



MAKE KINDNESS THE NORM

This year we hope you will join us in monthly activities to promote kindness, self-compassion, and overall well-being with the Random Acts of Kindness at Work Calendar. Check off 21 monthly activities throughout the year and complete the survey below to receive your code.

Then head over to the to self report your participation in the Rewards tab at webmdhealth.com/wellwisconsin before the October 14th deadline. Below we've highlighted some of our favorite activities, find the full calendar of all activities at:

randomactsofkindness.org/kindness-at-work.



Be Kind to Yourself

Put your phone down
and enjoy the day.



Be Kind at Work

Send kind wishes to
five people.



Kindness in Action

Create a kindness journal to capture
wonderful moments
throughout 2022.

**“Try to be a rainbow in someone's cloud”
—Maya Angelou**

Once you've completed all 21 activities complete [this survey](#) to receive your code



**RANDOM ACTS OF KINDNESS
FOUNDATION®**


WELL WISCONSIN
Healthier starts with you

WebMD
health services

* 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 W-2. 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.