



Managers impact employees' mental health as much as their spouses and more than their doctors or therapists.

# ELEVATE MANAGEMENT

## Well Wisconsin Training Series, brought to you by WebMD Coaching

Join the NEW Well Wisconsin leadership training series, designed to help managers build leadership skills to create a culture of well-being at work. Join one or all four in this series by registering for individual training sessions.

### Fostering Resiliency to Prevent Burnout

March 20 at 12 pm CST

Identify the causes and symptoms of employee burnout and discover how you can build resilience as a manager both internally and across your team.

[Click to register](#), or scan



### Building ONE Cohesive Culture

June 19 at 12 pm CST

Discover how to improve workplace culture by building connections, addressing employee retention and motivating others.

[Click to register](#), or scan



### Destigmatizing Mental Health Challenges

September 4 at 12 pm CST

Understand mental health, the stigma that can surround it and self-care strategies and resources that will support mental health for leaders and teams.

[Click to register](#), or scan



### Centering Leadership in Empathy

November 6 at 12 pm CST

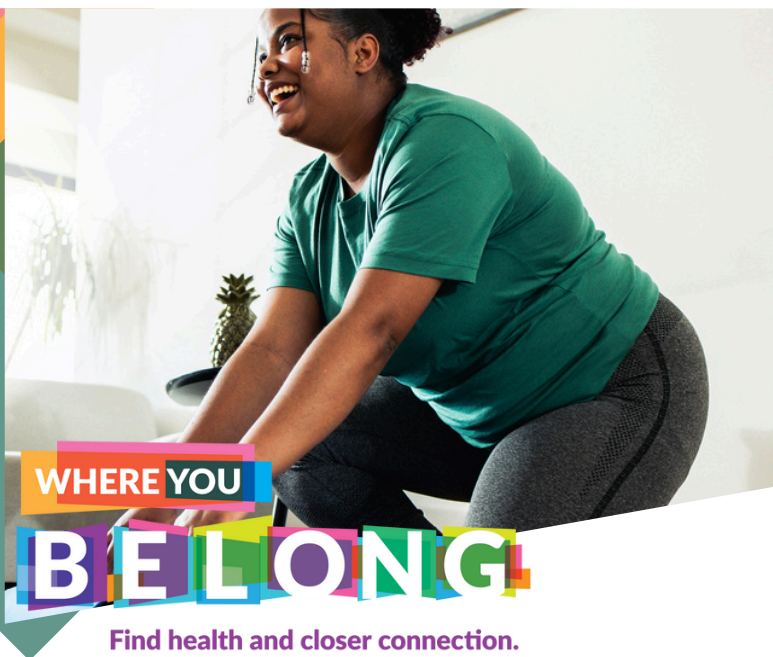
Examine how empathy in the workplace can impact the vital role managers play in centering their management style in a supportive, open and understanding way.

[Click to register](#), or scan



# June

Join virtual and onsite Well Wisconsin events this month as you build a healthy, connected life in your home state. Attending two events (plus completing the health assessment and a health check), earns you \$150...and they're ALL a big boost for your wellness.



## 3 Ways to Learn More and Sign Up:

1. Visit [etf.wi.gov/well-wisconsin-events](http://etf.wi.gov/well-wisconsin-events).
2. Click on the "Well Wisconsin Events" card in the portal at [webmdhealth.com/WellWisconsin](http://webmdhealth.com/WellWisconsin).
3. Scan the QR code:



WebMD  
HealthServices

## 2 Onsite Event

### Get Outside with Well Wisconsin

Guided hike that's fun for both individuals and families to enjoy at Governor Nelson State Park near Madison, on June 2 at 5:30 pm CT. We'll share ideas and events to stay active this summer and celebrate 125 years of the Wisconsin State Park System.

## 6 Fitness Classes

### Pilates

Virtual classes with an on-demand library of recordings, designed to increase your core strength and improve body alignment. This four-week series starts June 6 and meets on Fridays at 12 pm CT, through June 27.

## 25 Fitness Classes

### Foundational Fitness

Virtual classes with an on-demand library of recordings. In this beginner-level class, we'll cover getting started with strength training with seated exercises. This four-week series starts June 25 and meets Wednesdays at 4 pm CT through July 16.

## Past Events

### Recorded Library

On-demand events library where you can view recordings of past virtual events, including:

- Heart healthy workshop
- Cooking with eggs
- Prenatal and postpartum cooking
- Well Wisconsin webinars

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.

# July

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## 16 Webinar Finding Relief with Kaia Health

Virtual webinar where you'll explore how technology can support your journey to better health and less pain. Discover Kaia Health, a new Well Wisconsin program, designed to help you manage musculoskeletal pain from the comfort of your home. Join us July 16 at 12 pm CT for this 1 hour webinar.

## 21 Cooking Classes Cooking with Summer Produce

Virtual classes for anyone looking for new ideas for cooking with seasonal produce. We'll discuss the benefits of eating seasonally and options for buying local produce. This 4-week series, meets on Mondays at 12:30 pm CT, starting July 21.

## 23 Fitness Classes Strength Training

Virtual classes designed to help you build confidence and skills in strength training. Series includes 4 weekly classes on Wednesdays at 4 pm CT, starting July 23. Can't join the live classes, be sure to catch recordings on our on-demand fitness library.

## 28 Workshop Mental Health and Diversity

Virtual workshop focused on mental health challenges faced by diverse populations with a panel discussion sharing lived experiences. We'll discuss normalizing mental health conversations and explore resources for support. This 3-week workshop, meets on Mondays at 12 pm, starting July 28. **Register by July 24.**



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Find health and closer connection.

# Protect Yourself and Your Community

A flu vaccination doesn't benefit you alone. Not only is getting one your best defense against the flu, it can also help protect grandparents, expecting mothers and other vulnerable people in your community. Flu vaccines are available for all employees and spouses enrolled in the State of Wisconsin Group Health Insurance Program.

## DID YOU KNOW?

- The flu virus is constantly changing, so it's important to get vaccinated every year.
- During the 2023-2024 season, CDC estimates that influenza vaccination prevented 9.8 million influenza-related illnesses, 4.8 million medical visits, and 120,000 flu-related hospitalizations. For more information about the flu vaccine, visit [cdc.gov/flu](https://cdc.gov/flu).
- Call the nurseline available through your insurance provider if you or your family member is sick to help determine where to go for care.

To register for your flu vaccination appointment, log into the wellness portal at [webmdhealth.com/wellwisconsin](https://webmdhealth.com/wellwisconsin) and click "Register" on the Flu Vaccination card.

## GET YOUR VACCINE.

Register for a Well Wisconsin flu clinic at the following locations:

- **Oshkosh Hilton Garden Inn,**  
Sept. 9, 9 a.m. to 2 p.m.
- **Hill Farms State Office Building, Madison,**  
Sept. 12, 8 a.m. to 1 p.m.  
Sept. 19, 8 a.m. to 1 p.m.
- **UW - Eau Claire,**  
Oct. 14, 8:30 a.m. to 1:30 p.m.
- **UW - Milwaukee,**  
Oct. 23, 9 a.m. to 2 p.m.
- **UW - Stevens Point,**  
Oct. 29, 9 a.m. to 2 p.m.
- **Monona Terrace,**  
Nov. 3, 8:30 a.m. to 1:30 p.m.

**Can't attend the dates above?** Your employer may be offering other flu vaccine clinics at your workplace. Log in to the Well Wisconsin portal to see all available events. If you can't make any Well Wisconsin flu clinics, remember that your doctor's office or local in-network pharmacy has you covered for your flu vaccination, too.