



Managers impact employees' mental health as much as their spouses and more than their doctors or therapists.

ELEVATE MANAGEMENT

Well Wisconsin Training Series, brought to you by WebMD Coaching

Join the NEW Well Wisconsin leadership training series, designed to help managers build leadership skills to create a culture of well-being at work. Join one or all four in this series by registering for individual training sessions.

Fostering Resiliency to Prevent Burnout

March 20 at 12 pm CST

Identify the causes and symptoms of employee burnout and discover how you can build resilience as a manager both internally and across your team.

[Click to register](#), or scan



Building ONE Cohesive Culture

June 19 at 12 pm CST

Discover how to improve workplace culture by building connections, addressing employee retention and motivating others.

[Click to register](#), or scan



Destigmatizing Mental Health Challenges

September 4 at 12 pm CST

Understand mental health, the stigma that can surround it and self-care strategies and resources that will support mental health for leaders and teams.

[Click to register](#), or scan



Centering Leadership in Empathy

November 6 at 12 pm CST

Examine how empathy in the workplace can impact the vital role managers play in centering their management style in a supportive, open and understanding way.

[Click to register](#), or scan



April

Join virtual and onsite Well Wisconsin events this month as you build a healthy, connected life in your home state. Attending two events (plus completing the health assessment and a health check), earns you \$150...and they're ALL a big boost for your wellness.



3 Ways to Learn More and Sign Up:

1. Visit etf.wi.gov/well-wisconsin-events.
2. Click on the "Well Wisconsin Events" card in the portal at webmdhealth.com/WellWisconsin.
3. Scan the QR code:



2 Challenge Events Wellness from Within Activities

Bring balance to your emotional well-being during the Wellness from Within Challenge and join virtual Well Wisconsin events, like the [Paint by Numbers activity](#). Explore and sign up for events at etf.wi.gov/well-wisconsin-events. Register for the challenge at webmdhealth.com/WellWisconsin.

8 Regional Screenings Onsite Biometric Screening Events

Join an onsite screening event and discover your numbers. Schedule an appointment at webmdhealth.com/WellWisconsin:

- April 8: Milwaukee, Comfort Suites Airport
- April 17: Green Bay, Comfort Suites
- April 22: Madison, Monona Terrace

16 Webinar Healthier Starts with You

[Overview of Well Wisconsin resources](#) available to support your well-being goals on April 16 at 12 pm.

23 Fitness Classes HIIT

[Virtual classes](#) designed to increase your heart rate and fatigue your muscles. This 4-week series meets on Wednesdays at 12 pm CT, starting April 23.

29 Fitness Classes Pilates

[Virtual classes](#) designed to increase your core strength and improve body alignment. This 4-week series meets on Tuesdays at 4 pm CT, starting April 29.

30 Onsite Events Foraging for Natural Foods

[Guided foraging experience](#) at Indian Lake County Park near Madison for beginners to experts on April 30 from 4:30 to 6:30 pm CT.

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.



Reflect and Renew



Bring balance to your well-being during Well Wisconsin's Wellness from Within Challenge.

How it works

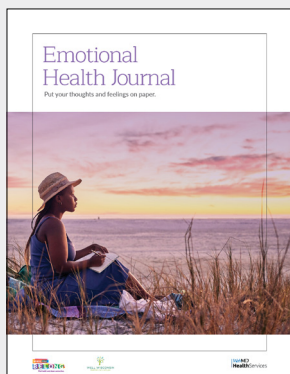
Track the days you take time to invest in your emotional health between **April 16** and **May 27**. Record your progress for 21 days to complete the well-being activity portion of the 2025 Well Wisconsin program incentive* and enjoy better emotional well-being!

Feel better from the inside out

Looking within can help you feel happier, sleep better, lower your blood pressure, and more. During the challenge, live more mindfully by working on a different part of your emotional well-being each week.

Look out for special Well Wisconsin activities tied to each weekly theme. Additional Well Wisconsin resources like meQuilibrium, Togetherall, and Beyond Well Podcasts are also great emotional health tools to utilize during the challenge.

- **Week 1: Awareness** – Avoid tech to focus on your values.
- **Week 2: Expression** – Express your creativity.
- **Week 3: Regulation** – Try meditative breathing techniques.
- **Week 4: Relaxation** – Make it a priority to rest and unwind.
- **Week 5: Connectedness** – Connect with loved ones.
- **Week 6: Reflection** – Look back on your progress and take notes.



Keep track with our journal.



Use our emotional health journal to clear your mind, track your progress and stay motivated toward your goals. Download it today!

Register by **April 23** at webmdhealth.com/wellwisconsin.

Click into the challenge from the MyHealth page.

SOURCE

The National Institutes of Health: "Mindfulness for Your Health"



Doctor Verified

Melinda Ratini, DO MS | January 2023

*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.

May

Join virtual and onsite Well Wisconsin events this month as you build a healthy, connected life in your home state. Attending two events (plus completing the health assessment and a health check), earns you \$150...and they're ALL a big boost for your wellness.



Find health and closer connection.

3 Ways to Learn More and Sign Up:

1. Visit etf.wi.gov/well-wisconsin-events.
2. Click on the "Well Wisconsin Events" card in the portal at webmdhealth.com/WellWisconsin.
3. Scan the QR code:



2 Challenge Events

Wellness from Within Activities

Bring balance to your emotional well-being during the Wellness from Within Challenge and join the following virtual Well Wisconsin events:

May 2: Mindfulness Walk

May 5: Mindfulness Run

May 6: Breathing Exercises

May 27: Reflection through Journaling

6 Fitness Classes

Pilates and HIIT

Virtual classes with an on-demand library of recordings. The Pilates series meets on Tuesdays at 4 pm CT, through May 20. The HIIT series meets on Wednesdays at 12 pm CT, through May 14.

8 Webinar

Befriending Anxiety

Virtual presentation with Well Wisconsin guest speaker and Internal Family Systems (IFS) Therapist, Hilary Pick on May 8 at 12 pm CT. Learn how to befriend anxiety through the lens of IFS, while living with confidence, creativity and connection.

14 Workshop

DASH Diet

Virtual workshop designed to empower participants to enhance heart health. Workshop includes engaging activities to support a heart-healthy lifestyle and 6 weekly core sessions on Wednesdays at 12 pm CT, starting May 14. **Register by May 13.**

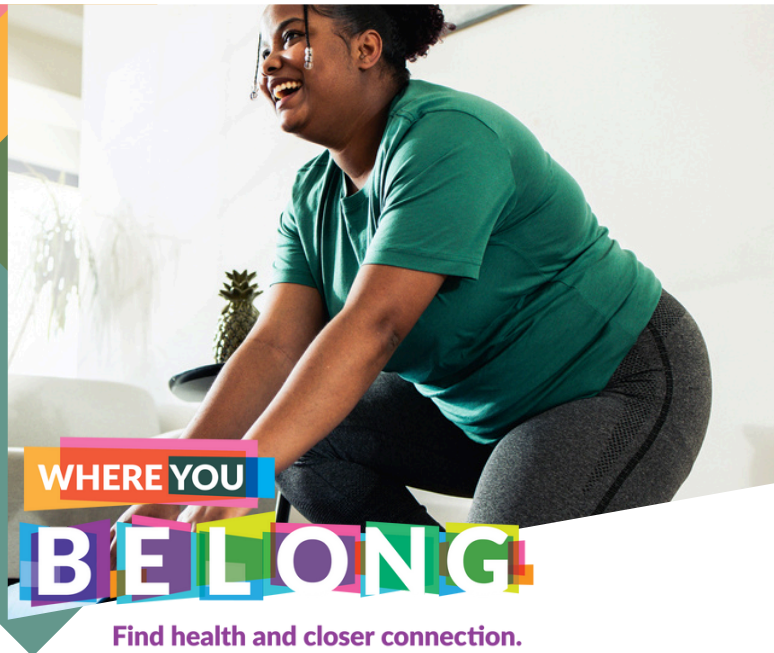


WebMD
HealthServices

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.

June

Join virtual and onsite Well Wisconsin events this month as you build a healthy, connected life in your home state. Attending two events (plus completing the health assessment and a health check), earns you \$150...and they're ALL a big boost for your wellness.



3 Ways to Learn More and Sign Up:

1. Visit etf.wi.gov/well-wisconsin-events.
2. Click on the "Well Wisconsin Events" card in the portal at webmdhealth.com/WellWisconsin.
3. Scan the QR code:



2 Onsite Event

Get Outside with Well Wisconsin

Guided hike that's fun for both individuals and families to enjoy at Governor Nelson State Park near Madison, on June 2 at 5:30 pm CT. We'll share ideas and events to stay active this summer and celebrate 125 years of the Wisconsin State Park System.

6 Fitness Classes

Pilates

Virtual classes with an on-demand library of recordings, designed to increase your core strength and improve body alignment. This four-week series starts June 6 and meets on Fridays at 12 pm CT, through June 27.

25 Fitness Classes

Foundational Fitness

Virtual classes with an on-demand library of recordings. In this beginner-level class, we'll cover getting started with strength training with seated exercises. This four-week series starts June 25 and meets Wednesdays at 4 pm CT through July 16.

Past Events

Recorded Library

On-demand events library where you can view recordings of past virtual events, including:

- Heart healthy workshop
- Cooking with eggs
- Prenatal and postpartum cooking
- Well Wisconsin webinars



WebMD
HealthServices

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.