**$150 Wellness Incentive**

Well Wisconsin allows you and your spouse (if enrolled in the State Group Health Insurance Program) to each earn an annual $150 incentive. To earn this incentive, you and your spouse must each complete a health assessment, health check activity, and **one** well-being activity. Employees can complete all three requirements anytime between **now and** **October 11th,2024** to earn the incentive! To get started with the Well Wisconsin Program, you must login or register on the [WebMD ONE website](http://www.webmdhealth.com/wellwisconsin) (code: SOWI) or download the **Wellness At Your Side** mobile app through the App Store or on Google Play (code: SOWI).

* **Health Assessment:**Captures current health behaviors through a brief questionnaire (15-20 minutes) focusing on stress, sleep, nutrition and physical activity.
* **Health Check Activity:**
  + Biometric screening – Provides a picture of overall health (includes measurements for blood pressure, body mass index, cholesterol, triglycerides & glucose) **or**
  + Dental exam – Provides a picture of overall dental health (by getting a preventive dental exam) **or**
  + One coaching session – Provides an opportunity for you to work with a WebMD Health Coach that will help you work toward your goals!
* **Well-Being Activity:**Helps with overall health and well-being (examples: Well Wisconsin Radio, Sleep Well Challenge, Health Coaching).

*\*Check the WebMD website for the deadline each year and for additional information regarding the Well Wisconsin Incentive.*

Note: Wellness incentives **are** considered taxable income.