

WHERE YOU
BELONG

Find health and closer connection.



Discover Your Healthy Place

Find your healthiest state of mind and earn rewards with Well Wisconsin! Complete one activity below to take a step toward \$150.*

ACTIVITY	DESCRIPTION
Health coaching	Complete three coaching sessions with a WebMD coach or nurse. Available programs include: lifestyle, mental health, specialty weight management, tobacco cessation and chronic condition management.
Daily Habits	Complete one Daily Habits plan on the Well Wisconsin portal. Choose a plan and you'll be reminded to track daily habits that help lead to better health.
Well Wisconsin Radio or Webinars	Listen to two episodes of Well Wisconsin Radio from season 3 or two Well Wisconsin webinars. Or mix and match!
NEW! Move for a Million Challenge	Starting in January, move the equivalent of 1 million steps in ways that work for you. Hit the milestone before October 11, 2024, for well-being activity credit. Keep an eye on your inbox for details!
Seize the Zzzz Challenge	Take the opportunity reset your sleep habits. Challenge kicks off in March 2024!
Five to Thrive Challenge	Discover how delicious fruits and veggies can be during the Five to Thrive challenge, kicking off in August 2024.
NEW! Group Coaching	Complete two WebMD Group Coaching Sessions. Join classes on wellness topics that are important to you in a group setting.
NEW! Fern Pain Management Program	In this digital chronic pain program, work with a Fern coach to develop new skills to better manage pain. Complete two days of activity to earn your well-being activity credit.
NEWLY EXPANDED! meQuilibrium (meQ)	Find your more powerful self with meQuilibrium's resilience program. Completing the meQ questionnaire counts as your well-being activity. If you've already completed it, taking a reassessment also counts.
Employer-sponsored activity	Watch for information from your employer regarding activities they may be organizing that will count toward your well-being activity.

In addition to completing one well-being activity, complete the online Health Assessment and a health check by **October 11, 2024**. Get started at webmdhealth.com/wellwisconsin.

QUESTIONS? Call **800-821-6591**.

*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.