Well Wisconsin: Here for Your New Moments in 2022.



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**.



*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.

