



Complete this form using results from your most recent health care provider visit to earn credit for the 2025 Well Wisconsin Program. **The form must be submitted by October 17, 2025.** For the Health Check, you may choose to complete an on-site biometric screening, self-collection materials, coaching session, or dental cleaning instead of submitting this form. Log onto [webmdhealth.com/wellwisconsin](http://webmdhealth.com/wellwisconsin) to learn more.

**Step 1:** Enter your name and date of birth.

**Step 2:** Enter the screening values from your most recent health care provider visit.

**Step 3:** Review the consent language, sign, and date.

**Required values include**

- Height
- Weight
- Blood Pressure

*Additional values:*

Depending on your age and risk factors, you may be eligible to receive glucose and cholesterol screenings as a no-cost preventive service. Before having these labs completed, check with your health care provider and health insurer.

**Out-of-pocket costs:**

**Be aware that you will be responsible for copayments, deductibles and/or coinsurance if screening tests are not done for preventive reasons, or if other health issues are discussed during your visit.**

**Step 4: Submit the form by 10/17/2025**

- Securely upload it electronically at:  
[www.totalwellnesshealth.com/gravity-landing/wellwi/](http://www.totalwellnesshealth.com/gravity-landing/wellwi/)
- Fax at: 402-218-4378
- Mail it to: TotalWellness, Attn: Data Team, 9320 H Court, Omaha, NE 68127

## Questions?

Contact WebMD Customer Support at 1-800-821-6591 or

Log on to [webmdhealth.com/wellwisconsin](http://webmdhealth.com/wellwisconsin) and click *Contact Us* at the bottom of the screen

WebMD Health Services Group, Inc. complies with applicable Federal civil rights laws and does not discriminate based on race, color, national origin, age, disability, or sex.

