



Coaches Can Make Condition Management Easier.

You don't have to travel far to find professional help. When you work with one of our WebMD Health Coaches, you'll get one-on-one support in the comfort of your own home. They can help you create a personalized plan to better manage diabetes, asthma, COPD, heart failure and coronary heart disease.

Well Wisconsin is offering more ways to make managing or preventing chronic conditions a little easier:

- **Diabetes Prevention Program:** Those at risk for type 2 diabetes can get support living healthier lives through personalized data-driven virtual care.
- **Chronic Pain Management:** Get support for chronic musculoskeletal pain, fibromyalgia and migraines through Fern. Develop new skills to better manage pain by engaging in activities related to daily movement, sleep, nutrition and therapeutic exercise.
- **Daily Habits:** Daily Habits plans on the Well Wisconsin portal are available for Asthma, Diabetes, CAD, COPD, Heart Failure and Hypertension.
- **Group Coaching by WebMD:** During 30-minute interactive video sessions with a coach, join up to 20 other people to learn about conditions like pre-diabetes and managing blood pressure, cholesterol and more.

Call to Learn More.

Learn more about coaching by calling **800-821-6591**. You'll get connected with the programs that will be most impactful for you, whether related to managing pain or a chronic condition.

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I've been managing my diabetes pretty well, but my coaching sessions have helped me get really settled into what I'm doing. I've had great insights and received extra knowledge from my coach.

- Well Wisconsin coaching participant.

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A health coach should not replace the role of your doctor in managing your health condition. A coach is an extra resource to help you stay on track of your everyday activities, from taking your medication as prescribed to managing stress or improving sleep.

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.