

WELL WISCONSIN \$150 INCENTIVE

\$150 incentive available to you and your spouse who are enrolled in our health insurance program! *Please note that your health insurance coverage must start by October 1st.

TO EARN THE INCENTIVE, YOU WOULD COMPLETE:

01 a health check activity, such as attending an onsite health screening event, getting your annual check up at your doctor, a dental cleaning, or a coaching call from a StayWell representative

02 an online health questionnaire on the Well Wisconsin website, and

03 a well-being activity through <https://www.webmdhealth.com/wellwisconsin> (ex. complete challenge, digital workshop, etc.) Deadline to earn your incentive this year is October 13th, 2023.

WELL WISCONSIN WEBSITE/APP

01 Available to employees and their family members who are enrolled in our health insurance.

02 Device connection (ex. fit bit) & personalized health information – how your health compares to others, what your health goals/focus should be

03 Digital workshops, articles, recipes, daily challenges, videos, etc.

04 Health Coaching – one-on-one coaching via phone available

05 Daily Habits Plan - available on WebMD, plan includes help with exercise, diet, stress, quitting tobacco, sleeping better, and more.

06 Link to Well Wisconsin website is found on the UWGB Wellness website uwgb.edu/wellness-committee

WHERE DO I FIND OUT MORE?

01 Visit <https://www.webmdhealth.com/wellwisconsin>

02 Download the WebMd app on your smartphone. Available on Android and Apple