

Well Wisconsin: Here for Your New Moments in 2022.

**Be in the
Moment**

Be Present. Be Well.

2022 is a clean slate giving you so many chances to **Be in the Moment**.

Forget what you did (or didn't do) last year, last month, even yesterday. The best moment to do something for your well-being is always right now. And the tools and resources available through Well Wisconsin are there to make it easy and fun, and to guide you along the way.

Join the almost 54,000 of your colleagues who completed the Health Assessment in 2021!

\$150 Gift Card? You Can Count On It.

Complete these three activities by October 14, 2022, to earn a \$150* Well Wisconsin gift card:

- **HEALTH ASSESSMENT:** Complete WebMD ONE's 10-minute questionnaire.
- **HEALTH CHECK:** Complete one of the following health checks:
 - Biometric screening
 - Dental exam
 - One coaching session
- **WELL-BEING ACTIVITY:** Complete one of several well-being activities to choose from. They are fun and they all foster good health.

Questions?

Visit the new Well Wisconsin today at webmdhealth.com/wellwisconsin.

Contact Customer Service at **800-821-6591**.

