

MOVE FOR A MILLION

Remember the Million Steps Challenge from years ago? We listened, we know you loved it, and it's back! Except now it's about **way more** than steps.

Just **MOVE FOR A MILLION**—that is, move the equivalent of a million steps in ways that work for you. Because there are so many ways to move our bodies. Why would we leave anything out?

HOW IT WORKS

- **Challenge Dates:** Tracking starts January 1, 2024 and ends October 11, 2024. (Registration not required.)
- **Goal:** Move the equivalent of 1 million steps in ways that work for you before October 11.
- **How to track:** Sync your device to the Well Wisconsin portal to track activity automatically OR use the conversion chart to manually self-report your activity in the portal.
- **Reward:** Earn your well-being activity credit, one of three activities required to earn your \$150 Well Wisconsin incentive.
- **BONUS:** For more of a challenge, hit 2 or 3 million steps before October 11. Whether you hit 1M, 2M or 3M, you'll get a sticker in the mail to celebrate each milestone!

GET STARTED!

- Log in at webmdhealth.com/wellwisconsin and click Sync a Device.
- Click the Move for a Million card on the Well Wisconsin portal homepage to access our guide to help you convert activity minutes to steps for easy tracking.

Check your inbox in 2024 for seasonal activity ideas inspiring you to **MOVE FOR A MILLION** in the beautiful state of Wisconsin.



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.

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