

WHERE YOU
BELONG

Find health and closer connection.



It's About What You Gain

Get personalized support with losing weight from Positively Me, brought to you by Well Wisconsin.

With Positively Me, subscribers and spouses enrolled in the State of Wisconsin Group Health Insurance Program can receive personalized help to achieve weight loss goals and focus on doing what's meaningful —whether that's having more energy for fun, spending more quality time with family, or reaching any other well-being goal.

Work with a trained professional

A qualified WebMD Health Coach will help you break through barriers and achieve your personal weight loss goals via 1 on 1 mentoring. You'll get support along your journey through a combination of education, behavioral change strategies, nutritional support, exercise programs and psychological support by meeting with a coach over the course of one year.



My goal was to lose a little weight and I lost more than I planned. The coaches held me accountable in a kind way. I'm so glad I participated — I reached my goal!

— Well Wisconsin coaching participant



Reach out today

Connect with a WebMD Health Coach today to find out if you're eligible to participate in Positively Me. Call **800-821-6591** or send a message via Coach Connect at webmdhealth.com/wellwisconsin.

Health coaches are available:

Monday - Thursday

8:00 a.m. - 10:30 p.m. CST

Friday 8:00 a.m. - 7:00 p.m. CST

Saturday 8:30 a.m. - 5:00 p.m. CST
or **Sunday** 12:00 p.m. - 10:30 p.m. CST