

2024 OVERVIEW

# Well Wisconsin

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# Well Wisconsin

- Program Overview
- New Resources for 2024

## WEBMD MISSION STATEMENT

To empower organizations and their populations to improve well-being through personalized, strategic partnerships.

# Program Overview



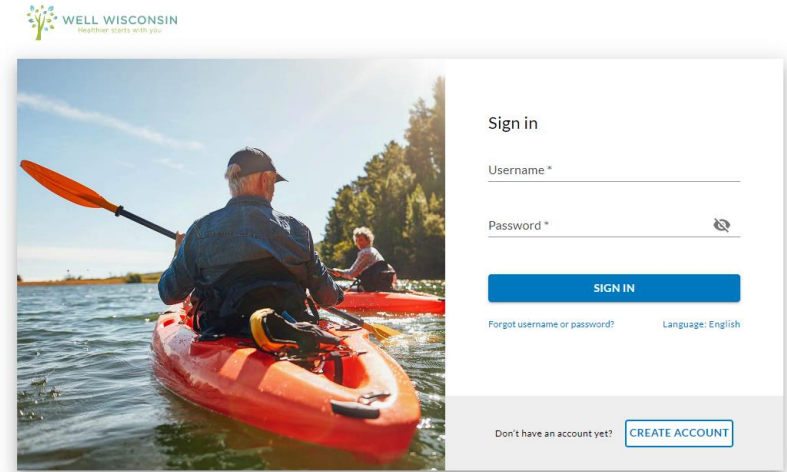
# 2024 Eligibility

- Enrolled in the State of Wisconsin Group Health Insurance Program (GHIP)
  - Employees
  - Spouses
  - Retirees



# WebMD Portal Registration

- Visit **webmdhealth.com/wellwisconsin**
  - Follow steps to create account
- If you created an account in the past
  - Use same username and password
- 2-step verification
  - Auto enabled or can update in settings
  - Enter code to complete login



## What is Well Wisconsin?


Well Wisconsin is a partnership between State of Wisconsin and WebMD to help you bring out your best. Based on your personal needs and interests, it will help you set goals, track your progress, keep you motivated, and provide valuable information along the way. Simply register to get started with our programs and services.

# Wellness at Your Side Mobile App



**Wellness at Your Side**

Let's get your phone connected

1 Install the FREE Wellness app from one of these stores:

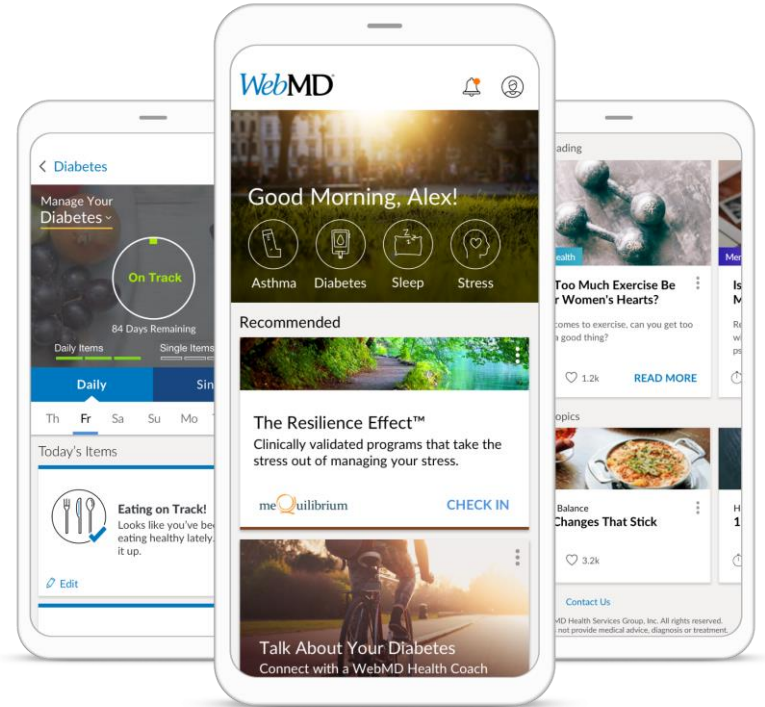


2 Open the app and enter this Connection Code:  
**SOWI**



**SOWI**

Connect



# 2024 Incentive Design

Complete by **October 11, 2024** to earn \$150 incentive

1. WebMD ONE Health Assessment
2. Health Check
3. Well-being Activity
  - WebMD challenges
  - Health coaching
  - Daily Habits plans
  - Well WI Radio
  - Webinars
  - Employer Sponsored Activities



# New Resources for 2024





# New for Mental Health

Visit [webmdhealth.com/wellwisconsin](https://www.webmdhealth.com/wellwisconsin) to explore new resources

- **meQuilibrium**—online resilience program for stress reduction
- **Beyond Well Solutions**—podcast to help managers responding during a mental health crisis
- **Togetherall**—online peer-to-peer support community
- **Mental Health Coaching**—WebMD health coaching with mental health specialists



# New for Chronic Condition Management

Visit [webmdhealth.com/wellwisconsin](https://webmdhealth.com/wellwisconsin) to explore new resources

- **Onduo**—diabetes prevention and health coach support
- **Fern Health**—chronic pain management program
- **Condition Management Coaching**—WebMD health coaching with chronic condition management nurse specialists



# New for General Well-being

Visit [webmdhealth.com/wellwisconsin](https://www.webmdhealth.com/wellwisconsin) to explore new resources

- **Positively Me**—12-month weight-management program
- **Quit Coaching**—tobacco cessation health coaching
- **Group Coaching**—interactive, video-based group coaching



# WebMD Health Coaching

What Wisconsin participants are saying

“ My coach gave me so many good ideas about not feeling selfish when I exercise and different tweaks to get in the mindset of self-care and being a better version of myself. I appreciated his expertise and education. Every time I've used coaching, I walk away feeling better and like I can do this.”



Q & A



Empowering Well-Being In Everyone