



WELL WISCONSIN RADIO PODCAST

season 2 episodes count for 2023 well-being credit

Tune into Well Wisconsin Radio—a podcast discussing topics of health and well-being from experts around the State of Wisconsin. Listen whenever you want and wherever you are by subscribing to Well Wisconsin Radio through the podcast platform of your choice—Apple, Google or Spotify. Check out these episodes from season 2:

- Sugar and Your Health with Emma Gellerstedt
- Tobacco Cessation and Healthy Habits with Megan Piper
- Mindfulness and Guided Meditation with Dan Tyler
- The Importance of Sleep with Daniel Dickson
- Authentic Purpose with Christine Whelan
- Hydration and Heart Health with Becky Kerkenbush
- Purpose and Goals with Health Coach Kari Wray
- Advance Care Planning with Parini Tolat and Jamie Guerrettaz
- Avoiding Holiday Overspending with Jody Brown



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Listening to two episodes from season 2 (plus completing the health assessment and a health check), earns you \$150...and they're ALL a big boost for your wellness. Listen at webmdhealthservices.com/wellwisconsinradio or through your podcast platform of choice. Report completion of this activity at webmdhealth.com/wellwisconsin. Continue listening to past episodes, but remember only season 2 episodes count for 2023 incentive credit.

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.

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