



# Discover Your Healthiest State of Mind.

Looking for mental health support? Well Wisconsin offers all the resources you need in one convenient place. Check out these tools:

- **Mental Health Coaching:** Get support from specialists who have certifications to support the management of depression, anxiety, grief, marital conflict, PTSD, dealing with crises and much more.
- **meEquilibrium:** A program designed to help you build resilience, understand yourself better and thrive in the face of change through interactive activities.
- **Togetherall:** A 24/7 platform where you can join anonymous discussions with others like you who may be experiencing similar challenges such as anxiety, grief and more. Mental health professionals are there to guide your experience, ensuring a safe space and access to clinicians when needed.
- **Group Coaching by WebMD:** During 30-minute interactive group video sessions with a coach, engage in conversations about establishing boundaries, building social connections and more.
- **Beyond Well podcasts:** The podcast library will include **New** podcasts to help prepare those in supervisor roles to have conversations with employees about mental health.
- **Daily Habits:** Try one of these plans—Keep Stress in Check; Cope with the Blues; Work-Life Balance.



Well Wisconsin helps me stay on track with doing good things for my health, and also helps with my mood, energy level and optimism about life.

- Well Wisconsin coaching participant.



## Get Support to Feel Your Best.

Log in to your account at [webmdhealth.com/wellwisconsin](https://webmdhealth.com/wellwisconsin) to browse resources on the portal or call **800-821-6591** to learn more about coaching options.

A health coach should not replace the role of your doctor in managing your health condition. A coach is an extra resource to help you stay on track of your everyday activities, from taking your medication as prescribed to managing stress or improving sleep.

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.