

# WHO'S YOUR REASON?

Live well for those you love.

## 2019 Program Details

### EARN YOUR \$150 WELL WISCONSIN INCENTIVE

Reach your health and well-being goals with the Well Wisconsin Program and earn \$150\* when you complete your three activities.

#### YOUR THREE ACTIVITIES:

- ☐ Submit your 2019 health screening results.
- ☐ Take the StayWell health assessment.
- ☐ Complete a well-being activity through StayWell.

#### DEADLINE

Complete your three activities by **October 11, 2019**.

#### DOWNLOAD THE APP TODAY.

Get connected with the StayWell mobile app. Access the health assessment, well-being activities and resources — all at your fingertips.

App Store and Google Play:

Search: **Legacy StayWell**

Enter company code: **wisc**



### NEW THIS YEAR! THE SLEEP WELL CHALLENGE

This well-being activity can help you discover your sleep habits, improve your sleep patterns and increase your mental well-being. Get your zzz's back on track!



For more information on the Well Wisconsin Program, visit [wellwisconsin.staywell.com](http://wellwisconsin.staywell.com) or contact the StayWell HelpLine at **800-821-6591**.

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. All wellness incentives paid to participants are considered taxable income to the group health plan subscriber and are reported to their employer. Retirees, continuants and their spouses will have some taxes withheld from the incentive amount earned. Health information is protected by federal law and will never be shared with Employee Trust Funds, the group health insurance program or employers.

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**WELL WISCONSIN**  
Healthier starts with you