

Well Wisconsin 2020: Well-Being Activity Options



Complete any one of these well-being activities by October 9, 2020, to check off the “complete a well-being activity” box of your Well Wisconsin incentive. And then choose a bunch of others just because they’re fun and effective and they can improve your well-being!

ACTIVITY	DESCRIPTION
Health coaching	Complete three calls either over the phone or (NEW!) via video chat and you may find yourself making healthier choices and feeling happier along the way.
Coach chat NEW!	Send an electronic message to a health coach on at least five different days and get support reaching your goals.
Disease management coaching	Complete three calls with a disease management coach.
Sessions NEW!	Complete three e-learning sessions. Read the material, test your knowledge and track as prompted. New sessions are released monthly.
Well Wisconsin Radio NEW!	Join at least one monthly interview with local Wisconsin experts on a variety of well-being topics.
Million Steps Challenge	It’s baaaaaack! Start counting those steps, and if you have an activity-tracking device, sync it to the new portal. A million isn’t as many as you think.
Challenges NEW!	Think of these as month-long mini-sprints. In March, you’ll track your intake of water and other healthy fluids. In July, your sleep habits. And in September, your meditation practice. Track your activity for 21 days out of the month and notice the healthy difference!
Goal-tracking NEW!	Track your wellness goals on the dashboard! You can track your fruits and veggies intake, as well as your strength training routine, with different goals for each.
Employer-sponsored activity NEW!	Watch for information from your employer regarding activities they may be organizing that will count toward your well-being activity.

EARN YOUR \$150 WELL WISCONSIN INCENTIVE
 Yeah, we said \$150*! Just complete these three activities by October 9, 2020:

- Submit your 2020 health screening results.
- Take the 10-minute StayWell health assessment.
- Complete a well-being activity through StayWell.



*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.