

# SELF-CARE ISN'T SELFISH

## Sept. 6 from 12–12:30 pm Central

### YOU'RE INVITED

Join us for a Well Wisconsin Webinar—Self-care Isn't Selfish on Sept. 6, 2023 from 12-12:30 pm Central.

- Define and explore ways of practicing self-care
- Build a self-care plan
- Discover self-care resources for your plan



Scan the QR code or [click here to register](#) for this virtual presentation, delivered through GoTo webinar.



Be Present. Be Well.

Attending this event (plus completing the health assessment and a health check), earns you \$150...and they're ALL a big boost for your wellness. Get started at [webmdhealth.com/wellwisconsin](http://webmdhealth.com/wellwisconsin). Report completion of this event under "rewards" as an "employer-sponsored activity" using "meditation/stress management/mindfulness" as the description.

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.

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Healthier starts with you