



Find health and closer connection.



A Hub of Healthy Activities

Find your healthiest state of mind and earn rewards with Well Wisconsin! Complete one activity below to take a step toward \$150*. For more information, log in or create an account at webmdhealth.com/wellwisconsin.

Activity	Description
HEALTH COACHING	Complete three coaching sessions with a WebMD coach or nurse. Available programs: lifestyle, mental health, specialty weight management, tobacco cessation and chronic condition management.
DAILY HABITS	Complete one Daily Habits plan on the Well Wisconsin portal. Choose a plan and you'll be reminded to track daily habits that help lead to better health.
MOVE FOR A MILLION CHALLENGE	Starting in January, move the equivalent of 1 million steps in ways that work for you. Hit the milestone before October 17, 2025.
NEW! WELLNESS FROM WITHIN CHALLENGE	Join us in May 2025 for a brand new 6-week challenge coinciding with Mental Health Awareness Month. Each week will focus on a different wellness theme (from regulation to relaxation) that aligns with interactive events you can sign up for with the Well Wisconsin team.
NEW! COMPLETE TWO SIDE QUEST ADVENTURES	Set a goal, record your "why," and personalize a plan of action. Adventures include Timed Exercise, Mindful Minutes, Quality Sleep and Daily Steps.
COMPLETE TWO WELL WISCONSIN EVENT ACTIVITIES	Options include webinars, workshops, onsite events, a book club, a virtual cooking class, a virtual fitness class or listening to Well Wisconsin Radio. New events added monthly.
COACHING CLASSES	Complete two WebMD virtual Coaching Classes. Join classes on wellness topics that are important to you in a group setting.
DIABETES PREVENTION PROGRAM	Learn how to prevent diabetes through healthy lifestyle changes. Register for the program and attend at least one session.
meQuilibrium (meQ)	Find your more powerful self with meQuilibrium's resilience program. Completing the meQ questionnaire counts as your well-being activity. If you've already completed it, taking a reassessment also counts.
EMPLOYER-SPONSORED ACTIVITY	Watch for information from your employer regarding activities they may be organizing that will count toward your well-being activity.

In addition to completing one well-being activity from this chart, complete the online Health Assessment and a health check by **October 17, 2025**. Get started at webmdhealth.com/wellwisconsin.

Questions?
Call WebMD customer support at **800-821-6591**.

*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.