



Find health and closer connection.



# WELL WISCONSIN EVENTS

**JUNE 5 AT 11:30 AM**

## Men's Health

Join us during Men's Health month as we focus on improving well-being! We'll explore conditions impacting men, discuss mental health and review recommendations for preventive screenings. Test your knowledge with facts and myths about men's health and get action steps you can take today, this week and this month.

[Click to register](#)



**JUNE 27 AT 12 PM**

## Improving Mental Health through Movement

Discover the emotional health benefits associated with exercise. We'll also examine the importance of mental health and what causes illness. Join us as we explore five strategies to increase inactivity and positive mental health and participate in an optional movement break!

[Click to register](#)



**JUNE 17 AT 1 PM**

## The Great Carb Debate

Have you ever wondered if carbs are good or bad? Join us as we explore the carbohydrate controversy. We'll take a look at general recommendations for carbohydrate intake and the importance of fiber for weight loss. We'll also look at the pros and cons of a variety of diet patterns.

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Join the Wisconsin Department of Natural Resources (DNR) and the Well WI team at parks across the state for a fun free weekend on June 1. Check out the [DNR events page](#) for more information about OutWiGo activities.



WELL WISCONSIN  
Healthier starts with you

WebMD  
HealthServices

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.

# WHERE YOU BELONG

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## WELL WISCONSIN EVENTS

**JULY 10 AT 11 AM**

### Summer Health

Summer for some means warm days, water activities, picnics and barbeques. Join us for a webinar to learn about different ways to stay safe while you're having fun in the sun! This presentation will cover how to stay hydrated, protect yourself from harmful UV rays, safely enjoy water activities, and keep food safe.

[Click to register](#)



**JULY 15 AT 11 AM**

### Hydrate Healthfully

Stay fully hydrated and feel your best this summer. Test your hydration knowledge with quiz questions in our webinar that explores why our bodies need water, safe sources of drinking water, signs of dehydration and tips for staying hydrated. Plus, we'll demonstrate two recipes for refreshing beverages to help you stay hydrated this summer.

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**JULY 24 AT 12 PM**

### Kindness Starts with Self-Care

Learn how kindness and self-care can work together to create a more positive and fulfilling life. In this webinar, we will delve into how kindness goes beyond just generating positive emotions and can significantly impact our physical bodies and the environments we find ourselves in.

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# WELL WISCONSIN EVENTS

**AUG 12 AT 1 PM**

## Preventive Care Recommendations

Join us as we recognize Annual Medical Checkup Day and review the importance of having a primary care provider, advocating for your health, and what preventative health care includes. We will cover immunizations, cancer screenings, routine test or exams, and the benefits of preventive care.

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**AUG 15 AT 11 AM**

## The Wheel of Life

On National Relaxation Day, we're exploring the Wheel of Life—a tool to help gain clarity on values and balance in our lives. We'll explore how to use this tool, how to build your wheel and use it for improved balance. We'll also offer a mini-yoga break to promote relaxation.

[Click to register](#)



**AUG 22 AT 12 PM**

## Meal Planning for Five to Thrive

Prepare to discover how delicious fruits and veggies can be during Well Wisconsin's Five to Thrive nutrition challenge and join us for a webinar to get meal planning tips to help you meet your challenge goal. We'll cover the essential pantry and kitchen items, tips and tricks to reduce meal preparation time, and best practices for reducing food waste. Plus, watch a recipe demonstration that uses meal planning strategies.

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