



Find health and closer connection.



# Find Confidence With a Health Check

A health check helps you understand your well-being and find your healthy place. It's also a step toward earning a \$150 Well Wisconsin prepaid card!\* You have three health check options:

## OPTION 1. BIOMETRIC SCREENING.

Visit Well Wisconsin and click on the Biometric Screening card. Choose from three options:

- 1. Onsite screening event:** Click "Onsite Health Screening" to be directed to the Quest site, find a screening near you, and reserve your spot.
- 2. Self-collection materials:** Click "Self-collection materials" and order them on the Quest site.
- 3. Health Care Provider Form:** Download and complete it by clicking "Health Care Provider Form."

## OPTION 2: DENTAL CLEANING.

Complete a routine dental cleaning visit to get credit, click "Rewards" and then "more." Enter your cleaning date and click "save."

## OPTION 3: COACHING SESSION.

You have two options for coaching interactions:

- Complete one session by calling **800-821-6591**.
- Exchange a series of messages with a coach by clicking "Coaching" on [webmdhealth.com/wellwisconsin](http://webmdhealth.com/wellwisconsin).

Get started at  
[webmdhealth.com/wellwisconsin](http://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.