

HEALTHIER STARTS WITH YOU



AT WORK

TAKE TIME EACH DAY TO DE-STRESS & THINK POSITIVELY.



A 10 minute walk, yoga session or chat with a friend makes a difference.

Less stress can lead to lower rates of depression, overall better well-being and reduced risk of cardiovascular disease.

AT PLAY

GET SOCIAL.

Spend time with family, join a book club or volunteer at your favorite local organization.

Strong social support can also support good health. Positive relationships with friends, family and community members can lead to healthier, happier and longer lives.



ALL IN THE NUMBERS

30 MINUTES
of physical activity is all it takes.



3-4 HOURS
Eat small meals every 3-4 hours to help burn fat.



1 in 3
adults have high blood pressure. Maintaining healthy numbers lowers risk of heart disease and stroke.



8 HOURS
Get 8 hours of sleep to be healthier, happier and more productive.



WITH WELLNESS, EVERYONE WINS

- ▼ Reduced chronic disease risk
- ▼ Reduced absenteeism
- ▼ Decreased rates of illness, injury and disability
- ▼ Increased employee productivity and efficiency
- ▼ Improved morale and lower stress levels
- ▼ Enhanced retention of healthy employees

20+20 = \$150

We could come up with a million reasons why health, fitness and overall well-being are so important, but instead, we'll start with 150. After spending about 20 minutes attending a wellness assessment and 20 minutes completing a health survey, you'll be eligible for a \$150 health incentive from your health plan.

Visit wellwisconsin.wi.gov for more information.

*All health and wellness incentives paid to ETF members by the health plan are considered taxable income to the subscriber and are required to be reported by your employer. Health information, including responses to the Health Survey, are protected by federal law and will never be shared with your employer.

