



Choose Activities

Want to eat more local produce? Looking for new areas to explore in Wisconsin? Well Wisconsin lets you choose the activities that match your personal well-being goals. Complete one activity (or group of activities) from the list below to complete the well-being activity.

ACTIVITY	HOW TO ENGAGE
Complete THREE health coaching sessions with a WebMD Coach.	Call 800-821-6591 to schedule a session. Available coaching programs include lifestyle, mental health, specialty weight management, tobacco cessation and chronic condition management.
Complete TWO well-being challenges. Well Wisconsin has three new challenges coming up in 2026: <ul style="list-style-type: none">• Sip Smart (registration opens 1/21)• Rooted in Wisconsin (registration opens 5/20)• Wander Wisconsin (registration opens 8/12)	Check the portal to sign up for a challenge.
Qualify for and participate in the Diabetes Prevention Program.	Call 800-821-6591 to find out if you're eligible to participate in this year-long program.
Complete THREE virtual coaching classes.	Visit webmdhealth.com/wellwisconsin > Coaching Lobby.
Participate in the meQ assessment (or reassessment) and complete an activity.	Click the meQ card from the Well Wisconsin portal.
Complete a workshop (DASH diet, Healthy Aging or Diabetes).	Reference our 2026 Events Calendar.
Complete an employer-sponsored activity + TWO coaching sessions.	Watch for information from your employer regarding activities they may be organizing that will count toward your well-being activity.

*Listening to Well Wisconsin Radio podcasts is no longer a rewardable well-being activity in 2026.