



# Well Wisconsin Program

For Participants of the Group Health Insurance Program

WebMD<sup>®</sup>



# Objectives

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By the end of this presentation, you will be able to:

- Access the Well Wisconsin program
- Earn your \$150 Well Wisconsin incentive
- Identify participation benefits
- Find resources to support your well-being

# What is Well Wisconsin?

- Provides tools and resources to help participants set health and well-being goals, track progress, stay motivated, and earn incentives
- WebMD administers the Well Wisconsin program



# Signing Up

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- Eligibility
- Register a new account



# Eligibility for Well Wisconsin

## Group Health Insurance Program



Subscribers



Spouses



Dependents

## UnitedHealthcare Medicare Advantage Members\*



Services



No incentive

\*UHC offers its own wellness rewards program

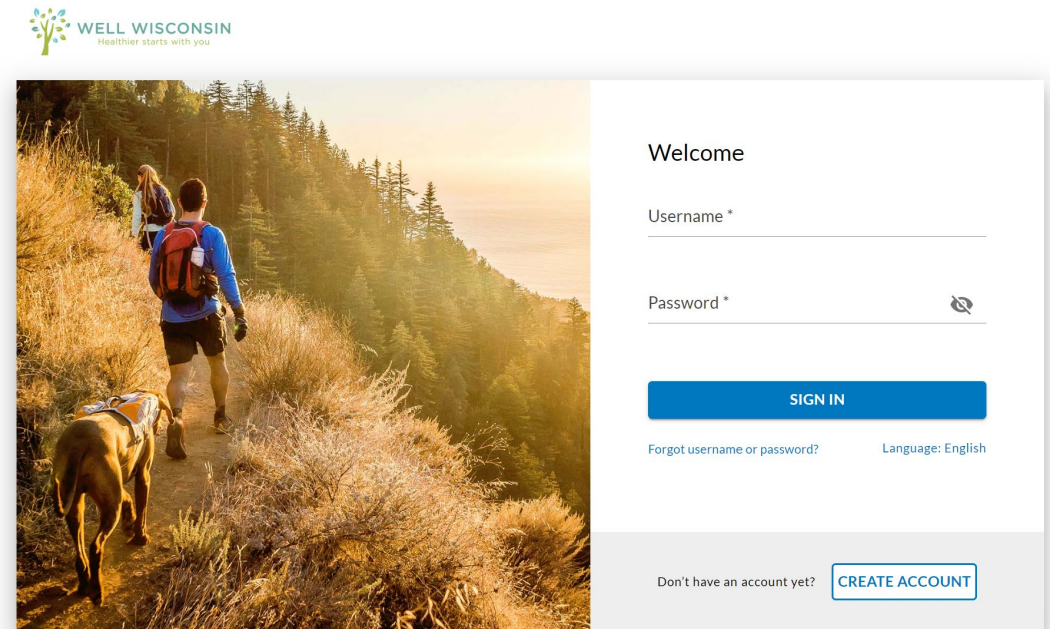
# Register a New Account

Members without computer access, call 800-821-6591

1. Go to [webmdhealth.com/wellwisconsin](http://webmdhealth.com/wellwisconsin)
2. Click **CREATE ACCOUNT**

## Previously registered?

- Sign in using your existing username and password



# Well Wisconsin Incentive

- \$150 Well Wisconsin incentive
- How to claim your incentive



# \$150 Well Wisconsin Incentive

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Earn your \$150 prepaid card by completing 3 activities by the deadline

1. Health Assessment: WebMD's 10-minute questionnaire
2. Health Check (choose 1):
  - Biometric screening
  - Dental exam
  - A health coaching session
3. Well-being Activity (choose 1)
  - Several options available to choose from



# How to Claim Your Incentive

1. Confirmation link for reward from [service@prepaiddigitalsolutions.com](mailto:service@prepaiddigitalsolutions.com)
2. Create a profile to register or receive your reward
3. Option to redeem virtually or a physical prepaid card

The image shows two overlapping screenshots from the 'My Digital Wallet' website. The background screenshot shows the login page with three tabs: 'Token', 'Card', and 'Username'. The 'Token' tab is active, showing a field for a digital token and a 'Continue' button. Below it, there are links for 'Already have a Wallet?' and 'Login'. The foreground screenshot is titled 'My Profile' and contains a registration form. The form fields are: Username (DENTSPLYTEST), Email (@ONBE.COM), Confirm Email (@ONBE.COM), First Name (TEST), Last Name (USER), Country (USA), Address 1 (1234 Main St.), Address 2, City (Chicago), State (ILLINOIS), Zip (60062), and Mobile Phone (123-123-1234). A 'Security Question' is also present: 'In what city did you meet your spouse/significant other'. At the bottom of the foreground screenshot, there is a cookie consent banner and an 'Accept' button. The footer of the background screenshot includes 'FAQs | Terms' and a 'Need Help?' button.

# Participation Benefits

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# Biometric Screening



Identify early warning signs of health risks and prevent or manage potential diseases

## Screens for:


- Body Mass Index (BMI)
- Blood pressure
- Cholesterol
- Glucose

## Choose from:


- Onsite event at work or other location
- At home self-collection materials
- Health care provider\*

\* Copayments or coinsurance may apply

# Well-being Activities



Health coaching




Daily Habits



Employer-sponsored activity



Well Wisconsin Radio podcasts



Wellness challenges



Chronic condition management

# Health Coaching



Trained health professionals to support your well-being goals

## Individual support

- Phone or email
- Make healthy habits: quit smoking, exercise, eat healthy, sleep better, and improve mental health

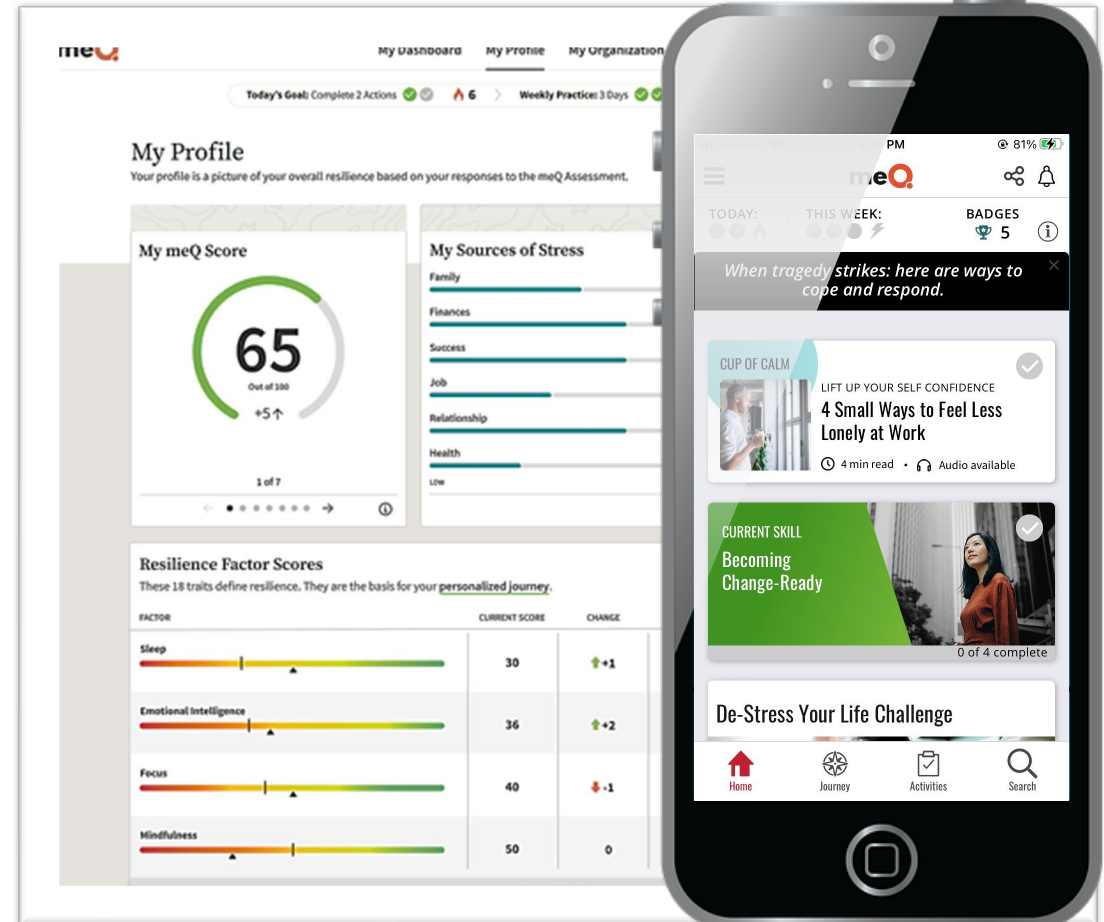
## Get started:

- Call 800-821-6591
- Secure message on [webmdhealth.com/wellwisconsin](https://webmdhealth.com/wellwisconsin)

# meQuilibrium



- Resilience building app
- Access from your WebMD account



# Well Wisconsin Radio

[webmdhealthservices.com/wellwisconsinradio](http://webmdhealthservices.com/wellwisconsinradio)

- A podcast that features local Wisconsin experts on a variety of well-being topics
- Subscribe and listen 24/7
- Available on many platforms including Apple, Google, and Spotify



# Programs with Eligibility Requirements

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- Meet eligibility criteria to participate in these programs
- Call WebMD to learn more and enroll at 800-821-6591



# Chronic Condition Management



## Manage Chronic Conditions

- Diabetes
- Asthma
- COPD
- Coronary artery disease
- Heart failure

## Health Coach

- Registered nurses and dietitians
- Create a personalized condition management plan
- The coach helps you:
  - Stay motivated
  - Choose the right medications
  - Identify and schedule tests
  - Better understand health screening results
  - Develop habits for long-term behavior change





# It's Your Health: Diabetes

## Condition Management



- Enroll in the WebMD diabetes coaching program
- Work on your individual health goals
- Contact is confidential

## Anti-diabetic drugs



- Level 1 drugs no copay
- Level 2 drugs will be less

## Questions?

Contact WebMD at 800-821-6591 or send a secure message on [webmdhealth.com/wellwisconsin](https://www.webmdhealth.com/wellwisconsin)

# Diabetes Prevention Program

For members with prediabetes

## The Program

- Evidence-based program for those *at risk* of developing type II diabetes
- 12 months of support, coaching, education, and activities

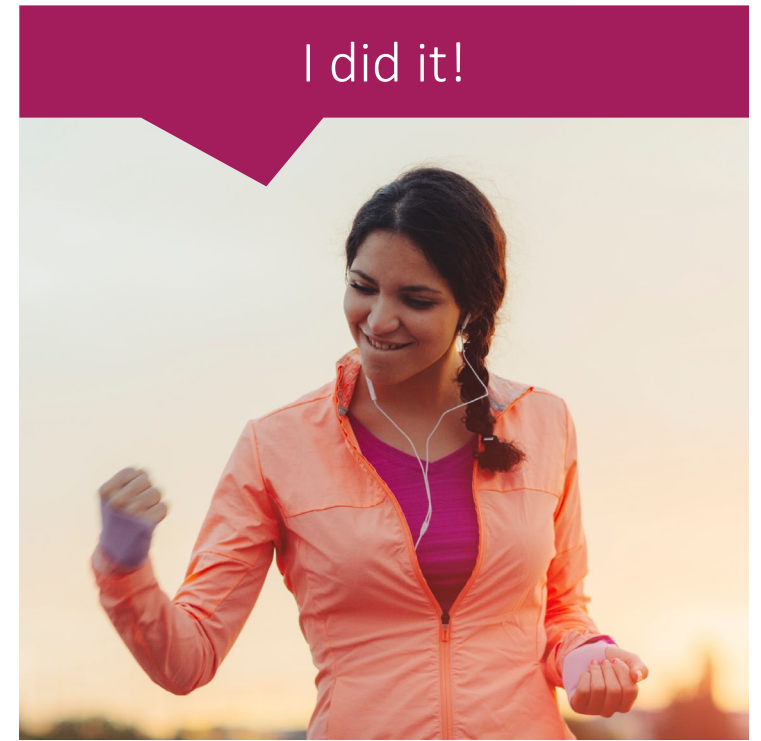


# Positively Me

## Weight Management Program

### The Program

- One-on-one coaching with education and clinically backed research
- Learn mental, emotional, and physical strategies for living a healthier life



# Resources

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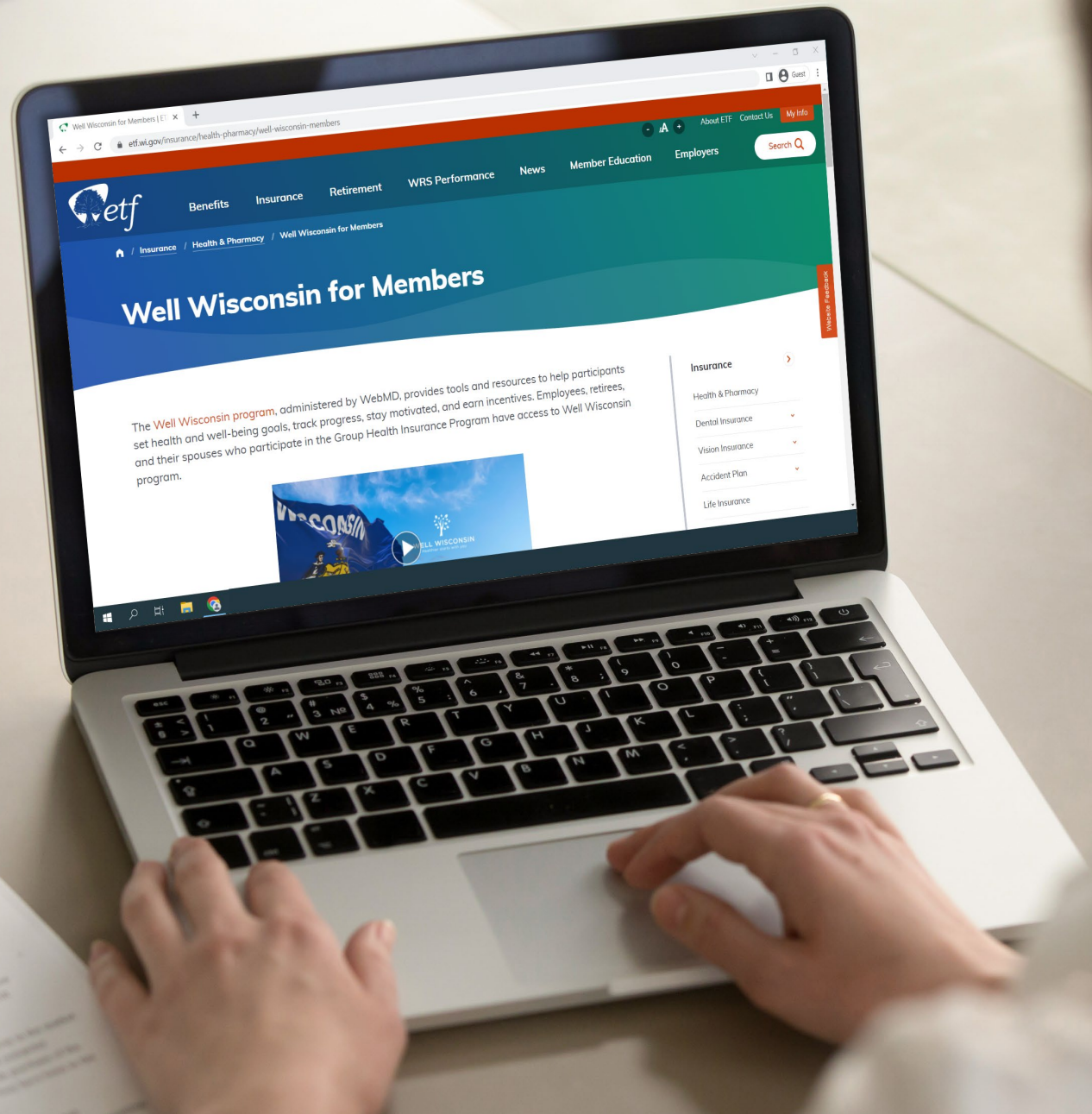
- Well Wisconsin for Members
- WebMD portal
- Wellness at Your Side app



# Well Wisconsin for Members

Find Well Wisconsin  
resources at:

[etf.wi.gov/well-wisconsin-members](https://etf.wi.gov/well-wisconsin-members)





Welcome

Username \*

Password \*



SIGN IN

[Forgot username or password?](#)

Language: English

Don't have an account yet?

CREATE ACCOUNT

# WebMD Portal

- Go to [webmdhealth.com/wellwisconsin](https://webmdhealth.com/wellwisconsin)

# Wellness At Your Side

WebMD's Wellness At Your Side app puts the power of Well Wisconsin in your hands.

**Download our app today.**

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.







# Stay Connected

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[etf.wi.gov](http://etf.wi.gov)



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