

# WHERE YOU BELONG

Find health and closer connection.



## WELL WISCONSIN EVENTS

**JULY 10 AT 11 AM**

### Summer Health

Summer for some means warm days, water activities, picnics and barbecues. Join us for a webinar to learn about different ways to stay safe while you're having fun in the sun! This presentation will cover how to stay hydrated, protect yourself from harmful UV rays, safely enjoy water activities, and keep food safe.

[Click to register](#)



**JULY 15 AT 11 AM**

### Hydrate Healthfully

Stay fully hydrated and feel your best this summer. Test your hydration knowledge with quiz questions in our webinar that explores why our bodies need water, safe sources of drinking water, signs of dehydration and tips for staying hydrated. Plus, we'll demonstrate two recipes for refreshing beverages to help you stay hydrated this summer.

[Click to register](#)



**JULY 24 AT 12 PM**

### Kindness Starts with Self-Care

Learn how kindness and self-care can work together to create a more positive and fulfilling life. In this webinar, we will delve into how kindness goes beyond just generating positive emotions and can significantly impact our physical bodies and the environments we find ourselves in.

[Click to register](#)



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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# WELL WISCONSIN EVENTS

**AUG 12 AT 1 PM**

## Preventive Care Recommendations

Join us as we recognize Annual Medical Checkup Day and review the importance of having a primary care provider, advocating for your health, and what preventative health care includes. We will cover immunizations, cancer screenings, routine test or exams, and the benefits of preventive care.

[Click to register](#)



**AUG 15 AT 11 AM**

## The Wheel of Life

On National Relaxation Day, we're exploring the Wheel of Life—a tool to help gain clarity on values and balance in our lives. We'll explore how to use this tool, how to build your wheel and use it for improved balance. We'll also offer a mini-yoga break to promote relaxation.

[Click to register](#)



**AUG 22 AT 12 PM**

## Meal Planning for Five to Thrive

Prepare to discover how delicious fruits and veggies can be during Well Wisconsin's Five to Thrive nutrition challenge and join us for a webinar to get meal planning tips to help you meet your challenge goal. We'll cover the essential pantry and kitchen items, tips and tricks to reduce meal preparation time, and best practices for reducing food waste. Plus, watch a recipe demonstration that uses meal planning strategies.

[Click to register](#)



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## WELL WISCONSIN EVENTS

**SEPT 10 AT 1 PM**

### **Suicide Prevention**

Join us on World Suicide Prevention Day as focus on changing the narrative on suicide and transforming how we perceive this complex issue. We'll discuss how to shift from a culture of silence and stigma to one of openness, understanding and support. We'll also examine warning signs of suicide that you can look for and highlight resources for help.

[Click to register](#)



**SEPT 25 AT 12 PM**

### **Healthy Aging**

No matter your age, practicing preventive care can lead to healthy aging. During Healthy Aging month, we'll examine physical, mental and cognitive health, highlighting strategies you can implement now for your future well-being.

[Click to register](#)



**SEPT 19 AT 11 AM**

### **Self-care for Caregivers**

If the demands of caregiving have left you feeling overwhelmed, prioritizing your own well-being may seem like the last thing on your mind. However, taking moments for self-care can significantly enhance your ability to provide effective care. Discover small strategies to alleviate stress and uplift your attitude, while building strength and resilience needed for the responsibilities of caregiving.

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