

WHERE YOU BELONG

Find health and closer connection.

Discover Your Community

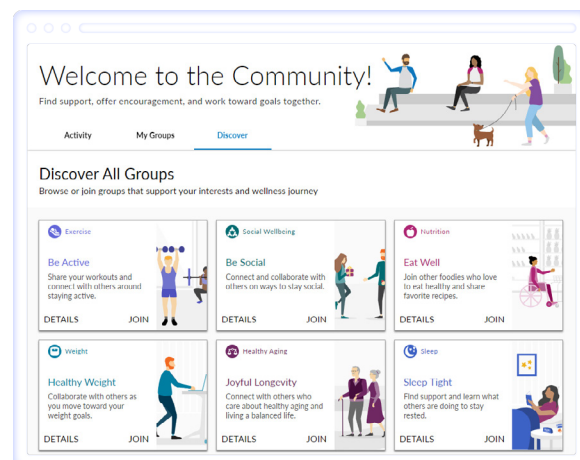
Find like-minded people who will lift you up using the new Community feature.

As you work toward your personal well-being goals, the new Community feature from Well Wisconsin can help you connect with your local community through fun and motivating online group chats.

BE PART OF A SUPPORT SYSTEM

Share helpful tips, discuss your experiences, offer encouragement, and join conversations that will help you stay engaged in different health goals, including:

- **Be Active** – Find exercise partners and learn about local opportunities to get moving.
- **Eat Well** – Discover new recipes and discuss strategies for healthy eating.
- **Sleep Tight** – Talk about your sleep struggles and find support to help you get a good night's rest.
- **Stress Less** – Share strategies for managing stress and achieving a healthy work-life balance.
- **Healthy Weight** – Find inspiration and celebrate your successes with others.
- **Joyful Longevity** – Learn how your peers are staying happy and healthy as they age.



There's a Community for everyone.
Find yours today by visiting Well
Wisconsin and clicking the top-right
navigation menu or the Community card.

webmdhealth.com/wellwisconsin