



**Be in the
Moment**

Be Present. Be Well.

Well Wisconsin: Here for You in 2022.

To get started, log in or create an account at webmdhealth.com/wellwisconsin.

Our new Well Wisconsin portal is simpler, easier to use, and more customized to your personal experience. We're happy to say this portal is here to stay in 2022 and your well-being stands to benefit in new ways.

\$150 Gift Card? You Bet.

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 the many activities WebMD has to offer.

Go all in on The Invitational step challenge in 2022 with two rounds of the challenge and two chances to participate!

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**.



Visit the Well Wisconsin portal at 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.