

BE IN THE
MOMENT

Be Present. Be Well.



Welcome to Well Wisconsin 2023

MAKE WELL-BEING YOUR PURPOSE IN 2023

Open to find out how you can earn \$150

Here's to Your Well-Being in 2023

Haven't participated in Well Wisconsin yet? Join the **almost 54,000** of your colleagues who completed the Health Assessment in 2022!

Get started today at webmdhealth.com/wellwisconsin

WE WANT TO HEAR FROM YOU

Let us know what you think about the Well Wisconsin program! Your opinion matters a lot. Scan the QR code to take a brief survey.



GET STARTED

If you were a registered user in 2022, log in to webmdhealth.com/wellwisconsin using your existing username and password.

If you've never registered an account on the Well Wisconsin portal powered by WebMD ONE, you'll need to register. For those who are **brand new** to the portal:

- Select CREATE ACCOUNT.
- Enter your Registration ID (explained on the site).
- Select an affiliation.
- Create a username and password.
- Enter your birthdate and an email address.
- Accept the Privacy Policy and the Terms and Conditions.
- Click "Go" to complete registration.

You only need to complete these steps the first time you register.

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Well Wisconsin: Live On Purpose

Taking steps to support a healthy future gets you closer to fulfilling your purpose, whether it's fighting for a cause, prioritizing family, or living as authentically as possible. Think of Well Wisconsin as the place where getting closer to your purpose syncs up with good well-being.

We have lots of tools and resources available through the Well Wisconsin program. Choose what you want to focus on, and we'll guide you along the way.

What's In It for Me?

Complete these three activities by **October 13, 2023**, to earn a \$150 Well Wisconsin gift card*:

- **HEALTH ASSESSMENT:** Complete WebMD ONE's 15-minute questionnaire.
- **HEALTH CHECK:** Complete one of the following health checks:
 - Biometric screening
 - Dental exam
 - One coaching session
- **WELL-BEING ACTIVITY:** Complete one of the many activities WebMD has to offer. See page 8 for a full list.

IMPORTANT INFO ABOUT YOUR 2023 GIFT CARD

Starting in 2023, you will have the option to redeem your \$150 Well Wisconsin gift card VIRTUALLY about 2 to 3 business days after your three Well Wisconsin activities are marked complete. You will receive an email with instructions to redeem your gift card. If you prefer a physical gift card is mailed to your home, you can select that option and verify your mailing address. If you do not redeem your gift card within 30 days, it will automatically be sent to the address on file with your employer or ETF.

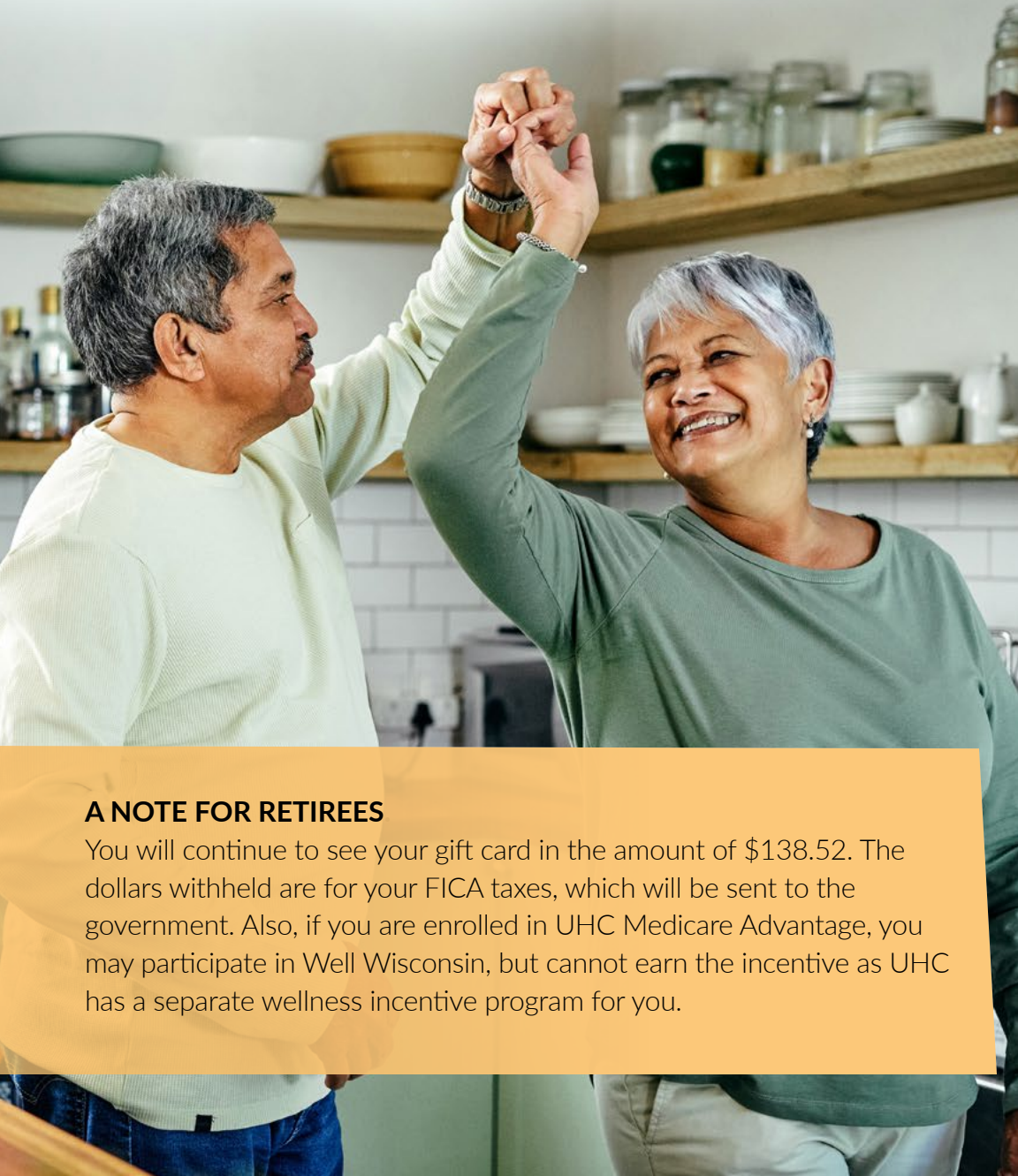
*The Well Wisconsin incentive program is a voluntary program available to employees, retirees and spouses enrolled in the State of Wisconsin Group Health Insurance Program, excluding Medicare Advantage participants who have incentives available through their health plan. The Well Wisconsin incentive 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.

DOWNLOAD THIS APP FOR A SEAMLESS WELL WISCONSIN EXPERIENCE



The WebMD Wellness At Your Side app makes the Well Wisconsin experience smooth, easy and more accessible. Try it! You won't regret it.

After downloading, enter connection code "SOWI."



A NOTE FOR RETIREES

You will continue to see your gift card in the amount of \$138.52. The dollars withheld are for your FICA taxes, which will be sent to the government. Also, if you are enrolled in UHC Medicare Advantage, you may participate in Well Wisconsin, but cannot earn the incentive as UHC has a separate wellness incentive program for you.

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Simple Steps to Earn \$150

Enable better well-being by completing these three steps. You'll also get a \$150 gift card! Here's a breakdown of each activity.

1. HEALTH ASSESSMENT

WHAT IT IS: A 15-minute questionnaire

WHAT IT DOES FOR YOU: Provides a personalized status report on your health—complete with tips to help you improve

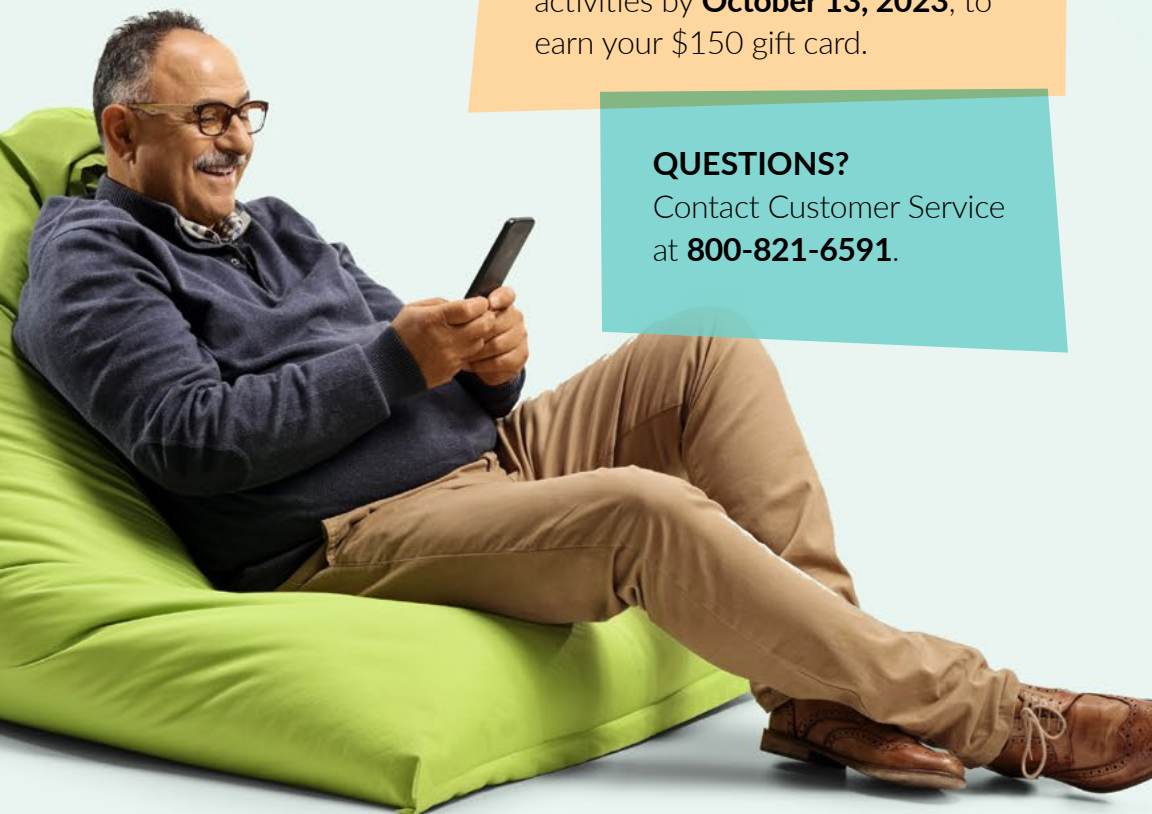
HOW YOU COMPLETE IT: Go to webmdhealth.com/wellwisconsin, log in or create a new account and follow the onscreen instructions

MARK YOUR CALENDAR!

Complete your three Well Wisconsin activities by **October 13, 2023**, to earn your \$150 gift card.

QUESTIONS?

Contact Customer Service at **800-821-6591**.



2. HEALTH CHECK

WHAT IT IS: One of three options:

- Biometric screening
- Dental exam
- One coaching session

WHAT IT DOES FOR YOU: Gives you an expert's perspective on your physical wellness, oral health or well-being goals

HOW YOU COMPLETE IT: You have three options:

- **Biometric screening:** Go to webmdhealth.com/wellwisconsin, click "My Health" > "Take Action." On the Biometric Screening card, click "Get Started."
 - **Onsite screening event:** Click under "Onsite Health Screening" to be directed to the Quest site, find a screening near you and reserve your spot.
 - **Self-collection materials:** Request materials by clicking under "Self-Collection Materials" and ordering on the Quest site.
 - **Health Care Provider Form:** Download and complete the fillable form by clicking under "Health Care Provider Form."
- **Dental cleaning:** Complete a routine dental cleaning visit before October 13, 2023.
 - Report your completion on webmdhealth.com/wellwisconsin.
 - Click "Rewards" on the "My Health" Dashboard and then, next to Health Check, click "more." Enter your cleaning date and click "save" in the Annual Dental Cleaning activity.
- **Coaching session:** Complete one call with a WebMD health coach or complete a series of online messaging interactions. Call **800-821-6591** or click "Coaching" on webmdhealth.com/wellwisconsin.

3. WELL-BEING ACTIVITY

WHAT IT IS: Complete one of the options on page 8!

Well-Being Activities: A Path to Self-Care

Completing just ONE of the activities below (plus the health assessment and a health check), earns you \$150 ... and they're ALL a big boost for your well-being. Get started at webmdhealth.com/wellwisconsin.

ACTIVITY	DESCRIPTION
Health coaching	Complete three coaching sessions with a WebMD health coach via phone call or online Coach Connect chats.
Daily Habits	Complete one Daily Habits plan on the Well Wisconsin portal. Log in every day of your chosen Daily Habits activity period and report your progress. Choose from plans that focus on weight loss, stress, diet, sleep, diabetes and more.
Well Wisconsin Radio	Listen to at least two episodes of Well Wisconsin Radio. Monthly episodes feature interviews with local Wisconsin experts on a variety of well-being topics. Listen on your podcast platform of choice, including Apple, Google and Spotify. Or find episodes at webmdhealthservices.com/wellwisconsinradio .
Invitational Challenge	Back by popular demand! Don't miss out on this fun team-based steps challenge with head-to-head matchups.
Rethink Your Drink Challenge	Stay hydrated and feel your best during the Rethink Your Drink Challenge.
Stressless Challenge	Find new ways to improve your stress resiliency. Track five minutes of stress-reducing activity for 21 days over this four-week challenge.
Employer-sponsored activity	Watch for information from your employer regarding activities they may be organizing that will count toward your well-being activity.



WAITING FOR A SIGN TO FINALLY MAKE THAT CHANGE? THIS IS IT.

When it comes to making changes, we can all use some help. A WebMD health coach can be the beneficial guide you need to get the real results you're looking for.

Well Wisconsin participants agree, with **more than 21,000 coaching sessions completed in 2022**. WebMD coaches are trained health professionals, ready to support you whatever your goal—whether you want to lose a few pounds, sleep better, get some help managing stress or manage a chronic condition like diabetes or asthma.

Get started today by calling **800-821-6591** or sending a confidential message on **webmdhealth.com/wellwisconsin**.

NOTICE REGARDING THE WELLNESS PROGRAM

Well Wisconsin is a voluntary wellness program offered by the State of Wisconsin Group Health Insurance Program and is available to the primary subscriber and their enrolled spouse. You are not required to participate in this wellness program. The program is administered by the Wisconsin Department of Employee Trust Funds (ETF) through a contract with WebMD in accordance with federal rules permitting employer-sponsored wellness programs that seek to improve employee health or prevent disease, including the Americans with Disabilities Act of 1990, the Genetic Information Nondiscrimination Act of 2008, and the Health Insurance Portability and Accountability Act, as applicable, among others. If you choose to participate in the wellness program you will be asked to complete three activities with WebMD. Those are: 1) Complete a health check. 2) Complete the WebMD health assessment, which asks a series of questions about your health-related activities, behaviors and whether you have or have had certain medical conditions (e.g., diabetes, heart disease). 3) Participate in an easy-to-complete well-being activity. Employees and their eligible spouse who choose to participate in the wellness program will earn an incentive of \$150 from WebMD once the three program activities are completed.

The information from your health assessment and the results from your health screening will be used to provide you with information to help you understand your current health and potential risks, and may also be used to offer you services through WebMD, such as telephonic or digital health coaching. You are encouraged to share your results or concerns with your own doctor.

PROTECTIONS FROM DISCLOSURE OF MEDICAL INFORMATION

ETF and its contractors are required by law to maintain the privacy and security of your personally identifiable health information. Although the wellness program and ETF may use the aggregate information it collects to evaluate the current program and assist employers with addressing health risks in their workforce, the personally identifiable information you provide will never be disclosed publicly, to ETF, the Group Health Insurance Program or your employer.

Your health information will not be sold, exchanged, transferred, or otherwise disclosed except to the extent permitted by law to carry out specific activities related to the wellness program and health plan administration, and you will not be asked or required to waive the

confidentiality of your health information as a condition of participating in the wellness program or receiving an incentive. Any party who receives your information for purposes of providing you services as part of the wellness program will abide by the same confidentiality requirements and will be required to encrypt any stored health information. Appropriate precautions will be taken to avoid any data breach, and in the event a data breach occurs involving information you provide in connection with the wellness program, you will be notified.

No information you provide as part of the wellness program or your choice to participate in the wellness program may be used in making any employment decision.

If you have questions or concerns regarding this notice, or about protections against discrimination and retaliation, please contact the Affirmative Action Officer or human resource office at your place of employment.





NONDISCRIMINATION AND LANGUAGE ACCESS

42 U.S. Code § 18116

ETF complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ETF provides free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written information in other formats (large print, audio, accessible electronic formats and others). ETF provides free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages.

If you need these services, contact ETF at **1-877-533-5020**; **TTY: 711**. If you believe that ETF has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with: ETF Office of Policy, Privacy & Compliance; P.O. Box 7931; Madison, WI 53707-7931; **1-877-533-5020**; **TTY: 711**; Fax: 608-267-4549; Email: **ETFSMBPrivacyOfficer@etf.wi.gov**

If you need help filing a grievance, ETF's Office of Policy, Privacy & Compliance is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal at **crportal.hhs.gov/ocr/portal/lobby.jsf** or by mail or phone: U.S. Department of Health and Human Services; 200 Independence Avenue, SW; Room 509F, HHH Building; Washington, D.C. 20201; **1-800-368-1019**; **1-800-537-7697** (TDD)

Complaint forms are available at **hhs.gov/ocr/office/file/index.html**.

The Wisconsin Department of Employee Trust Funds is a state agency that administers the Wisconsin Retirement System pension, health insurance and other benefits offered to eligible government employees, former employees and retirees.



QUESTIONS? If you need help in another language or you don't have access to a computer, Customer Service can help. Just call **800-821-6591**.

LOG ON TODAY! webmdhealth.com/wellwisconsin

FROM A WISCONSIN COLLEAGUE

“

I highly recommend the coaching program. It motivates you, helps you set goals, and it has helped me become a healthier person. Of course, the incentive of \$150 is always nice, too.

”



WELL WISCONSIN
Healthier starts with you

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