



# CHAMPION CONTEST

## Well Wisconsin Engagement

Get started with the Well Wisconsin champion contest by completing activities of your choice, outlined on the following pages. Earn points while working to improve employee health and well-being through education and activities that support a healthy lifestyle. Champions will earn the following rewards each quarter between Q1 and Q3 for completing 4 activities, worth a total of 40 points.

- **Receive a giveaway for yourself**  
and for your wellness committee
- **Be entered into a drawing**  
for an interactive, well-being experience for employees

Scan to register:



Scan to submit:



Ready to get started? Sign up once by completing our [registration form](#) at any time during the year. Complete contest activities every quarter. After you are done racking up points, let us know which steps you have completed in our [submission form](#). Enter your quarterly activities by April 15 (Q1), July 15 (Q2), and October 15 (Q3).

# QUARTERLY CHAMPION CONTEST ACTIVITY OPTIONS

## Complete only in Quarter 1

- Well Wisconsin Awards Ceremony: 10 points**  
Attend the Well Wisconsin Awards Ceremony.

## Complete only in Quarter 2

- Wellness From Within Challenge: 10 points**  
Bring balance to your emotional well-being during this Well Wisconsin challenge. Track the days you take time to invest in your emotional health during this 6-week challenge.

## Complete only in Quarter 3

- Host an Onsite Flu Clinic: 10 points**  
Host an onsite flu vaccine clinic for employees. If you don't have a large enough eligible employee population, contact the [WebMD team](#) for support inviting other nearby employers to collaborate for a regional screening.

## Complete Anytime Between Quarter 1 and Quarter 3

- Champion Meeting: 10 points**  
Attend a champion network meeting during the quarter to stay up to date on well-being initiatives and upcoming events.
- Well Wisconsin Promotion: 10 points**  
Use internal communication channels to promote all quarterly Well Wisconsin program initiatives highlighted in the monthly ETF Employer News: Well Wisconsin updates. Check your inbox each month.
- Wellness Committee Meeting: 10 points**  
Invite a [WebMD team member](#) to join your wellness committee meeting to collaborate on program planning or provide a Well Wisconsin update.
- Well Wisconsin Overview or Health Education Presentation: 10 points (30 points max/quarter)**  
Host an onsite, virtual, or hybrid Well Wisconsin overview or health education presentation, facilitated by the WebMD team. [Review our presentation library and submit](#) your preferred dates and times.
- Well Wisconsin Interactive Event: 10 points (30 points max/quarter)**  
Host an onsite or virtual Well Wisconsin interactive event, facilitated by the WebMD team. [Review our interactive event library and submit](#) your preferred dates and times.

- Biometric Screening Event: 10 points**  
Host an [onsite biometric screening event](#) for employees. If you don't have a large enough eligible employee population, contact the [WebMD team](#) for support inviting other nearby employers to collaborate for a regional screening.
  
- Well Wisconsin Champion Consulting Meeting: 10 points**  
Meet with a [WebMD team member](#) to set Well Wisconsin participation goals, identify strategies to increase engagement, complete a new champion orientation, discuss revamping or establishing your wellness committee, or review aggregate health risks and participation data.
  
- Employer-Sponsored Activity: 10 points**  
Add a Well Wisconsin connection to your employer-sponsored activity (ESA) by using our [ESA guide](#) and collaborating with a WebMD team member for activity implementation. Contact your [WebMD team](#) to start planning.
  
- New Hire Overview: 10 points**  
Include [Well Wisconsin resources](#) in welcome packets for new hires.
  
- Move for a Million or Side Quests Challenge: 10 points**  
Start moving closer to your goals and focus on your well-being by completing your goals set during one of these two Well Wisconsin challenges.