

Connect with the Well Wisconsin Team

Enjoy these educational opportunities, classes, events and more throughout 2025. Complete the Health Assessment, a health check, and a well-being activity by October 17, 2025 to earn a \$150* prepaid card. Visit webmdhealth.com/wellwisconsin to learn more and etf.wi.gov/well-wisconsin-events to sign up for the events below. Questions? Call **800-821-6591**.



	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
CHALLENGES all with special virtual wellness events				Wellness from Within			Side Quests					
WORKSHOPS	Your "Why" Can Take You Places	Heart Healthy Living			Lowering Blood Pressure with the DASH Diet		Diversity & Mental Health	Managing Diabetes			Recovering from Grief & Loss	
WEBINARS	Well WI 2025 Overview			Well WI 2025 Overview		Building One Cohesive Culture		Well WI 2025 Overview		Centering Leadership in Empathy		
BOOK CLUBS		What Doesn't Kill You: A Life with Chronic Illness				Tiny Habits: Small Changes that Change Everything		Why Has Nobody Told Me This Before		The Caregivers Guide to Diabetes		
ONSITE EVENTS	Snowshoe Event		Regional Biometric Screenings		Foraging Events	Get Outside with Well WI		Regional Biometric Screenings		Regional Flu Clinics		Volunteer Challenge
GROUP FITNESS	Strength Training & Prenatal Yoga		Core Strengthening for Back Care		Pilates & HIIT	Foundational Fitness & Pilates	Strength Training & Zumba	Slow Flow & Yin Yoga	Mindfulness Yoga	Healthy Holidays Fitness Series		
COOKING CLASSES	Prenatal & Postnatal Cooking		Cooking with Eggs				Cooking with Summer Produce				Healthy Holiday Baking	
WELL WISCONSIN RADIO	New Well Wisconsin Radio podcast episode every month											

*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.

