

WHERE YOU BELONG

Find health and closer connection.



WELL WISCONSIN EVENTS

APRIL 1 AT 2 PM

Nutrition and Substance Abuse

Explore the health impacts associated with substance abuse, including drugs and alcohol. Discuss the role of the liver and foods that benefit liver function. Examine the impact of smoking on diet and nutrition, while gaining tips to avoid weight gain when quitting.

[Click to register](#)



APRIL 18 AT 11 AM

Managing Stress through the Lifetime

Explore the difference between reacting and responding to stress, while learning about stress management superpowers. Get ideas for implementing new micro-habits to relieve stress. Discover new Well Wisconsin resources to help you better manage stress.

[Click to register](#)



APRIL 22 AT 1:30 PM

Sustainable Health

Identify ways to reduce your carbon footprint through sustainable transportation, food, housing and consumption. Identify behaviors you can adopt in your lifestyle to live more sustainably.

[Click to register](#)



Join a 5K workshop at a state trail near you!

Choose how you want to move and the training level that best suits your current fitness level as you prepare for a 5K. [Register today](#) and get ready to run, walk or roll at one of five locations across the state the week of April 22. Enjoy more social connection as you train with an optional 5-week run, walk or roll club.



WELL WISCONSIN
Healthier starts with you

WebMD
HealthServices

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

MAY 2 AT 11 AM

Hidden Gems Across the State

Get ideas for how you can celebrate National Fitness Day in a state park this weekend by exploring unique places off the beaten path. Learn about hidden gems in state parks and forests that you can explore by hiking, kayaking, or any way you want to move. Discover the magic that awaits in unexpected places.

[Click to register](#)



MAY 29 AT 1 PM

Nutrition & Digestive Health with Cooking Demo

In recognition of World Digestive Health Day, join us for a webinar examining nutrition's impact on digestive health. We'll identify foods that have a positive and negative effect on digestion, and explore sources of prebiotics and probiotics, and discuss tips for improving digestion.

[Click to register](#)



MAY 14 AT 11:30 AM

Explore Well WI Mental Health Resources

Join us in recognizing Mental Health Awareness Month by exploring resources available through the Well Wisconsin program. Explore the type of support you can receive with mental health coaching, resources to help you build resilience, and a 24/7 platform where you can join anonymous discussions with others facing challenges like anxiety, grief and more.

[Click to register](#)



Log into the Well Wisconsin portal at www.webmdhealth.com/wellwisconsin to register for a biometric screening near you.



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WELL WISCONSIN EVENTS

JUNE 5 AT 11:30 AM

Men's Health

Join us during Men's Health month as we focus on improving well-being! We'll explore conditions impacting men, discuss mental health and review recommendations for preventive screenings. Test your knowledge with facts and myths about men's health and get action steps you can take today, this week and this month.

[Click to register](#)



JUNE 27 AT 12 PM

Improving Mental Health through Movement

Discover the emotional health benefits associated with exercise. We'll also examine the importance of mental health and what causes illness. Join us as we explore five strategies to increase inactivity and positive mental health and participate in an optional movement break!

[Click to register](#)



JUNE 17 AT 1 PM

The Great Carb Debate

Have you ever wondered if carbs are good or bad? Join us as we explore the carbohydrate controversy. We'll take a look at general recommendations for carbohydrate intake and the importance of fiber for weight loss. We'll also look at the pros and cons of a variety of diet patterns.

[Click to register](#)



Join the Wisconsin Department of Natural Resources (DNR) and the Well WI team at parks across the state for a fun free weekend on June 1. Check out the [DNR events page](#) for more information about OutWiGo activities.



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