


WHERE YOU BELONG
Find health and closer connection.



Let's Play Well-Being Bingo

To Play: Complete five activities in a row (across, down or diagonally) on the bingo card to get your summer off to a healthy start. You can find all Well Wisconsin portal activities at webmdhealth.com/wellwisconsin.

Sign up for Togetherall	Reach out to a WebMD coach for tips to calm anxiety	Watch a meQ Calm Cast	Compliment a co-worker	Complete the Keep Stress in Check Daily Habits Plan
Complete the meQ questionnaire	Complete the Cope With the Blues Daily Habits Plan	Listen to a Well Wisconsin Radio podcast	Complete a Fern assessment for chronic pain support	Message a coach via Coach Connect
Meditate for 15 minutes	Get a biometric screening		Contribute to a Togetherall thread	Complete the Work Life Balance Daily Habits Plan
Schedule your annual physical	Complete 2 Health Coaching calls	Complete your Health Assessment	Attend a Group Coaching call	Get 15 minutes of sunlight
Listen to a Beyond Well podcast	Reach out to an old friend	List 5 things you're grateful for	Share a wellness tip on the Community board	Move the equivalent of 1 million steps

*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.

SOURCES:
<https://www.nlm.nih.gov/health/topics/caring-for-your-mental-health>