



Find health and closer connection.

Treat Pain at Home

with Exercise Therapy from Kaia Health

Living with pain can slow you down, keeping you from the people and activities you love the most. Well Wisconsin has partnered with Kaia Health to provide full access to personalized therapy programs for joint and muscle pain—at no additional cost to you.

What will my Kaia program include?

- Personalized exercise therapy sessions that take 10 to 15 minutes to complete
- Relaxation to cope with stress-related pain
- Bite-sized lessons that help you understand the causes of your pain
- A dedicated (human) health coach who helps you meet your goals
- On-demand access through the Kaia app—no appointments needed

How do I get started?

1. Log in or create an account at webmdhealth.com/wellwisconsin.
2. If you haven't yet, take the Health Assessment to determine your eligibility for Kaia. Those who are eligible will see the Kaia card on their homepage and can register a Kaia account from there.
3. Download the Kaia app from your mobile app store.
4. Complete your short onboarding assessment and start your first activity!

Using Kaia counts toward the well-being activity step of earning your \$150* Well Wisconsin incentive. For well-being activity credit:

- Register for Kaia and download the Kaia app
- Log in to the app and complete the Kaia assessment
- Complete one daily activity or coaching session

Begin your Kaia journey at webmdhealth.com/wellwisconsin or call **800-821-6591** to determine your eligibility.

*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.