

# Mellow

Rest, relax and restore your well-being during Well Wisconsin's **Stressless** challenge. Registration opens August 16!



## How it works

During Stressless, you'll track your downtime for 21 of 28 days between August 30 and September 26. Take five minutes to relax for 14 of those days and you'll earn your well-being activity credit and enjoy better well-being. (Remember to complete your health assessment and a health check, too, to earn your full \$150\* incentive.)

## Enjoy downtime every day

Taking a few moments to clear your mind can help you feel refreshed and ready to take on the day. Even better, "me time" can help you become more mindful, which can help you sleep better, stay on top of stress and improve your heart health.

Register by **September 6, 2023**, at [www.webmdhealth.com/wellwisconsin](http://www.webmdhealth.com/wellwisconsin).

\*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.

## SOURCES

Harvard Health Publishing: "Mindfulness: Not just for stress reduction", Jstor: "Psychosocial stress and impaired sleep"

