

Discover Your Healthiest State of Mind

Looking for mental health support? Well Wisconsin offers all the resources you need in one convenient place. Check out these tools:

- **Mental Health Coaching:** Get support from specialists who have certifications to support the management of depression, anxiety, grief, marital conflict, PTSD, dealing with crises and much more.
- **meQuilibrium:** A program designed to help you build resilience, understand yourself better and thrive in the face of change through interactive activities.
- **Togetherall.** A 24/7 platform where you can join anonymous discussions with others like you who may be experiencing similar challenges such as anxiety, grief and more. Mental health professionals are there to guide your experience, ensuring a safe space and access to clinicians when needed.
- **Coaching Classes by WebMD.** During 30-minute interactive group video classes with a coach, engage in conversations about establishing boundaries, building social connections and more.
- **Beyond Well podcasts.** Includes podcasts to help prepare those in supervisor roles to have conversations with employees about mental health.

GET SUPPORT TO FEEL YOUR BEST

Log in to your account at webmdhealth.com/wellwisconsin to browse resources on the portal or call **800-821-6591** to learn more about coaching options.

“ Well Wisconsin helps me stay on track with doing good things for my health, and also helps with my mood, energy level and optimism about life. ”

— WELL WISCONSIN
COACHING PARTICIPANT

A health coach should not replace the role of your doctor in managing your health condition. A coach is an extra resource to help you stay on track of your everyday activities, from taking your medication as prescribed to managing stress or improving sleep.

*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. 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.



Start Strengthening Your Resilience Today



Well Wisconsin offers meQuilibrium to give you personalized ways to handle stress. meQ is a science-based resilience-building app to support your emotional well-being. Whether you need a way to decompress, regroup between meetings or regain your focus—take the first steps to a calmer, more productive you.

Sign up for meQ at webmdhealth.com/wellwisconsin and complete a short questionnaire for a personalized experience. **Completing this meQ initial assessment (or a re-assessment) counts as credit toward your well-being activity**, one of three steps toward earning the \$150* Well Wisconsin prepaid card.

Questions? Call 800-821-6591.

GET STARTED!

meQ members see an 88% improvement in their ability to manage stress. Spending even a few minutes in meQ is an investment in yourself.



Scan to get started!

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Connect With Others Like You

Join the Togetherall community today

Connecting with others who have had similar experiences, even if we don't know them, can make us feel like we belong to a community that understands. That's why the Well Wisconsin program now includes Togetherall, an anonymous online community available 24/7 to anyone looking for mental health support or a sense of connection.

How do I use Togetherall?

Discuss what's on your mind and gain support from other members in a space moderated by licensed mental health clinicians to keep you safe. Or check out subgroups dedicated to specific identities (Parents & Caregivers, Educators, First Responders and more) allowing you to connect with others who share similar experiences.

Questions? Call 800-821-6591.

SIGN UP TODAY!



Log in to the Well Wisconsin portal at webmdhealth.com/wellwisconsin and click the Togetherall card or scan the QR code.