

WHERE YOU BELONG

Find health and closer connection.



NEW! Create a Personalized Path to Your Goals with Side Quests

Go on a well-being journey without ever leaving Wisconsin! Visit the new “Choose Your Own Adventure” page and select from one of four goals:

EARN REWARDS

Completing two Side Quests adventures counts toward your well-being activity, one of three steps to earn a \$150 prepaid card (in addition to a health check and the Health Assessment). Just complete all three steps by **October 17, 2025**.



TIMED EXERCISE -

Pick your favorite exercise and commit to it for a set amount of time each week.

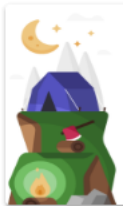


DAILY STEPS - Connect your fitness tracker and commit to a certain number of weekly steps.



MINDFUL MINUTES -

Help ease stress by setting aside time for mindful activities during the week.



QUALITY SLEEP - Challenge yourself to start healthy sleep habits that can help you wake up feeling more refreshed each day.

Get started today at webmdhealth.com/wellwisconsin.

DOWNLOAD WELLNESS AT YOUR SIDE

Engaging in Side Quests is a breeze from the Wellness At Your Side app. Keep your goals at your fingertips by visiting the Apple App store or the Google Play store and searching “Wellness At Your Side.” Download the app, then enter connection code **SOWI**.



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.

© WebMD Health Services Group, Inc.