



# Welcome to Your Wellness Hub

Discover the tools you need to live your best life, right in your home state and all in one wellness hub. With Well Wisconsin, you'll get the support you need to exercise, eat healthy, sleep soundly, stay connected and so much more.

Plus, you can earn a \$150 Well Wisconsin prepaid card\* when you complete three activities (the health assessment, a health check, and a well-being activity) by **October 17, 2025**. Learn more by logging in or creating an account at [webmdhealth.com/wellwisconsin](https://webmdhealth.com/wellwisconsin).

## DISCOVER OUR WELL-BEING RESOURCES

Try these out in 2025:

**DAILY HABITS** – Work toward well-being one day at a time. Daily Habits makes it simple to set any goal and see your progress.

**HEALTH COACHING** – Receive free, professional health advice through group coaching or one-on-one sessions tailored to your goals. A coach can help create a well-being routine that matches your interests and lifestyle.

**SIDE QUESTS** – Set a goal, record your “why,” and personalize a plan of action. Adventures include Timed Exercise, Mindful Minutes, Quality Sleep and Daily Steps.

**MEQUILIBRIUM** – A science-based resilience-building app that can help you start habits that support your emotional well-being.

And so much more!

## DOWNLOAD OUR MOBILE APP, WELLNESS AT YOUR SIDE

1. Visit the Apple App Store or the Google Play Store and search for “Wellness At Your Side.”
2. After downloading and opening the app, enter your Connection Code: **SOWI**.



Get started by logging in or creating an account at [webmdhealth.com/wellwisconsin](https://webmdhealth.com/wellwisconsin).

### Questions?

Call WebMD customer support at **800-821-6591**.

\*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.