



Coaching With a Personal Touch.

WebMD Health Coaching connects you with a real person who cares about your well-being. Aside from supporting you with goals related to nutrition, sleep, physical activity and stress, we also offer the following coaching specialties that are more tailored to your individual needs than ever before:

- **New! Tobacco cessation:** A coach can give you the tools, confidence and encouragement you need to quit tobacco once and for all.
- **New! Group Coaching:** During interactive video sessions, join up to 20 other people to learn from a coach and engage in conversations about your well-being interests. Topics include creating your own green cleaning products to making nutritious smoothies to exercises you can do at your desk. (Complete two sessions to fulfill your well-being activity!)
- **Specialty Weight Management:** Those who qualify for the Positively Me program will learn how weight loss journeys are about more than just exercising and eating right.

YOUR COACH IS HERE WAITING!

Complete three coaching sessions via phone call or Coach Connect chats to support your well-being. Bonus? Three sessions fulfill your well-being activity toward earning your \$150* Well Wisconsin incentive. Get started by calling **800-821-6591** or sending a confidential message via Coach Connect on webmdhealth.com/wellwisconsin.

HINT: Using Coach Connect is easy from the Wellness At Your Side app! Download it by scanning the QR code to the left and entering connection code "SOWI".



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I suggest to everyone, try coaching. It's so nice to have someone to talk to who knows exactly what you're supposed to do.

- 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.