

MOVE FOR A MILLION

Move for a Million is Back for 2025!

Your body was made to move—but remember that movement is about way more than steps. Challenge yourself to move **the equivalent of** 1, 2, or 3 million steps in 2025. This can be anything from shoveling snow to playing miniature golf to doing water aerobics.

HOW IT WORKS

Tracking starts January 1, 2025. Move the equivalent of 1M steps by **October 17, 2025**, to achieve your well-being activity, one of three steps to earn a \$150* Well Wisconsin prepaid card.

HOW TO TRACK

Sync your fitness tracker device to the Well Wisconsin portal to track your activity automatically. On the portal, you'll also find a guide to help you convert activity minutes into steps to manually self-report your activity in the portal.

*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.

STICKERS FOR BRAGGING RIGHTS

Whether you hit 1M, 2M, or 3M, you'll get a sticker in the mail to celebrate each milestone!



STAY IN THE KNOW

Make sure you're signed up for emails to receive Well Wisconsin's monthly e-newsletter, which includes seasonal events you can sign up for to grow your community and explore the beautiful state of Wisconsin.

1. Log in to webmdhealth.com/wellwisconsin and go to the Settings page.
2. On the General tab, confirm or update your email address and click SAVE.
3. Click on the Messaging tab, confirm there is a check next to "State of Wisconsin HealthMail" and click SAVE. That's it!

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