wisconsin, but cannot earn the incentive as UHC has a separate wellness incentive program for you.



Make Your Moments Count Toward Well-Being— and \$150.

A healthy mind and body make you fully present for all of life's pleasures. Show yourself some kindness and enable better well-being by completing a health assessment, a health check, and a well-being activity. You'll also get a \$150 gift card!



Questions?

Contact Customer Service at **800-821-6591**.

Mark your calendar!

Complete your three Well Wisconsin activities by **October 14, 2022**, to earn your \$150 gift card.

Health Assessment.

WHAT IT IS: A 10-minute questionnaire.

WHAT IT DOES FOR YOU: Provides a personalized status report on your health—complete with tips to help you improve.

HOW YOU COMPLETE IT: Go to webmdhealth.com/wellwisconsin, log in or create a new account and follow the onscreen instructions.

Health Check.

WHAT IT IS: One of three options:

- Biometric screening.
- Dental exam.
- One coaching session.

WHAT IT DOES FOR YOU: Gives you an expert's perspective on your physical wellness, oral health or well-being goals.

HOW YOU COMPLETE IT: You have three options:

- **Biometric screening:** Go to webmdhealth.com/wellwisconsin, click “My Health” > “Well Wisconsin” > “See All.” On the Health Check card, click “Get Started.”
 - **Onsite screening event:** Click under “Onsite Health Screening” to be directed to the Quest site, find a screening near you and reserve your spot.
 - **Self-collection materials:** Click under “Self-collection materials” and order them on the Quest site.
 - **Health Care Provider Form:** Download and complete the fillable form by clicking under “Health Care Provider Form.”
- **Dental cleaning:** Complete a routine dental cleaning visit by October 14, 2022.
 - Report your completion on webmdhealth.com/wellwisconsin.
 - Click “Rewards” and then, next to Health Check, click “more.” Enter your cleaning date and click “save” in the Annual Dental Cleaning activity.
- **Coaching session:** Complete one call with a WebMD health coach or complete a series of online messaging interactions. Call **800-821-6591** or click “Coaching” on webmdhealth.com/wellwisconsin.

Well-Being Activities: Lots of Ways to Be Your Own Best Friend.

Completing just ONE of the activities below (plus the health assessment and a health check), earns you \$150 ... and they're ALL a big boost for your well-being. Get started at webmdhealth.com/wellwisconsin.

Activity.	Description.
HEALTH COACHING.	Complete three coaching sessions with a WebMD health coach via phone call or online Coach Connect chats.
DAILY HABITS <i>Choose from plans that focus on weight loss, stress, diet, sleep, diabetes and more.</i>	Complete one Daily Habits plan on the Well Wisconsin portal. Log in every day of your chosen Daily Habits activity period and report your progress.
WELL WISCONSIN RADIO.	Listen to at least two episodes of Well Wisconsin Radio. Monthly episodes feature interviews with local Wisconsin experts on a variety of well-being topics.
EMPLOYER-SPONSORED ACTIVITY.	Watch for information from your employer regarding activities they may be organizing that will count toward your well-being activity.
CHALLENGES.	
INVITATIONAL CHALLENGE.	A team-based steps challenge with head-to-head matchups. In 2022, there will be two chances to participate in The Invitational Challenge!
FIVE TO THRIVE CHALLENGE.	Improve your health by eating at least five servings of fruit and veggies each day.
STRESSLESS CHALLENGE.	Find new ways to improve your stress resiliency. Track five minutes of stress-reducing activity for 21 days over this four-week challenge.

WebMD Health Coaching: Much More Than What You Might Think.

A health coach can be your guide, your teammate or your cheerleader. Well Wisconsin participants agree with **more than 11,000 health coaching calls completed in 2021**. WebMD coaches are trained health professionals, ready to support you whatever your goal—whether you want to lose a few pounds, sleep better, get some help managing stress or manage a chronic condition like diabetes or asthma.

Get started today by calling **800-821-6591** or sending a confidential message on webmdhealth.com/wellwisconsin.



Notice regarding the wellness program.

Well Wisconsin is a voluntary wellness program offered by the State of Wisconsin Group Health Insurance Program and is available to the primary subscriber and their enrolled spouse. You are not required to participate in this wellness program. The program is administered by the Wisconsin Department of Employee Trust Funds (ETF) through a contract with WebMD in accordance with federal rules permitting employer-sponsored wellness programs that seek to improve employee health or prevent disease, including the Americans with Disabilities Act of 1990, the Genetic Information Nondiscrimination Act of 2008, and the Health Insurance Portability and Accountability Act, as applicable, among others. If you choose to participate in the wellness program you will be asked to complete three activities with WebMD. Those are: 1) Complete a health check. 2) Complete the WebMD health assessment, which asks a series of questions about your health-related activities, behaviors and whether you have or have had certain medical conditions (e.g., diabetes, heart disease). 3) Participate in an easy-to-complete well-being activity. Employees and their eligible spouse who choose to participate in the wellness program will earn an incentive of \$150 from WebMD once the three program activities are completed.

The information from your health assessment and the results from your health screening will be used to provide you with information to help you understand your current health and potential risks, and may also be used to offer you services through WebMD, such as telephonic or digital health coaching. You are encouraged to share your results or concerns with your own doctor.





Protections from disclosure of medical information.

ETF and its contractors are required by law to maintain the privacy and security of your personally identifiable health information. Although the wellness program and ETF may use the aggregate information it collects to evaluate the current program and assist employers with addressing health risks in their workforce, the personally identifiable information you provide will never be disclosed publicly, to ETF, the Group Health Insurance Program or your employer.

Your health information will not be sold, exchanged, transferred, or otherwise disclosed except to the extent permitted by law to carry out specific activities related to the wellness program and health plan administration, and you will not be asked or required to waive the confidentiality of your health information as a condition of participating in the wellness program or receiving an incentive. Any party who receives your information for purposes of providing you services as part of the wellness program will abide by the same confidentiality requirements and will be required to encrypt any stored health information. Appropriate precautions will be taken to avoid any data breach, and in the event a data breach occurs involving information you provide in connection with the wellness program, you will be notified.

No information you provide as part of the wellness program or your choice to participate in the wellness program may be used in making any employment decision.

If you have questions or concerns regarding this notice, or about protections against discrimination and retaliation, please contact the Affirmative Action Officer or human resource office at your place of employment.

Discrimination is against the law

45 C.F.R. § 92.8(B)(1) AND (D)(1)

The Wisconsin Department of Employee Trust Funds (ETF) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. ETF does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

ETF provides free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written information in other formats.

ETF provides free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages. If you need these services, contact ETF's Compliance Officer, who serves as ETF's Civil Rights Coordinator.

If you believe that ETF has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with the Compliance Officer, Department of Employee Trust Funds, 4822 Madison Yards Way, P.O. Box 7931, Madison, WI, 53707-7931; **1-877-533-5020**; **TTY: 711**; Fax: **608-267-4549**; email: **ETFSMBPrivacyOfficer@etf.wi.gov**. If you need help filing a grievance, ETF's Compliance Officer is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at: <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf> or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, D.C. 20201; **1-800-368-1019**; **TDD: 1-800-537-7697**. Complaint forms are available at www.hhs.gov/ocr/office/file/index.html.



SPANISH: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-533-5020 (TTY: 711).

HMONG: LUS CEEV: Yog tias koj xav tau kev pab txhais lus. Peb pab koj tau, peb pab koj dawb xwb, thov hu rau 1-877-533-5020 (TTY: 711).

CHINESE: 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-877-533-5020 (TTY:711)

GERMAN: ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-877-533-5020 (TTY: 711).



ARABIC:

ملاحظة: إذا كنت تتحدث اللغة العربية، فهناك خدمة مساعدة متاحة بلغتك دون أي مصاريف: اتصل بالرقم 1-877-533-5020 (خدمة الصم والبكم: 711)

RUSSIAN: ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-877-533-5020 (телетайп: 711).

KOREAN: 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-877-533-5020 (TTY: 711)번으로 전화해 주십시오.

VIETNAMESE: CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-877-533-5020 (TTY: 711).

PENNSYLVANIA DUTCH: Wann du [Deutsch (Pennsylvania German / Dutch)] schwetzsch, kannsch du mitaus Koschte ebber gricke, ass dihr helft mit die englisch Schprooch. Ruf selli Nummer uff: Call 1-877-533-5020 (TTY: 711).

LAOTIAN/LAO: ໂປດຊາຍ: ຖ້າວ່າທ່ານເວົ້າພາສາລາວ, ການໃບິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ສິ້ນຄ່າ, ແມ່ນມີ້ພ້ອມໃຫ້ທ່ານ. ໂທ 1-877-533-5020 (TTY: 711).

FRENCH: ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-877-533-5020 (ATS : 711).

POLISH: UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-877-533-5020 (TTY: 711).

HINDI: ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 1-877-533-5020 (TTY: 711) पर कॉल करें।

ALBANIAN: KUJDES: Nëse flitni shqip, për ju ka në dispozicion shërbime të asistencës gjuhësore, papagesë. Telefononi në 1-877-533-5020 (TTY: 711).

TAGALOG: PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-877-533-5020 (TTY: 711).