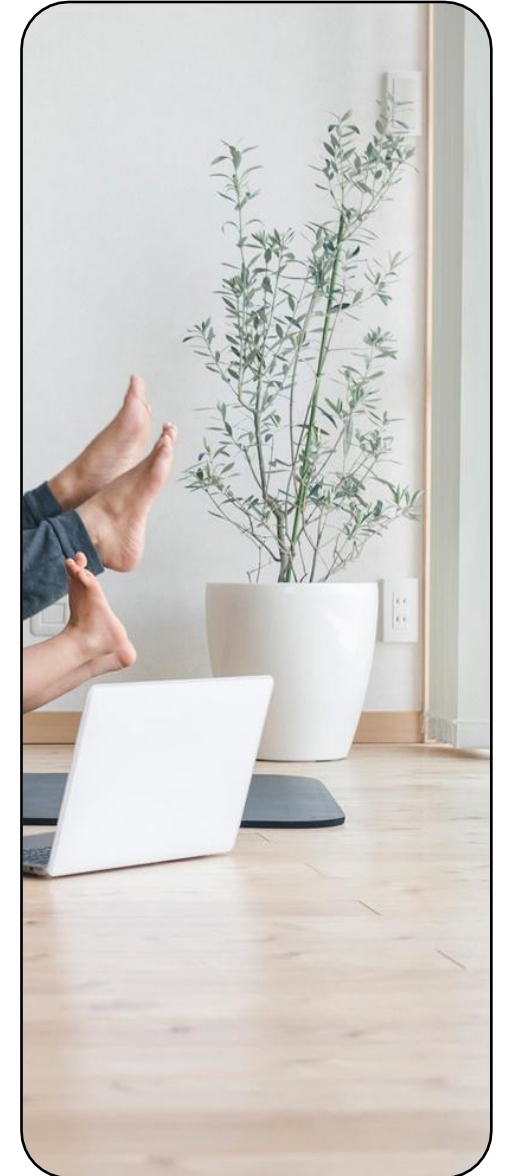


WELL-BEING CHALLENGES

Well-Being Challenges are individual activities designed to encourage behavior change, education, and self-awareness. Three challenges will be offered in 2026, each lasting 28 days and tracked via the WebMD One portal.

To earn credit for a challenge, participants must achieve the challenge goal. To earn your Well-Being Activity credit, you must complete two challenges.





Sip Smart Challenge

2026 Well-Being Challenge Descriptions

Sip Smart Challenge

Overview: Focuses on hydration and healthy beverage options. Participants track their progress by answering a daily yes/no question related to healthy beverage options.

- Registration ended Feb. 6 - Challenge is in progress.
- Challenge starts Feb. 4
- Challenge ends Mar. 3

Completed

- Challenge Goal: To complete the challenge, participants must track activity for 21 days, with at least 14 of those days meeting the daily goal or by achieving a minimum average standard over 21 days. Participants will receive weekly tips, resources, tools and encouragement throughout each challenge.



Rooted in Wisconsin

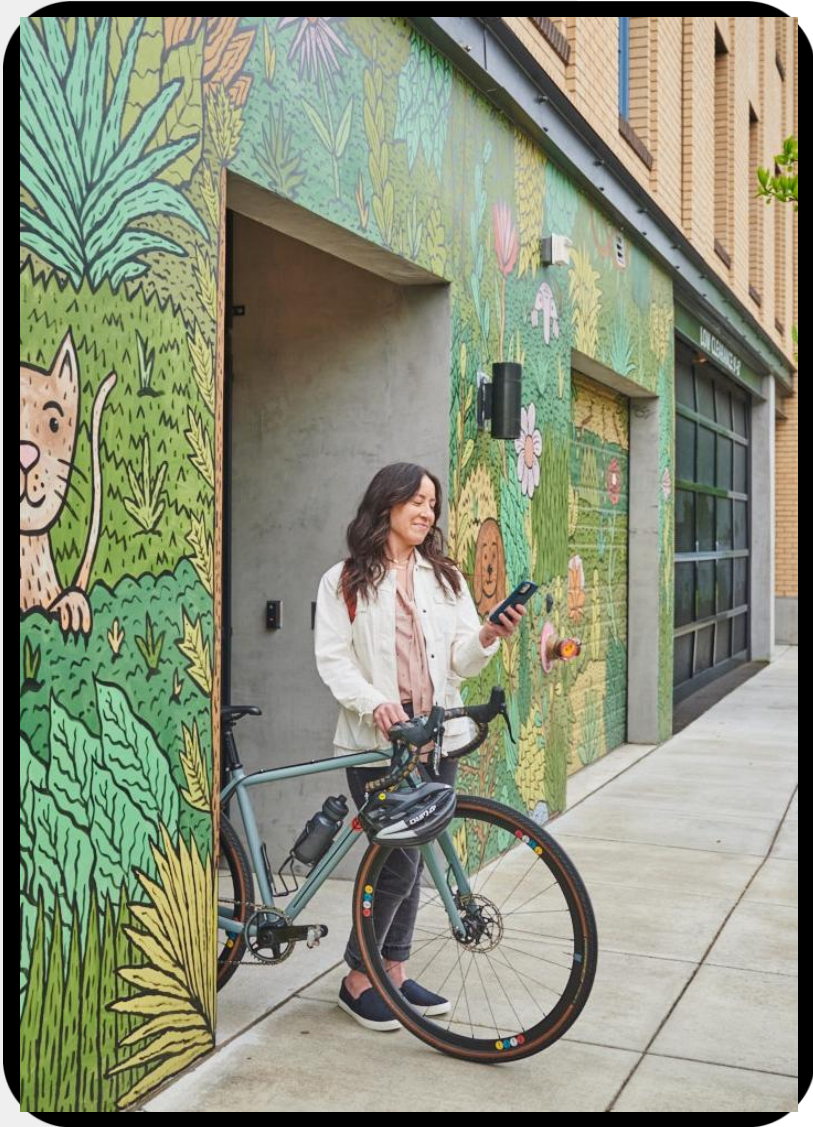
2026 Well-Being Challenge Descriptions

Rooted in Wisconsin Challenge

Overview: Encourages adding more fruit and vegetables to your day. Participants track their progress by answering a daily yes/no question related to nutrition-related activities.

- Registration starts May 20
- Challenge starts June 3
- Challenge ends June 30
- Challenge Goal: To complete the challenge, participants must track activity for 21 days, with at least 14 of those days meeting the daily goal or by achieving a minimum average standard over 21 days. Participants will receive weekly tips, resources, tools and encouragement throughout each challenge.

Updated: 03132026



Wander Wisconsin

2026 Well-Being Challenge Descriptions

Wander Wisconsin Challenge

A physical activity challenge where participants sync a device to track steps or exercise minutes by selecting from a list of activities (swimming, gardening, walking, biking, etc.) Conversion charts will be available. Participants track their progress by syncing a device or manually entering their activity and duration.

- Registration starts Aug. 12
- Challenge starts Aug 26
- Challenge ends Sept 22

Challenge Goal: The goal of the challenge is to average 30 minutes of activity over the 21 days, with the challenge open for 28 days. Participants will receive weekly tips, resources, tools and encouragement throughout each challenge.

Updated: 03132026