



Earn a \$150 Wellness Reward



Employees,

If you are eligible, you can receive a \$150 Wellness Incentive. You must complete these steps by October 16, 2026:

How to Receive Your \$150 Incentive

1. Create a Well Wisconsin account and/or log-in to your existing account at:
 - a. [WebMD ONE - Login](#)
2. Register for an appointment for your biometric health screening. Results will auto-upload into your WebMD portal within 2 weeks of appointment date.
3. Complete the Well Wisconsin Incentive requirements (details below)

Biometric Screening Location - Dates - Time

UW Whitewater: Old Main Ballroom University Center Room 275 - October 6, 2026 - 8:00am - 1:00pm

[Biometric Screening - How to Register](#)

Required Activities

Complete these three requirements by visiting: [Well Wisconsin for Members | ETF](#)

- ☐ Health Assessment
- ☐ Health Check
- ☐ Well-Being Activity

Important Changes for 2026

- Well Wisconsin Radio podcasts and Daily Habits no longer qualify as rewardable Well-Being Activities.
- Self-reporting a completed dental exam is no longer a rewardable Health Check option.

Payment Process

Once you've completed your three activities, you'll receive an email in 2-3 business days from our partners at Onbe with a link to confirm your payment. From here you'll be able to select a virtual or physical prepaid card. If you have not made a selection within 30 days, then a physical prepaid card will automatically be shipped to your address on file with your employer.

Need Help?

For questions on earning your incentive or how to use the Well Wisconsin portal (code SOWI), contact Well Wisconsin Program Helpline at 1-800-821-6591.

**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. Members enrolled in UHC's Medicare Advantage program are not eligible to receive the wellness incentive through WebMD.*

**This event is voluntary. It does not take the place of your doctor's care. The health-screening and health assessment do not diagnose problems or recommend treatment.*