

2025 OVERVIEW

# Well Wisconsin

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Alexis Krause

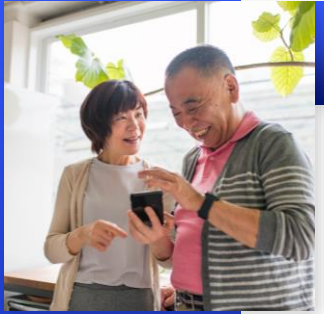
# Agenda

1. Program Overview
2. Spotlight on Resources

WELL WISCONSIN

# Program Overview





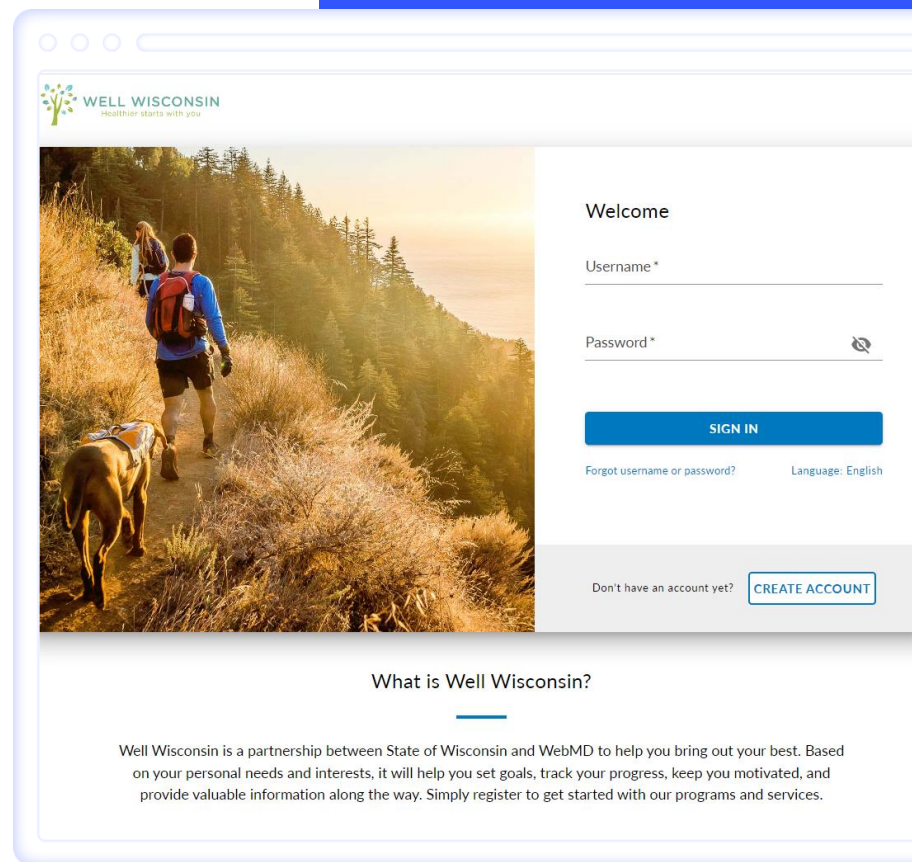
# Well Wisconsin Program

- Voluntary program
- Available to State of Wisconsin Group Health Insurance Program (GHIP) members, including:
  - Employees
  - Spouses
  - Retirees

# WebMD Portal

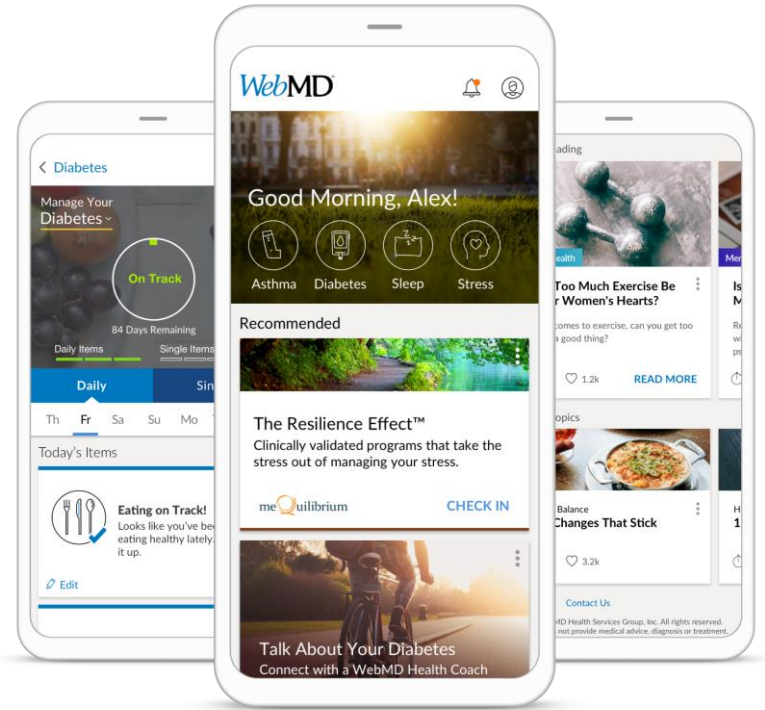
## Getting started

- Visit [webmdhealth.com/wellwisconsin](https://webmdhealth.com/wellwisconsin)
  - Follow steps to create account
- If you have created an account with **WebMD ONE**
  - Use the same username and password
- Enter code to complete 2-step verification



# Wellness at Your Side Mobile App

- Download the app on a mobile device
  - App Store
  - Google Play
- Enter connection code, after initial download only:
  - SOWI



# 2025 Incentive

Complete to earn \$150 Well Wisconsin prepaid card

- Three activities:
  1. Health assessment
  2. Health check
  3. Well-being activity

\*Retirees will have FICA taxes withheld from prepaid card





WELL WISCONSIN

# Spotlight on Resources



# Coaching Solutions

Providing participants with the personalized support they need

## Lifestyle

Whole-person coaching for all members. Addresses lifestyle risks, such as nutrition, exercise, sleep, weight management, stress, and more.

## Weight Management: Positively Me

12-month intensive weight management program designed for members with a BMI >30. Includes cognitive structuring, nutrition, exercise and stress.

## Quit Tobacco Coaching

Tobacco cessation, including cigarettes, chewing tobacco and vaping. Coaches determine the type and dosage of NRT.



## Mental Health Coaching

Coaches support members who are high-risk in the area of emotional well-being. Common topics include depression, anxiety, alcohol use, drug use, grief, marital conflicts, workplace stress and more.

## Diabetes Prevention Program

CDC-approved: Prevent T2. 12-month program in a group setting of 15-20 members. Focus is to reduce elevated blood sugar and diabetes risk through lifestyle behavior changes.

## Coaching Classes

Live, video-based coaching classes. Small groups include 10-15 people to encourage interaction and participation. Members select topics they are interested in throughout the year.

## Chronic Condition Management

Helps members manage the clinical aspects of their condition and adhere to their treatment plans. Conditions include Asthma, COPD, Diabetes, Heart Failure, CAD.



# Mental Health Coaching

WebMD Coaches with trainings and certifications to support emotional well-being

## Common Topics Address:

- Alcohol and drug abuse or addiction
- Bereavement, grief or loss
- Marital conflict
- Parenting issues
- Emotional eating
- Workplace stress

# Diabetes Prevention Program

## Duration and frequency: 12-month program

- First 4 months: sessions completed weekly
- Months 5-6: sessions completed every other week
- Last 6 months: sessions completed once a month

## Curriculum:

- CDC-approved: Prevent T2 Diabetes
- Led by trained CDC Lifestyle Coaches
- Modules address nutrition, physical activity, stress management, weight loss, behavior change, and sustaining lifestyle changes
- Participants receive digital scale that uploads their weight
- Participants track food, physical activity and weight



Lose 5-10% of body weight



Increase physical activity to at least 150 minutes per week



Adopt eating habits that will improve health and reduce elevated blood sugar and diabetes risk

# Condition Management Areas of Focus

- Asthma
- Chronic Obstructive Pulmonary Disease
- Diabetes
  - It's Your Health: Diabetes
- Heart Failure
- Coronary Artery Disease
  - Including High Blood Pressure



# Coaching Classes

Live, video-based coaching program facilitated by WebMD Health Coaches.

- A class-based coaching experience to connect on wellness topics with the support of a certified Health Coach, providing participants:
  - Social connectedness.
  - Easy to use.
  - Variety of topics.

My Health Rewards

Coaching **Classes** Activity

## Classes

Classes are a great way to learn more about health topics that matter to you. Led by a certified coach, you'll join others in a virtual session to level up your learning.

\*You have the right to confidentiality and privacy by the group leaders and other group members. Confidentiality within the group setting is a shared responsibility of all members and leaders.

### My Classes

You're signed up for two classes.

**Weight**  
Intro to Weight Management & Goal Setting

CLASS DETAILS

Tuesday, March 9th, 5:00 pm - 5:30 pm

We're looking forward to seeing you! We emailed you a Zoom link or you can join from here.

JOIN CLASS

ADD TO CALENDAR CANCEL

**Nutrition**  
Building a Foundation to Improved Nutrition

CLASS DETAILS

Tuesday, March 10th, 5:00 pm - 5:30 pm

We're looking forward to seeing you! We emailed you a Zoom link or you can join from here.

JOIN CLASS

ADD TO CALENDAR CANCEL

### Available Classes

You can sign up for three classes at a time and schedule up to eight weeks in advance.

**Nutrition**  
**Building a Foundation to Improved Nutrition**  
May 10, 8:00am | +1 more  
Begin building your nutrition foundation

**Nutrition**  
**Air Fryer Meals**  
May 10, 8:00am | +1 more  
Come learn all the ways you can make

**Exercise**  
**Experiencing Intermediate to Moderate Yoga**  
May 10, 8:00am | +1 more  
Experience intermediate to moderate

# Quit by WebMD: A Whole-Person Approach



## ENGAGEMENT PHASE

**Goal:** Increase excitement and commitment to the program.



## ACTIVE QUITTING PHASE

**Goal:** Actively eliminate tobacco use.



## SUSTAINABLE LIFESTYLE PHASE

**Goal:** Reinforce behaviors and accountability.



Our motivational interviewing techniques encourage and align end-user goals with the program.

# Positively Me®: Weight Management Coaching

- 12-month program of 1:1 mentoring with an emphasis on consistency and accountability
- Addresses the whole person, all facets of well-being
- Facilitated by WebMD Health Coaches:
  - Registered Dietitians
  - Exercise specialists
  - Training in weight management





# Lifestyle Coaching

Individualized guidance, mentoring, training, education and accountability.

- Whole person. Addresses all facets of well-being including:
  - Resilience
  - Diet
  - Exercise
  - Sleep and more.
- Accessible through Coach Connect secure messaging, telephone, email, online and onsite.

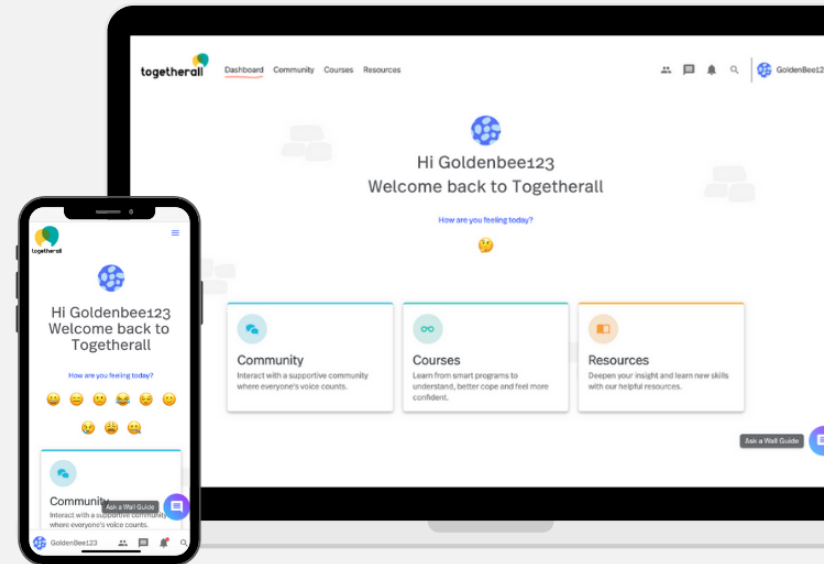


# Online Mental Health Community



People helping people, scaled by technology, monitored by clinicians

- Online peer-to-peer community that empowers individuals to anonymously seek and provide support
- Monitored and moderated by licensed clinicians 24/7
- Safe, inclusive environment



# Online Mental Health Community

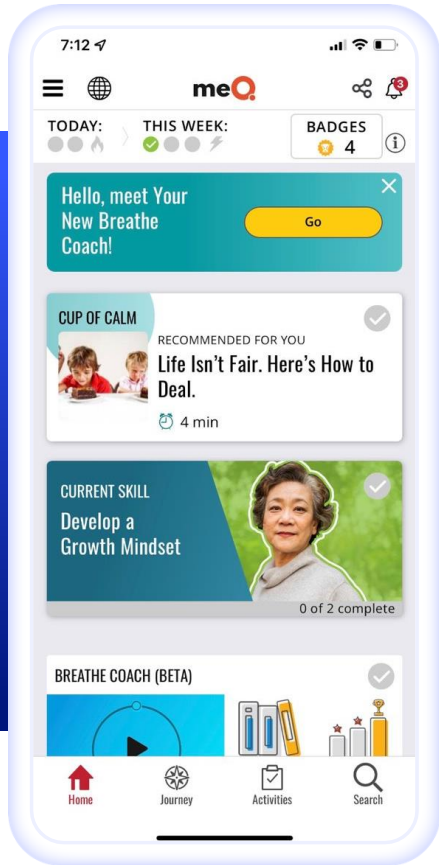


## Common Discussion Topics

- Anxiety
- Addiction
- Phobias
- Life challenges:
  - Parenting concerns
  - Relationship difficulties
  - Financial struggles

## Clinical Team

- Clinical team of licensed/registered mental health professionals, including:
  - Social workers
  - Counselors
  - Nurses
  - Psychologists
  - Psychiatrists



# meQuilibrium

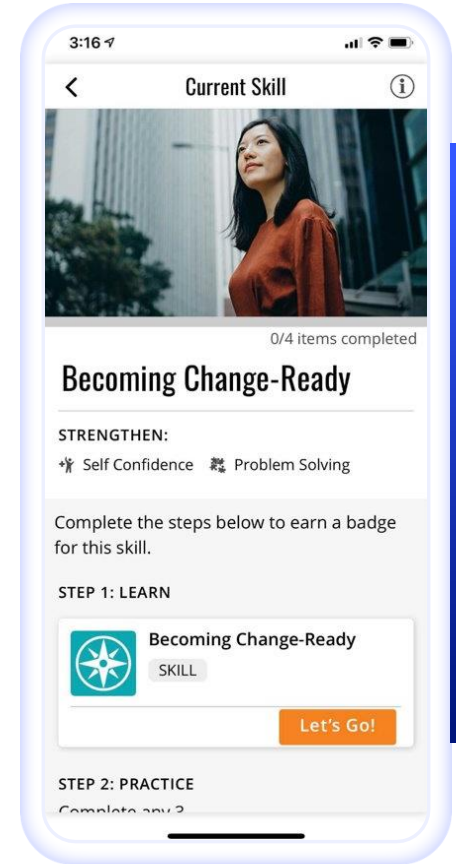
## Leveraging the science of resilience and cutting-edge technology

- Helping people reduce stress and:
  - Thrive in the face of change or disruption
  - Develop agile thinking and behaviors
  - Be more positive, healthy and productive
  - Practice mindfulness
  - Reach their full potential

# meQuilibrium

## The user experience

- Identify sources of stress through the meQ assessment.
- Receive confidential and secure results providing an individualized profile to begin the resilience journey
- Learn new habits and coping skills gained through self-paced, small steps
- Track progress as skills are accomplished
- Continue to increase resilience overtime with ongoing engagement designed to motivate and reinforce key concepts



# Beyond Well Podcasts

New podcasts are added weekly.

## Mental Health Topics

- Anxiety
- Dealing with Insomnia
- Domestic Violence
- Change in the Workplace
- Relationship Stress
- Caring for the Caregiver
- Bi-polar
- Suicide
- Financial Stress

## COVID-19 Topics

- Techniques for Coping
- COVID-19 Stress Issues
- OCD & COVID-19
- Family
- Create Balance for Yourself
- You're Anxious – It's Okay

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health services

Beyond Well Solutions Podcasts  
Reclaim your balance with these engaging podcasts from Beyond Well Solutions.

What is Bi Polar Disorder

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*Beyond Well*  
Solutions

A three things wish list and medication thoughts

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CLICK HERE

Duration: 6:17

*Beyond Well*  
Solutions

Should I Pay for Mental Health care with Insurance or Out of Pocket

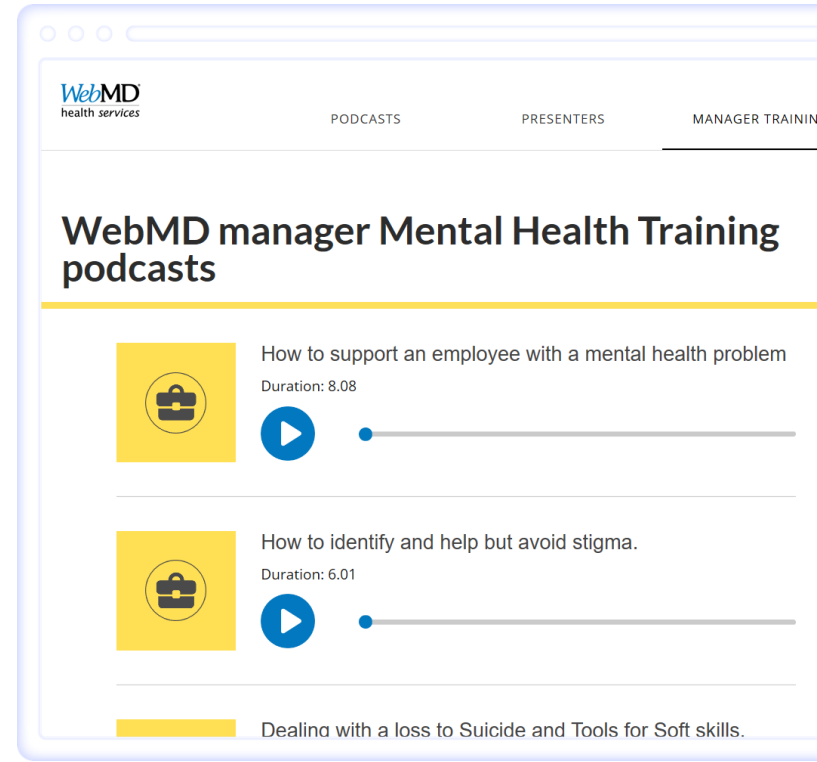
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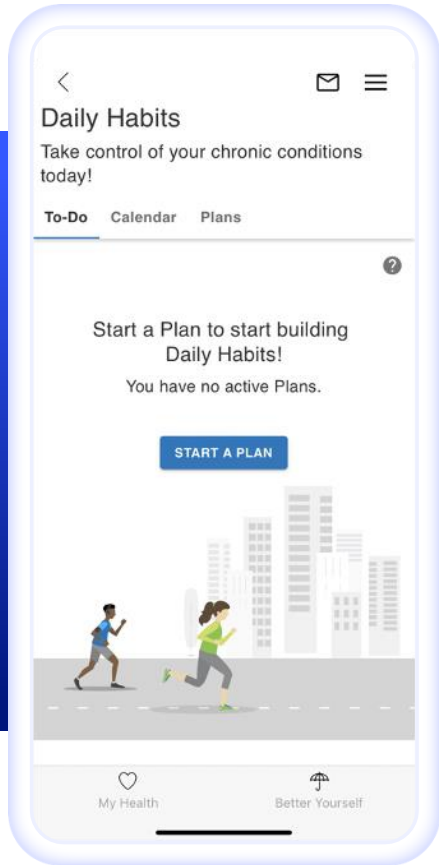
# Manager Podcasts Topics

## Topics include:

- How to support an employee with a mental health problem
- How to identify and help but avoid stigma
- Dealing with a loss to suicide, and tools for soft skills
- Diversity, belonging, benefits and millennials
- How COVID lifted the veil of office mental health
- Elephant in the office



# Daily Habits



Digital coaching developed with physicians, clinicians and our clinical advisory board.

- Turn small, attainable goals into long-term behavior change.
- Build daily habits that align with individual interests and health status.
- Support individual accountability, reinforce change.



# Well-Being is Daily

Activities to encourage healthy habits, reach goals and promote behavior change.

- Enjoy Exercise
- Balance Your Diet
- Keep Stress in Check
- Lose Weight
- Cope with the Blues
- Asthma

- Diabetes
- CAD
- COPD
- Heart Failure
- High Blood Pressure
- Quit Tobacco

- Sleep Well
- Stay Connected
- Back Health
- Balanced Living
- Work-Life Balance
- Maternal Health

# Where Go For More Information

## Get support and explore resources

- WebMD Customer Service
  - For help troubleshooting, call 1-800-821-6591
- ETF Member Website
  - Get information and register for events:
    - Webinars
    - Virtual fitness classes
    - Onsite podcast interviews

## Well Wisconsin for Members

The **Well Wisconsin program**, administered by WebMD, provides tools and resources to help members set health and well-being goals, track progress, stay motivated, and earn incentives. All members and their spouses who participate in the Group Health Insurance Program have access to the Well Wisconsin program.

For program-related questions visit **WebMD** or call **1-800-821-6591**.

You can also easily access the Well Wisconsin app, called "**Wellness At Your Side**." Find it in the App Store or Google Play. You will use the connection code "SOWI" after downloading the app to login.

### Earn the Incentive

To earn the \$150 prepaid card, go to **Well Wisconsin portal** and complete your:

1. Health assessment
2. Health check
3. One well-being activity

The **deadline** to earn the incentive is **October 11, 2024**.

All non-Medicare Advantage subscribers and spouses enrolled in the Group Health Insurance Program through the Well Wisconsin program. Medicare Advantage members cannot earn the Well Wisconsin incentive or other incentives from UnitedHealthCare.

### Well Wisconsin is Accessible

Complete your activities in **English** or **Spanish**. If you don't have computer access or prefer to communicate in another language, contact WebMD at **1-800-821-6591**. The portal and resources are accessible to members with hearing or vision impairment as well.

Q & A

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