

WHERE YOU

BELONG

Find health and closer connection.

WELL WISCONSIN EVENTS

NOV 14 AT 11 AM

Breathing Easy During Lung Cancer Awareness Month

During lung cancer awareness month, join us for a webinar focused on breathing easy. We will examine the types and causes of lung cancer. We'll discuss the harmful effects of tobacco and highlight strategies and resources for tobacco cessation. Learn about radon and indoor air quality and steps you can take to reduce risks.

[Click to register](#)



DEC 5 AT 12 PM

Understanding SAD

Join us for an informative webinar on Seasonal Affective Disorder (SAD). We will discuss the symptoms of SAD, practical methods for managing and treating the "seasonal blues" and how to improve your well-being during the changing seasons.

[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.

January

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.



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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:



8 Cooking Classes

Prenatal and Postpartum Meals

Virtual classes for soon-to-be moms, new moms and anyone cooking for them. Series includes 5 weekly classes on Wednesdays at 12 pm, starting Jan. 8.

13 Fitness Classes

Strength Training

Virtual classes designed to help you build confidence and skills in strength training. Series includes 7 weekly classes on Mondays at 4 pm, starting Jan. 13.

14 Webinar

Healthier Starts with You

Overview of Well Wisconsin resources available to support your well-being goals on Jan. 14 at 11 am.

16 Workshop

Your "Why" for Well-being

Virtual workshop designed to help create a purposeful path to your well-being goals. Workshop includes 3 weekly sessions on Thursdays at 1 pm, starting Jan. 16. It also includes optional virtual events.

17 Fitness Classes

Restorative Yoga

Virtual classes designed for the prenatal body. All are welcome for this restful yoga practice. Series includes 7 weekly classes on Fridays at 12 pm, starting Jan. 17.

22 Onsite Event

Snowshoe Event or Winter Hike

Snowshoe tutorial and guided hike at Governor Nelson State Park for a one-day event on Jan. 22 at 5 pm.



WebMD
HealthServices

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