



Well Wisconsin At-A-Glance

The Well Wisconsin Program, powered by WebMD, offers multiple resources to help you achieve the well-being goals that will help you live your best life.

WebMD ONE Portal – Access Well Wisconsin resources, message a coach and more at webmdhealth.com/wellwisconsin.

Wellness At Your Side – Download the Wellness At Your Side mobile app to easily access the Well Wisconsin Program. After downloading, enter the connection code, SOWI.

The Well Wisconsin Incentive – Earn \$150 by doing 3 steps: a health assessment, a health check, and a well-being activity. Plus, look for additional prize opportunities throughout the year for completing these activities ahead of the deadline.

WebMD ONE Portal Tools – Use these resources to enhance your wellness journey:

- **Sync Devices** – sync your phone, apps, or wearable devices for seamless tracking.
- **Daily Habits** – a fun, easy-to-use tool that reminds you to track habits that lead to better health. Choose plans from Enjoy Exercise to Keep Stress in Check to Balance Your Diet.
- **Community** – post on the Community board to connect with other participants. Share helpful tips, ask questions, and celebrate your successes with others.
- **Beyond Well** – mental health podcasts for managers and employees to assist with employee well-being.
- **Challenges** – engage in challenges like Rooted in Wisconsin (Nutrition) and Wander Wisconsin (Physical Activity)!

Health Coaching – talk with a coach about your health and well-being goals, and get help crafting a self-care plan:

- **Lifestyle behaviors** – healthy eating, physical activity, sleep, hydration, and other self-care.
- **Chronic health conditions** – specific coaching for diabetes, asthma, COPD, heart failure, and coronary heart disease.
- **Mental health** – get support from specialists who have certifications to support the management of depression, anxiety, grief, marital conflict, PTSD, dealing with crises, and much more.
- **It's Your Health: Diabetes** – a program for those with diabetes, to manage self-care, and get discounts on prescription medications.
- **Diabetes Prevention Program** – a one-year, evidence-based coaching program for those with pre-diabetes who want to prevent diabetes.
- **Tobacco Cessation Program** – a coaching program for those who use tobacco, to assist in quitting.
- **Positively Me** – a coaching program to help you break through barriers and achieve your personal weight-loss goals.
- **Coaching Classes** – live virtual coaching classes that include demos and group discussions.

Partner Programs – WebMD Health Services has partnered with other specialty providers to offer the following programs:

- **meQuilibrium** – a science-based resilience-building app to support your emotional well-being and help manage stress.
- **Togetherall** – for mental health support and connection. Anonymously chat in a safe, clinically moderated online setting to get or give support.
- **Kaia** - Relieve joint and muscle pain with personalized virtual therapy programs you can access on-demand from home.

Additional Support – Visit etf.wi.gov/well-wisconsin-members for more information about the following:

- **Well WI Radio** – a podcast featuring interviews with local health and well-being experts. Listen online at webmdhealthservices.com/wellwisconsinradio, or via Apple or Spotify.
- **Webinars or Live Events** – webinars and in-person events around the state on a variety of health topics. Find all webinars and events at etf.wi.gov/well-wisconsin-events.
- **Virtual Group Fitness Classes** – a variety of fitness classes to join live or [watch recordings](#).
- **Book Clubs** – join to read books and have lively discussions together.

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. 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.