

BE IN THE MOMENT

Be Present. Be Well.



Your Health. Your Goals. Your Way!

The Daily Habits tool makes it a little easier to achieve your health goals independently. It's a simple learning tool you can use to work toward well-being—your way and on your own time.

You can finish a Daily Habits Plan to fulfill your well-being credit (1 of 3 steps toward earning your \$150 incentive* in addition to completing the Health Assessment and a Health Check).

Plans include:

- **Enjoy Exercise**—Learn new exercises, create a weekly activity plan and get day-to-day support working toward any exercise goal.
- **Balance Your Diet**—Get help overcoming unhealthy urges, preparing healthy meals and making nutrition work for your lifestyle.
- **Keep Stress in Check**—Learn how to fight stress with exercise, find time to enjoy yourself and make self-care a priority.
- **Lose Weight**—Get daily support to help you start healthy eating and exercise habits that you'll stick with.
- **Quit Tobacco**—Find helpful tips for quitting, lean on friends for support, go to counseling, and take other steps to help you overcome tobacco.
- **Sleep Well**—Learn how to set a bedtime routine, create a sleep-friendly space and start other healthy habits.
- **And more!**

Access Daily Habits on our app

The Wellness At Your Side app puts Daily Habits at your fingertips. It makes it even easier to track your progress and find success, even when you're on the go.

Visit the Apple App Store or the Google Play Store and search "Wellness At Your Side." Download the app and enter your Connection Code: **SOWI**

Scan to download our app now.

Learn more at webmdhealth.com/wellwisconsin.



*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.