



WELL WISCONSIN

Healthier starts with you

2020 Program Details

Reach your health and well-being goals with the Well Wisconsin Program available through StayWell. Participate in the new online health assessment, digital health programs and challenges to help improve your health.

To learn more about the program opportunities available to you select the option that best describes your status below.

I am an active
employee or
eligible spouse

I am a **retiree** or
eligible spouse

I am enrolled in the
UHC-Medicare plan

State agency employees **NOT**
ENROLLED in State of
Wisconsin group health insurance

ACTIVE EMPLOYEES & ELIGIBLE SPOUSES

Well Wisconsin Program

Employees and their spouses in the State of Wisconsin and Wisconsin Public Employers Group Health Insurance Program may complete the health check, StayWell health assessment, and well-being activity **by October 9th, 2020 to earn their \$150 gift card.**

Three Simple Activities:

- **Health Check:** Choose one of five options to get a status update on your health.
- **Health Assessment:** When you take the 10-minute health assessment, you'll learn how everyday choices affect your well-being.
- **Well-being Activity:** Complete one of the well-being activities. You will have the option to choose the activity that most interests you.

Health Check Options:

- **Biometric screening:** Choose from three options:
 - **Onsite screening event:** Click "Schedule Now" on the Quest Diagnostics slider on the dashboard page to get started. Find an event near you by registering and clicking "Make an Appointment."
 - **At-home test kit:** Click "Schedule Now" on the Quest Diagnostics slider on the dashboard page to get started. Request a kit by registering and clicking "Order Materials."
 - **Health Care Provider Form:** Download the fillable form from the Health Care Provider Form slider on the dashboard. Read the cover letter closely and confirm with your healthcare provider and/or health insurer prior to the appointment if out of pocket cost will apply.
- **Dental cleaning:** Complete a routine dental cleaning visit between January 1 and October 9, 2020. Report your cleaning completion on the My Incentives tab on the portal.
- **One coaching call:** Call 800-821-6591 to schedule a call, or schedule a video meeting on the dashboard or app.

Well-being Activity Options: There will be a wide variety of activities for you to participate in for 2020 to earn your Well Wisconsin incentive, including: wellness competitions, goal tracking, educational sessions, approved employer-sponsored wellness activity, health coaching, or disease management (if eligible). Navigate to incentives from the [dashboard](#) to learn more.

Receiving Your Incentive: *New in 2020!* Once StayWell confirms you completed the health check, health assessment, and well-being activity, your \$150 gift card will automatically be mailed to you. Watch your email for confirmation that your gift card has been sent. Check out the [FAQ](#) for further information.

Mobile App: The new StayWell® mobile app provides you with quick, easy access to tools and resources to give your well-being a boost. Access the health assessment, programs to keep you feeling your best and resources to keep you going — all at your fingertips. Download the My StayWell app available via the [App Store](#) or [Google Play](#).

You will no longer be able to access the previous "Legacy StayWell" app. It is recommended that you remove this app from your mobile device.

Health Outreach: You may receive outreach calls from StayWell offering to enroll you in the voluntary health coaching or disease management programs. These programs are free and confidential. If you do not wish to participate in StayWell's health coaching, you can request to be removed from StayWell's outreach call list.

HelpLine: Have questions about the activities to earn your incentive or how to use the StayWell portal? Contact the StayWell HelpLine at 1-800-821-6591 or wellwisconsin@staywell.com.

Have questions about the Group Health Insurance Program? Visit the [ETF website](#).

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. Members enrolled in UHC's Medicare Advantage program are not eligible to receive the wellness incentive through StayWell.

RETIREES & ELIGIBLE SPOUSES

Well Wisconsin Program

Subscribers and their spouses in the State of Wisconsin or Wisconsin Public Employers Group Health Insurance Program may complete the health check, StayWell health assessment, and well-being activity **by October 9th, 2020 to earn their \$150 incentive**. Gift cards will be issued in the amount of \$138.52. ETF will submit the remaining amount equal to your FICA taxes in the amount of \$11.48 to the government.

Three Simple Activities:

- **Health Check:** Choose one of five options to get a status update on your health.
- **Health Assessment:** When you take the 10-minute health assessment, you'll learn how everyday choices affect your well-being.
- **Well-being Activity:** Complete one of the well-being activities. You will have the option to choose the activity that most interests you.

Health Check Options:

- **Biometric screening:** Choose from three options:
 - **Onsite screening event:** Click "Schedule Now" on the Quest Diagnostics slider on the dashboard page to get started. Find an event near you by registering and clicking "Make an Appointment."
 - **At-home test kit:** Click "Schedule Now" on the Quest Diagnostics slider on the dashboard page to get started. Request a kit by registering and clicking "Order Materials."
 - **Health Care Provider Form:** Download the fillable form from the Health Care Provider Form slider on the dashboard. Read the cover letter closely and confirm with your healthcare provider and/or health insurer prior to the appointment if out of pocket cost will apply.
- **Dental cleaning:** Complete a routine dental cleaning visit. Delta Dental, your dental insurance provider, will automatically alert us that you attended the appointment.
- **One coaching call:** Call 800-821-6591 to schedule a call, or schedule a video meeting on the dashboard or app.

Well-being Activity Options: There will be a wide variety of activities for you to participate in for 2020 to earn your Well Wisconsin incentive, including: wellness competitions, educational sessions, goal tracking, health coaching, or disease management (if eligible). Navigate to incentives from the [dashboard](#) to learn more.

Receiving Your Incentive: *New in 2020!* Once StayWell confirms you completed the health check, health assessment, and well-being activity, your gift card will automatically be mailed to you. Watch your email for confirmation that your gift card has been sent. Check out the [FAQ](#) for further information.

Mobile App: The new StayWell® mobile app provides you with quick, easy access to tools and resources to give your well-being a boost. Access the health assessment, programs to keep you feeling your best and resources to keep you going — all at your fingertips. Download the My StayWell app available via the [App Store](#) or [Google Play](#).

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Health Outreach: You may receive outreach calls from StayWell offering to enroll you in the voluntary health coaching or disease management programs. These programs are free and confidential. If you do not wish to participate in StayWell's health coaching, you can request to be removed from StayWell's outreach call list.

HelpLine: Have questions about the activities to earn your incentive or how to use the StayWell wellness portal? Contact the StayWell HelpLine at 1-800-821-6591 or wellwisconsin@staywell.com.

Have questions about the Group Health Insurance Program? Visit the [ETF website](#).

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UHC-MEDICARE ADVANTAGE MEMBERS

Well Wisconsin Program

The Well Wisconsin program provides tools and resources to help you on your well-being journey, including:

Health Assessment: When you take the 10-minute health assessment, you'll learn how everyday choices affect your well-being.

Health Screening: Register for a 2020 onsite health screening event.

Well-being Activities: There will be a wide variety of activities for you to participate in for 2020, including: wellness competitions, goal tracking, education sessions, health coaching, and disease management (if eligible).

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Health Outreach: You may receive outreach calls from StayWell offering to enroll you in the voluntary health coaching or disease management programs. These programs are free and confidential. If you do not wish to participate in StayWell's health coaching, you can request to be removed from StayWell's outreach call list.

HelpLine: Have questions about the activities to earn your incentive or how to use the StayWell wellness portal? Contact the StayWell HelpLine at 1-800-821-6591 or wellwisconsin@staywell.com.

Have questions about the Group Health Insurance Program? Visit the [ETF website](#).

Members enrolled in UHC's Medicare Advantage program are not eligible to receive the wellness incentive through StayWell. Please check with UnitedHealthcare regarding wellness incentives that are available.

STATE AGENCY EMPLOYEES NOT ENROLLED IN STATE OF WISCONSIN GROUP HEALTH INSURANCE

Well Wisconsin Program

The Well Wisconsin program provides tools and resources to help employees from state agencies* who are not enrolled in health insurance on their well-being journey, including:

Health Assessment: When you take the 10-minute health assessment, you'll learn how everyday choices affect your well-being.

Well-being Activities: There will be a wide variety of activities for you to participate in for 2020, including: wellness competitions, goal tracking, education sessions and more.

Mobile App: The new StayWell® mobile app provides you with quick, easy access to tools and resources to give your well-being a boost. Access the health assessment, programs to keep you feeling your best and resources to keep you going — all at your fingertips. Download the My StayWell app available via the [App Store](#) or [Google Play](#).

You will no longer be able to access the previous "Legacy StayWell" app. It is recommended that you remove this app from your mobile device.

HelpLine: Have questions about how to use the StayWell wellness portal? Contact the StayWell HelpLine at 1-800-821-6591 or wellwisconsin@staywell.com.

**Contact your human resources department if you are unsure whether you may access the tools and resources via StayWell. If you're an employer who would like to learn more about adding this as a resource for your employees who are not enrolled in health insurance, contact wellwisconsin@staywell.com.*

Participants not enrolled in the State of Wisconsin or Wisconsin Public Employers Group Health Insurance Program are not eligible to receive the wellness incentive through StayWell.