



New! Digital Pain Support and Coaching

Well Wisconsin strives to offer new resources to help our participants live their best lives. This year, we're excited to announce our partnership with Fern, a company committed to providing relief to those living with chronic pain, including musculoskeletal pain, fibromyalgia, diabetic peripheral neuropathy and headaches.

WHAT'S THE FIRST STEP?

Take the Health Assessment. Not only is it one of three activities needed to earn your \$150* Well Wisconsin prepaid card (along with a health check and a well-being activity), it's the best way to receive a complete picture of your health and personalized coaching recommendations, which may include Fern if you're eligible.

Through Fern, you'll work with a WebMD health coach to develop a pain management plan customized to your goals and lifestyle.

CALL TO LEARN MORE

Call **800-821-6591** to learn more about WebMD Health Coaching and get connected with the programs that will be most impactful for you.

A health coach should not replace the role of your doctor in managing your health condition. A coach is an extra resource to help you stay on track of your everyday activities, from taking your medication as prescribed to managing stress or improving sleep.

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.

