

Connect with Well Wisconsin

Enjoy these educational opportunities, classes, events and more throughout 2026.

Visit webmdhealth.com/wellwisconsin to learn more. Questions? Call 800-821-6591.

Complete the **Health Assessment**, a health check, and a **well-being activity** by October 16, 2026 to earn a **\$150*** prepaid card.

	January	February	March	April	May	June	July	August	September	October	November	December
Challenges		Sip Smart				Rooted in Wisconsin		Wander Wisconsin				
Workshops					Lowering Blood Pressure with the DASH Diet			Healthy Aging				
Diabetes Prevention And Management	Strengthening Lifestyle Strategies			Preventing Complications			Sustaining Motivation					
					Prevent Type 2: Diabetes Prevention Program							
Book Clubs				Tiny Habits: Small Changes that Change Everything		Stop Overthinking: The Path to Calm		Tiny Habits: Small Changes that Change Everything				
In-Person Events	Discovery Walk: Mindful Winter				Discovery Walk: Pollinators			Discovery Walk: Green Spaces	Foraging: Wild Mushrooms	Discover Walk: Bats		
			Regional Biometric Screenings					Regional Biometric Screenings	Regional Flu Clinics			
Fitness and Mindfulness					New fitness classes every other month							
						Lunchtime Boost						
						Yoga/Pilates						
Webinars	Well WI 2026 Highlights	Stress & Heart Health		Women's Hormonal Health		Understanding Burnout		Everyday Choices to Lower Cancer Risk	Gut Microbiome & Mental Health			Healthy Living on a Budget
Cooking Classes	Sip Smart: Healthy Beverages				Rooted in WI: Seasonal Produce			Back to School Cooking for Busy Families			Knead to Nourish: Bread Baking for Wellness	
Well Wisconsin Radio					New Well Wisconsin Radio podcast episode every month							
Elevate Leadership Training			Transparent Communication			Prioritizing Time			Speaking Candidly		Fostering Resiliency	



Scan QR Code to sign up for the events.

All events are open for anyone to attend regardless of health insurance enrollment status, except for Well Wisconsin Challenges, Biometric Screenings and Flu Vaccine Clinics.

*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. 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.