



# CHAMPION CONTEST

## Well Wisconsin Engagement

Get started with the new 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 can receive the following rewards based on total points earned for quarters 1, 2, and 3.

- **Level 1: Earn 50 points/quarter**  
Earn a reward just for champions
- **Level 2: Earn 100 points/quarter**  
Enter a drawing for an interactive, well-being experience for employees

Ready to get started? Sign up by completing our [registration form](#). 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, July 15, and October 15.

# QUARTERLY CHAMPION CONTEST ACTIVITY OPTIONS

## Complete in Quarter 1

- Well Wisconsin Kickoff Meeting: 10 points**  
Attend one of two Well Wisconsin kickoff meetings on November 7 at 2 p.m. or January 4 at 10 a.m. or view the recording to learn more about the 2024 program and new resources. [Register](#) to attend and receive the recording.
- Finding Closer Connection with Champions: 10 points**  
Attend the Finding Closer Connection with Champions onsite event on February 22 from 9 a.m. to 11:30 a.m. at the Olbrich Botanical Gardens. [Register](#) to let us know you'll be there.
- 2023 Well Wisconsin Awards Ceremony: 10 points**  
Attend the 2023 Well Wisconsin Awards Ceremony on February 22 from 1 to 3:30 p.m. at the Olbrich Botanical Gardens. [Register](#) to let us know you'll be there.
- Seize the Zzzz Challenge: 10 points**  
Improve your sleep and focus on your well-being by participating in the [Seize the Zzzz challenge](#).

## Complete in Quarter 2

- Culture of Health Assessment Orientation: 10 points**  
Attend our Well Wisconsin Culture of Health Assessment Orientation on April 10 at 1 p.m. [Register](#) to let us know you'll be there.
- Starting a Move Your Way Workplace Group: 10 points**  
Attend the Well Wisconsin Starting a Move Your Way Workplace Group meeting on June 11 at 11 a.m. and get tips for starting a walking/move any way you want to move group at your worksite or virtually. [Register](#) to let us know you'll be there.

## Complete in Quarter 3

- Five to Thrive Challenge: 10 points**  
Add more vegetables to your plate and focus on your well-being by participating in the [Five to Thrive challenge](#).
- Strategies to Increase Engagement: 10 points**  
Attend our Last Chance: Strategies to Increase Engagement meeting on September 3 at noon and get ideas for ways to boost incentive completion and Well Wisconsin participation. [Register](#) to let us know you'll be there.
- 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 your [WebMD team](#) to help coordinate a regional clinic with other employees in your area.

## Complete Anytime

- Champion Meeting: 10 points**  
Attend at least one champion network meeting during the quarter to stay up to date on well-being initiatives.
- 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.
- Well Wisconsin Toolkit Implementation: 10 points**  
Implement a Well Wisconsin toolkit to help create engagement in challenges and employer-sponsored activities. Explore and download quarterly toolkits from the [ETF employer site](#).
- 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 your [WebMD team](#) to help coordinate a regional screening with other employees in your area.
- 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.
- Culture of Health Assessment: 10 points**  
Collaborate with the WebMD team to complete an onsite culture of health assessment. Submit a [request to get started](#) and enter your preferred dates.
- Move for a Million Challenge: 10 points**  
Start moving closer to your goals and focus on your well-being by participating in the Well Wisconsin [Move for a Million challenge](#).