

# LET'S PLAY



WELL WISCONSIN

Healthier starts with you

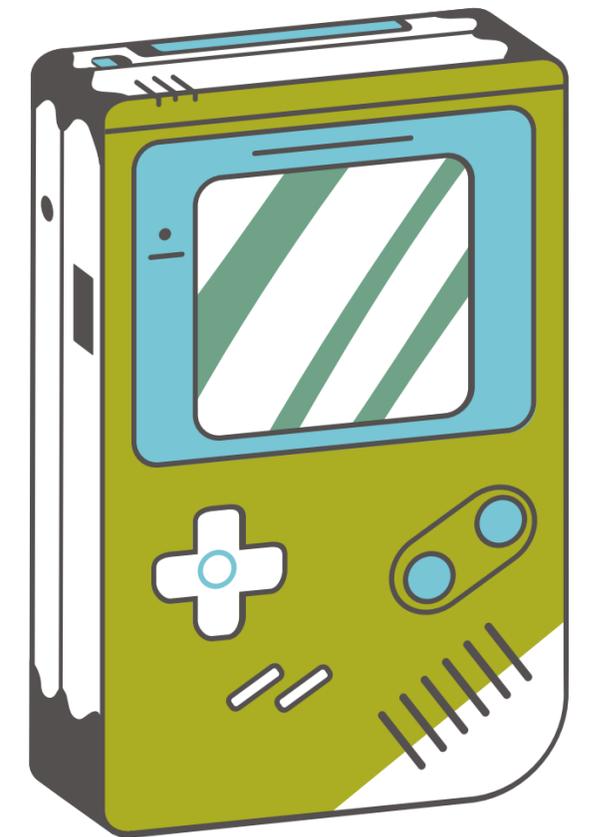
# TRIVIA GAME

test your knowledge while having fun



# GAME INSTRUCTION

- Get ready to play individually or on a team
- Consult with the following resources for support:
  - Your teammates
  - [webmdhealth.com/wellwisconsin](http://webmdhealth.com/wellwisconsin)
  - WebMD's wellness at your side app, available on the app store and google play with SOWI as the connection code
- Record your answers and tally how many you answered correctly.



# QUESTION: TRUE/FALSE

I can earn a \$150 incentive by completing three Well Wisconsin activities.

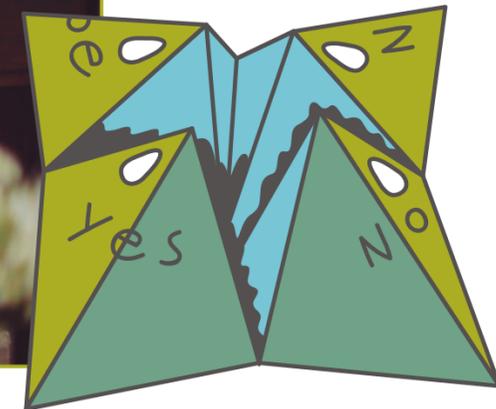


# TRUE

Complete the following by October 13, 2023 to earn a \$150 Well Wisconsin incentive.

1. Health Assessment
2. Health Check
3. Well-being Activity

# QUESTION: YES/NO



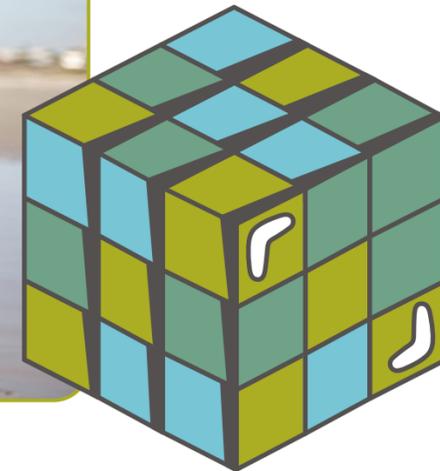
Only active employees, not retirees, who are enrolled in the Wisconsin Group Health Insurance Program are eligible to participate.

# NO

Employees, spouses and retirees who are enrolled in the Wisconsin Group Health Insurance program are all eligible to participate and earn the Well Wisconsin incentive.

Visit [webmdhealth.com/wellwisconsin](http://webmdhealth.com/wellwisconsin) to get started.

# FILL IN THE BLANK



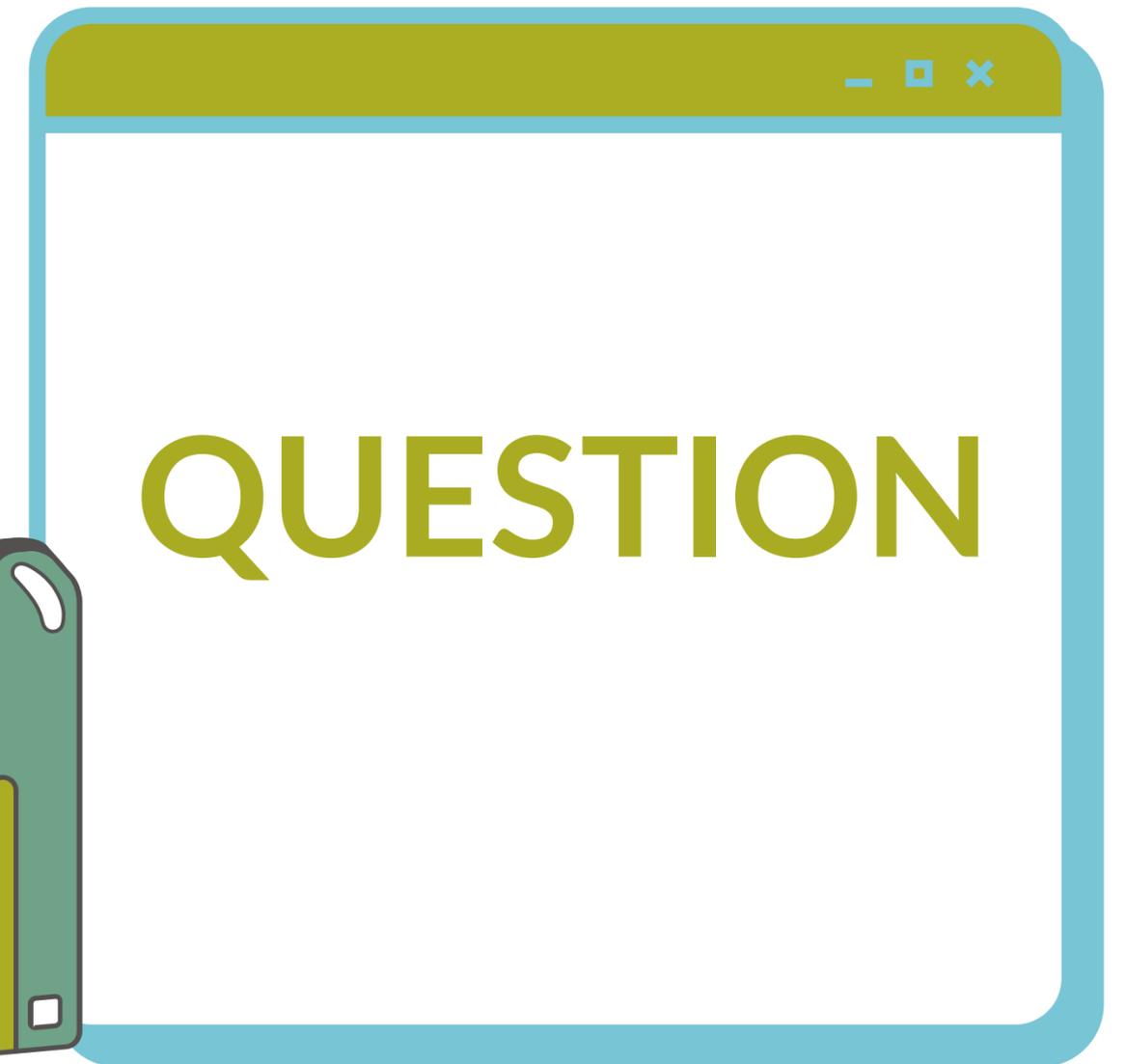
Complete a biometric screening, dental exam or \_\_\_\_\_ for your health check.

# ONE COACHING SESSION

Complete a biometric screening, dental exam or one coaching session for your health check.

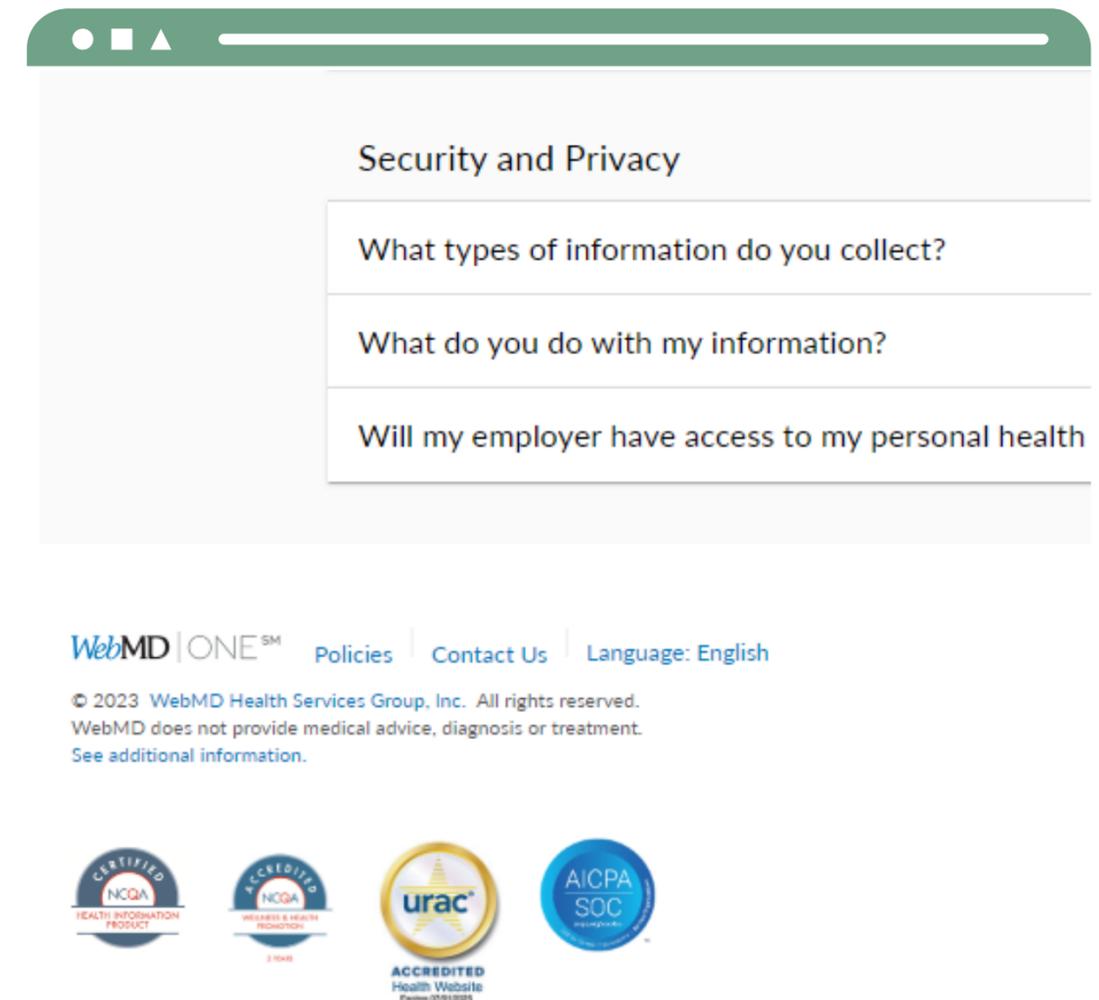
When you schedule a session with a WebMD Health Coach, you'll get personalized support to help you start healthy habits that contribute to living a more purposeful life.

The Well Wisconsin portal is private and secure—we keep your information safe.  
Where can you find more information about privacy?



# FAQ SECTION

Visit the Well Wisconsin portal at [webmdhealth.com/wellwisconsin](https://webmdhealth.com/wellwisconsin) and read more information about privacy under the FAQ section.



# QUESTION: MATCH THEM

MATCH THE ACTIVITY WITH THE INCENTIVE CATEGORY

2 Well Wisconsin Radio episodes  
3 Health coaching sessions  
1 Health coaching session  
WebMD health assessment  
Employer-sponsored activity  
Biometric screening  
WebMD challenge  
Daily Habits plan  
Annual dental cleaning

Health Assessment  
Health Check  
Well-being Activity

# ANSWER



## **Health Assessment**

WebMD health assessment



## **Health Check:**

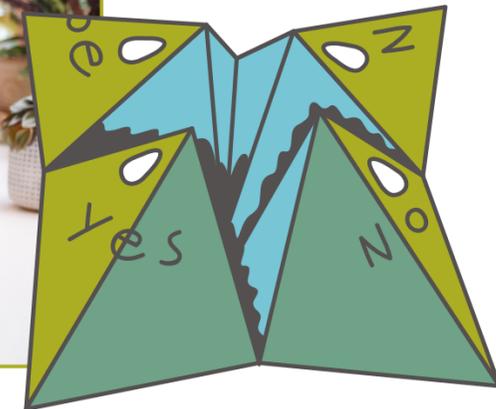
Biometric screening  
Annual dental cleaning  
1 health coaching session



## **Well-being Activity:**

WebMD challenge  
Daily Habits plan  
3 Health coaching sessions  
Employer-sponsored activity  
2 Well Wisconsin Radio episodes

# QUESTION: YES/NO



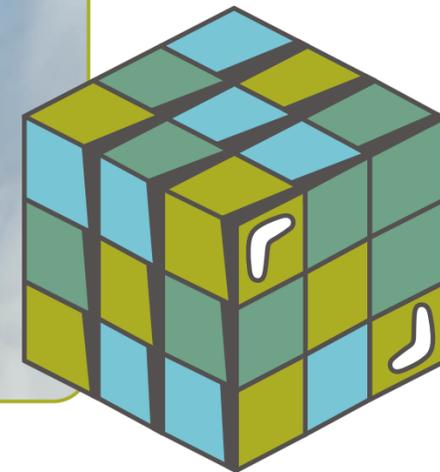
You'll receive a wellness score, downloadable report and recommended resources after completing the health assessment at [webmdhealth.com/wellwisconsin](https://webmdhealth.com/wellwisconsin).

# YES

Complete the WebMD health assessment in 10 to 15 minutes and explore resources to support your well-being. Call WebMD customer service at 1-800-821-6591 for language translations or for a paper copy in English or Spanish.

Visit [webmdhealth.com/wellwisconsin](https://www.webmdhealth.com/wellwisconsin) to get started.

# FILL IN THE BLANK



Complete a biometric screening, by attending an onsite biometric screening, ordering self-collection materials or by completing and submitting a \_\_\_\_\_.

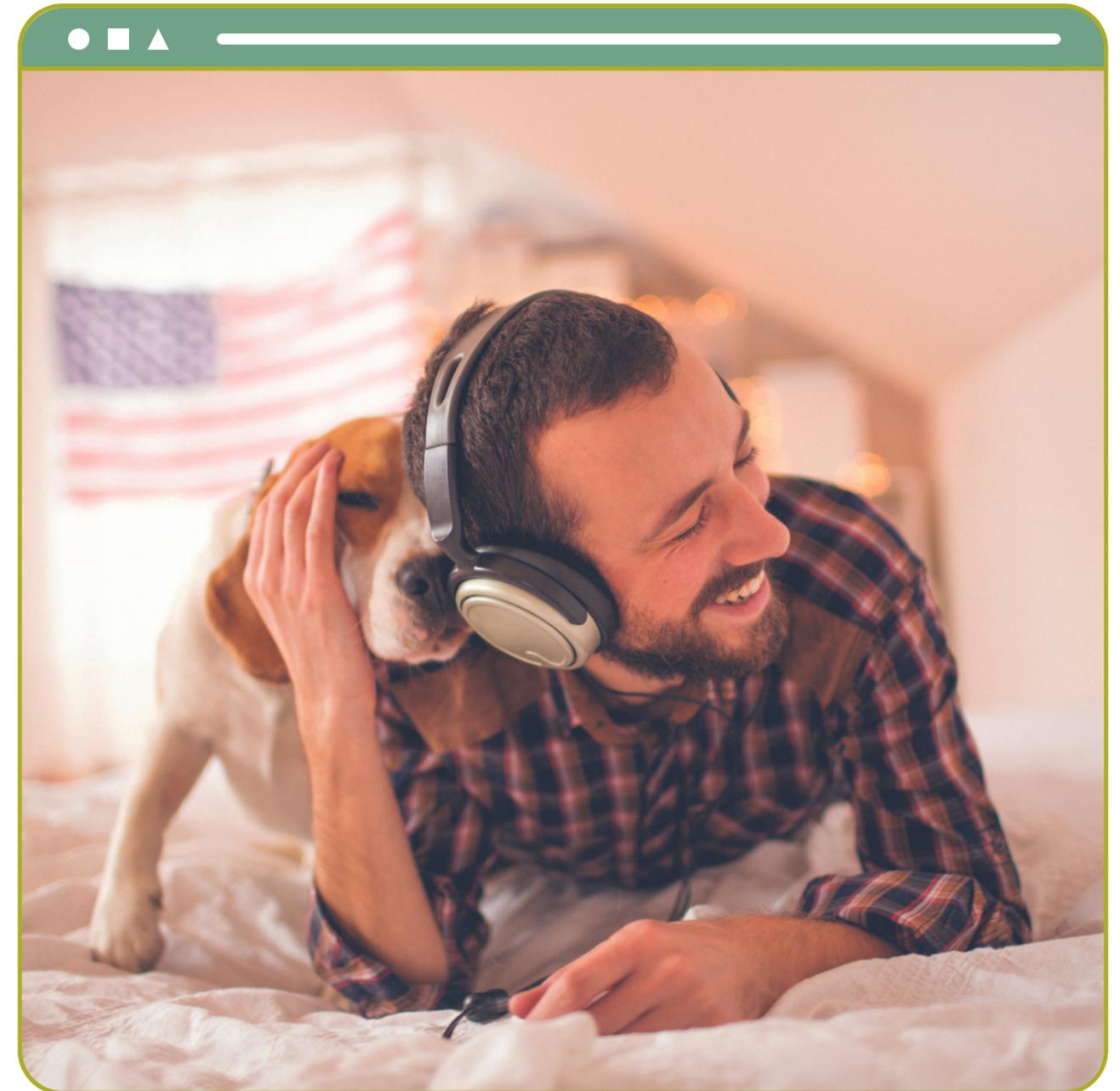
# HEALTHCARE PROVIDER FORM

Complete a biometric screening, by attending an onsite biometric screening, ordering self-collection materials or by completing and submitting a healthcare provider form.

Visit [webmdhealth.com/wellwisconsin](http://webmdhealth.com/wellwisconsin) to download and complete your form from your most recent health care provider visit.

# QUESTION: TRUE/FALSE

Only Season 2 episodes of Well Wisconsin  
Radio count for incentive credit.



# TRUE

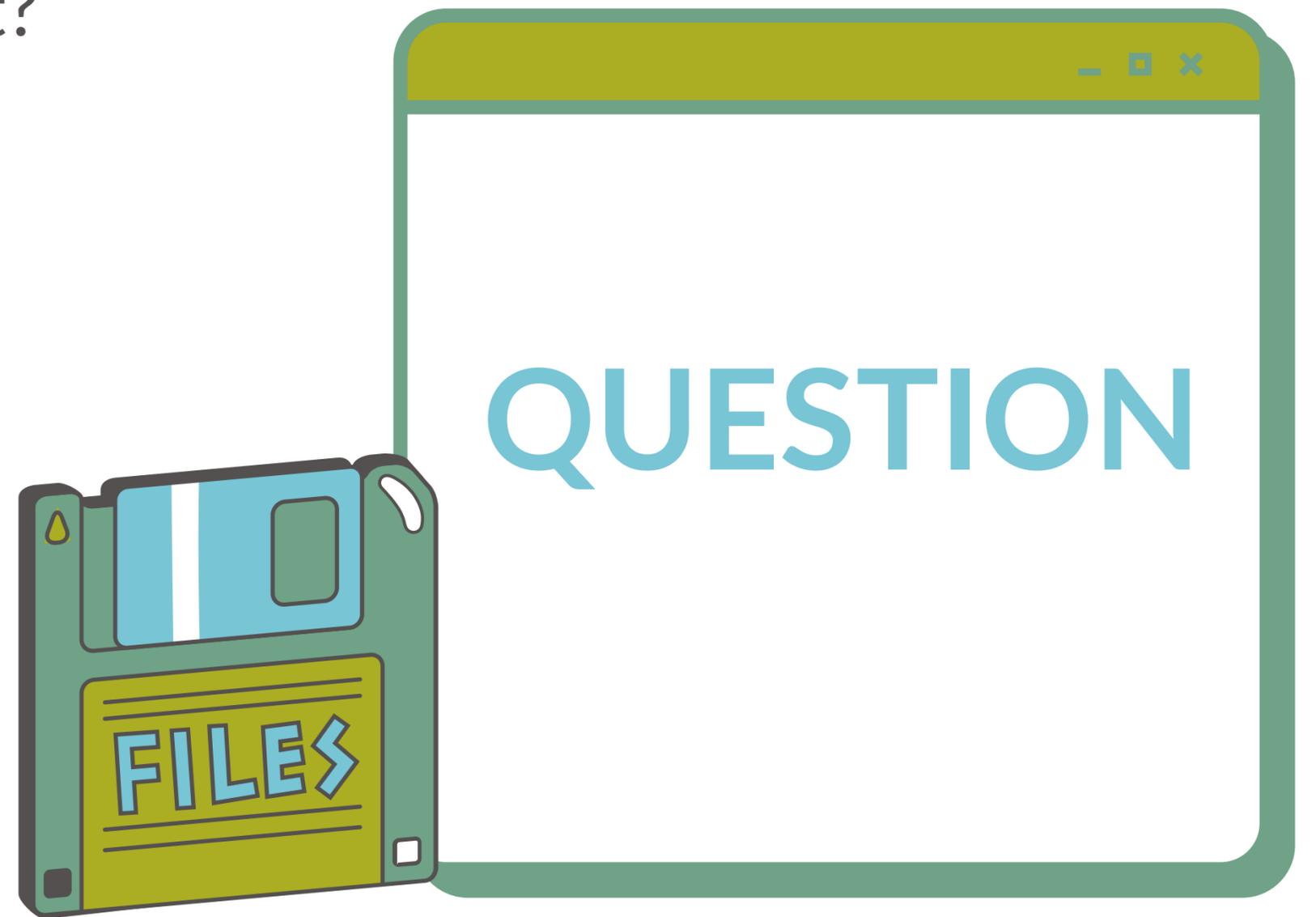
You can listen to past episodes, but only those from Season 2, airing November 2022 through October 2023 count for well-being credit.

The screenshot shows the Well Wisconsin Radio website. At the top left is the logo, which features a tree with headphones and the text "Well Wisconsin RADIO". To the right of the logo, the title "Well Wisconsin Radio" is displayed in a large, bold font. Below the title, it says "Hosted by Senior Program Manager, Renee Fox". A paragraph of text describes the podcast: "A podcast discussing topics of health and well-being from experts around the State of Wisconsin. Tune into Well Wisconsin Radio whenever you want and wherever you are! Subscribe to Well Wisconsin Radio in the podcast platform of your choice to be notified when each new episode is released. Let's tackle 2023 together through learning and seeking opportunities to be in the moment." Below this text is a note: "Note to those eligible for the 2023 Well Wisconsin Incentive: only episodes of Well Wisconsin Radio from season 2, dated November 2022 and later will qualify for well-being activity credit." To the right of the text are two buttons: "LISTEN TO PAST EPISODES >" and "SHARE YOUR FEEDBACK >". Below these buttons are three icons for podcast platforms: "Listen on Apple Podcasts", "Listen on Spotify", and "Listen on Google Podcasts".

The middle section of the page features a player for "WELL WISCONSIN RADIO - EPISODE 14 Mindfulness and Guided Meditation with Dan Tyler". The player includes a play button, a progress bar, and a volume icon. Below the player are links for "SUBSCRIBE", "SHARE", and "MORE INFO", along with a "Translator" icon.

The bottom section of the page is titled "Season 2" and includes a navigation bar with "SEASON 1" and "SEASON 2" (the latter being highlighted). Below this, there is a card for "Mindfulness and Guided Meditation" from "SEASON 2" dated "April 11, 2023". A "PLAY" button is located to the right of the card.

When does the Well Wisconsin  
Stressless challenge start?



# AUGUST 30

The Well Wisconsin Stressless challenge begins August 30 and runs through September 16, 2023.

Register for the challenge between August 18 and September 6, 2023.



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.