



Managers impact employees' mental health as much as their spouses and more than their doctors or therapists.

ELEVATE MANAGEMENT

Well Wisconsin Training Series, brought to you by WebMD Coaching

Join the NEW Well Wisconsin leadership training series, designed to help managers build leadership skills to create a culture of well-being at work. Join one or all four in this series by registering for individual training sessions.

Fostering Resiliency to Prevent Burnout

Recording Available

Identify the causes and symptoms of employee burnout and discover how you can build resilience as a manager both internally and across your team.

[Click](#) or scan for recording



Building ONE Cohesive Culture

Recording Available

Discover how to improve workplace culture by building connections, addressing employee retention and motivating others.

[Click](#) or scan for recording



Destigmatizing Mental Health Challenges

September 4 at 12 pm CST

Understand mental health, the stigma that can surround it and self-care strategies and resources that will support mental health for leaders and teams.

[Click to register](#), or scan



Centering Leadership in Empathy

November 6 at 12 pm CST

Examine how empathy in the workplace can impact the vital role managers play in centering their management style in a supportive, open and understanding way.

[Click to register](#), or scan





Find health and closer connection.

Protect Yourself and Your Community

A flu vaccination doesn't benefit you alone. Not only is getting one your best defense against the flu, it can also help protect grandparents, expecting mothers and other vulnerable people in your community. Flu vaccines are available for all employees and spouses enrolled in the State of Wisconsin Group Health Insurance Program.

DID YOU KNOW?

- The flu virus is constantly changing, so it's important to get vaccinated every year.
- During the 2023-2024 season, CDC estimates that influenza vaccination prevented 9.8 million influenza-related illnesses, 4.8 million medical visits, and 120,000 flu-related hospitalizations. For more information about the flu vaccine, visit cdc.gov/flu.
- Call the nurseline available through your insurance provider if you or your family member is sick to help determine where to go for care.

To register for your flu vaccination appointment, log into the wellness portal at webmdhealth.com/wellwisconsin and click "Register" on the Flu Vaccination card.

GET YOUR VACCINE.

Register for a Well Wisconsin flu clinic at the following locations:

- **Oshkosh Hilton Garden Inn,**
Sept. 9, 9 a.m. to 2 p.m.
- **Hill Farms State Office Building, Madison,**
Sept. 12, 8 a.m. to 1 p.m.
Sept. 19, 8 a.m. to 1 p.m.
- **UW - Eau Claire,**
Oct. 14, 8:30 a.m. to 1:30 p.m.
- **UW - Milwaukee,**
Oct. 23, 9 a.m. to 2 p.m.
- **UW - Stevens Point,**
Oct. 29, 9 a.m. to 2 p.m.
- **Monona Terrace,**
Nov. 3, 8:30 a.m. to 1:30 p.m.

Can't attend the dates above? Your employer may be offering other flu vaccine clinics at your workplace. Log in to the Well Wisconsin portal to see all available events. If you can't make any Well Wisconsin flu clinics, remember that your doctor's office or local in-network pharmacy has you covered for your flu vaccination, too.

September

Join virtual and onsite Well Wisconsin events this month as you build a healthy, connected life in your home state. Attending two events (plus completing the health assessment and a health check) earns you \$150...and they're ALL a big boost for your wellness.

4 Well WI Radio In-Person Interview Paws and Purpose Event

In-person live recording of Well Wisconsin Radio episode exploring the powerful connection between pets and our well-being. Hear from local experts, ask live questions, and join hands-on activities to support shelter animals. September 4 at 4:45 CT in Madison.

10 Workshop A Journey to Diabetes Health

Virtual workshop series exploring the basics of diabetes, nutrition, and the benefits of physical activity. Perfect for anyone looking to better understand diabetes and take control of their health. Bi-weekly on Wednesdays from 12 to 1 pm CT, September 10 through October 8. **Register by September 9.**

10 Fitness Classes Slow Flow Yoga

Virtual classes focused on the meditative and calming effects of yoga, while adding strength and flexibility exercises. Join us on Wednesdays at 4 pm CT for 30-minute classes, September 10 through October 1.

22 Yin Yoga

Virtual classes are a gratifying, restorative and body changing form of yoga. We'll move slowly and deeply into each pose—and hold for several minutes. Join us on Mondays at 4 pm CT for 30-minute classes, September 22 through October 13.

Classes are created for all fitness levels.

Regional Screenings & Flu Clinics

Onsite Events

Join an onsite biometric screening or flu vaccination clinic across the state. Schedule an appointment by visiting webmdhealth.com/WellWisconsin.



3 Ways to Learn More and Sign Up:

1. Visit etf.wi.gov/well-wisconsin-events.
2. Click on the "Well Wisconsin Events" card in the portal at webmdhealth.com/WellWisconsin.
3. Scan the QR code:



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.

October

Join virtual and onsite Well Wisconsin events this month as you build a healthy, connected life in your home state. Attending two events (plus completing the health assessment and a health check) earns you a \$150 prepaid card...and they're ALL a big boost for your wellness.

15 Fitness Classes*

Mindfulness Yoga

Virtual classes focused on cultivating a deeper connection between your mind and body. Join this four-week series with physical postures and breathing techniques designed to help you relax and rejuvenate. This series is created for all fitness levels and meets on Wednesdays at 4 pm CT, starting Oct. 15.

Book Club*

Tiny Habits: The Small Changes that Change Everything

Virtual book club to support creating a happier, healthier life. Are you working to make lifestyle changes to improve your well-being? This book, by BJ Fogg, PhD, is full of practical advice and simple steps to improve your life. Join our virtual weekly meetings on Mondays from 12:15 to 1 pm CT, from Nov. 3 through Dec. 1.

Register by Oct. 10.

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Join an onsite biometric screening or flu vaccination clinic across the state. Schedule an appointment by visiting webmdhealth.com/WellWisconsin.

Well Wisconsin Recordings

On-Demand Library

View recordings of past Well Wisconsin virtual events, including webinars, workshops, and cooking classes in our Webinar Recordings Library. Choose your own workout with options like Zumba, Strength Training, Foundational Fitness, Pilates, HIIT, and more in our On-Demand Fitness Library.



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3. Scan the QR code:



**Open for anyone to attend regardless of health insurance enrollment*



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