



CHAMPION CONTEST

Well Wisconsin Engagement

Get started with the Well Wisconsin champion contest by completing activities of your choice in the checklists 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 can earn the following rewards in each round of the contest by completing 5 activities worth a total of 50 points. Champions that complete at least one round of the contest will also be recognized at the annual Well Wisconsin Awards Ceremony.

- **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:



Ready to get started? Complete contest activities in each round. After you are done racking up points, let us know what you have completed in our submission form. Round One of the contest is January 1 through May 31. Register to participate by February 28 and complete and submit your checklist by May 31. Round Two of the contest is June 1 through October 31. Register to participate by July 31 and complete and submit your checklist by October 31.

CHAMPION CONTEST ACTIVITY OPTIONS

Round One: January 1 to May 31

Register to participate by February 28. Complete 5 activities from the list below to earn 50 points and submit by May 31.

- ☐ Attend the Well Wisconsin Awards Ceremony.
- ☐ Host an [onsite biometric screening event](#) for your staff. If you don't have a large enough eligible employee population, contact the WebMD Team at wellwi-employersupport@webmd.net for support inviting other nearby employers to collaborate.
- ☐ Attend a champion network meeting to stay up to date on well-being initiatives and upcoming events.
- ☐ Use internal communication channels to promote Well Wisconsin program initiatives highlighted in the monthly [Well Wisconsin Events Flyers](#).
- ☐ Invite a WebMD team member at wellwi-employersupport@webmd.net to join your wellness committee meeting to collaborate on program planning or provide a Well Wisconsin update.
- ☐ 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.
- ☐ 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.
- ☐ Meet with a WebMD team member by contacting us at wellwi-employersupport@webmd.net 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.
- ☐ 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 the WebMD team at wellwi-employersupport@webmd.net to start planning.
- ☐ Include [Well Wisconsin resources](#) in welcome packets for new hires.
- ☐ Champion's Choice - you choose an activity to complete and tell us what you did.

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CHAMPION CONTEST ACTIVITY OPTIONS

Round Two: June 1 to October 31

Register to participate by July 31. Complete 5 activities from the list below to earn 50 points and submit by October 31.

- ☐ Host an [onsite biometric screening event](#) for your staff. If you don't have a large enough eligible employee population, contact the WebMD Team at wellwi-employersupport@webmd.net for support inviting other nearby employers to collaborate.
- ☐ Attend a champion network meeting to stay up to date on well-being initiatives and upcoming events.
- ☐ Use internal communication channels to promote Well Wisconsin program initiatives highlighted in the monthly [Well Wisconsin Events Flyers](#).
- ☐ Invite a WebMD team member at wellwi-employersupport@webmd.net to join your wellness committee meeting to collaborate on program planning or provide a Well Wisconsin update.
- ☐ 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.
- ☐ 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.
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- ☐ 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 the WebMD team at wellwi-employersupport@webmd.net to start planning.
- ☐ Include [Well Wisconsin resources](#) in welcome packets for new hires.
- ☐ Host an onsite flu vaccine clinic for your staff. If you don't have a large enough eligible employee population, contact the WebMD Team at wellwi-employersupport@webmd.net for support inviting other nearby employers to collaborate.
- ☐ Champion's Choice - you choose an activity to complete and tell us what you did.

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