

STATE OF WISCONSIN  
**WELLNESS NEWS**

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**January 2025**

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## **Kick-off 2025 with Financial Well-being**

As we welcome the new year, it's the perfect time to take charge of your financial well-being. Financial health is a critical part of overall wellness, and by dedicating time to building strong financial habits, you can set yourself up for a successful year.

This January and throughout the year, take advantage of the resources available to help you build confidence in your financial future.

### **Resources to Support Your Financial Well-being**

- **Acentra Health EAP**  
Enhance your financial well-being with the [EAP's resources](#), including a free 30-minute consultation with a money coach and access to online tools designed for education and planning.
- **ELEVATE Financial Education Program**  
Supported by the Governor's Council on Financial Literacy and Capability, ELEVATE Wisconsin provides trustworthy and unbiased financial well-being content that does not try to sell products and services. Employees can access this FREE benefit 24 hours a day, seven days a week, by visiting the [ELEVATE Wisconsin website](#).
- **State Benefits Programs**  
Explore programs that can help you plan and save, like retirement savings plans, health savings accounts, and other benefits designed to support financial security.



Start the year strong by prioritizing your financial health. With these resources at your fingertips, you have the tools to build confidence, make informed decisions, and create a secure financial future.

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## Well Wisconsin Events

JANUARY 2025

Start your 2025 wellness journey with Well Wisconsin! This month, explore virtual cooking classes, fitness sessions, engaging workshops, and more. Visit the [Well Wisconsin Events page](#) for event details and registration!

## EAP Corner

### MONEY COACHES WITH ACENTRA HEALTH

Your financial journey is as unique as your story. Through the State Employee Assistance Program, you and your household members can access a free 30-minute consultation with a Money Coach to discuss any financial topic. Together, you'll create a personalized financial plan that aligns with your values, priorities, and goals—tailored to your life. This benefit is free, confidential, and focused entirely on your needs, with no sales pitches or pressure to purchase financial products.

[LEARN MORE ABOUT THE EAP](#)



## Financial Goal Setting

Large purchases can feel intimidating, but planning is everything. Understanding what you can afford now is key to avoiding unnecessary debt later. The Financial Fitness Platform is here to guide you through the decision-making process with tips, tools, and resources to help you draft a smart plan. [Log in today](#) to start navigating your way to confident, well-informed purchases!

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## State of Wisconsin Employee Wellness Webinars

Please join us for an upcoming webinar with one of our trusted well-being partners. Click each title for course details and registration.

| DATE    | TIME      | EVENT                                         | HOST           |
|---------|-----------|-----------------------------------------------|----------------|
| Ongoing | On-Demand | <a href="#">Well Wisconsin Radio Podcasts</a> | Well Wisconsin |

|                               |                   |                                                                      |                     |
|-------------------------------|-------------------|----------------------------------------------------------------------|---------------------|
| Ongoing                       | On-Demand         | <a href="#">Well Wisconsin Recorded Webinars</a>                     | Well Wisconsin      |
| Ongoing                       | On-Demand         | <a href="#">Group Fitness Classes</a>                                | Well Wisconsin      |
| Ongoing                       | On-Demand         | <a href="#">EAP Recorded Webinars</a>                                | Well Wisconsin      |
| Every Tuesday                 | 11:40am – 12:00pm | <a href="#">Weekly Mindfulness Practice with Dan Tyler</a>           | Enterprise Wellness |
| Every Thursday                | 11:00am – 11:40am | <a href="#">Weekly Mindfulness Practice with Dan Tyler</a>           | Enterprise Wellness |
| January 8                     | 12:30pm – 1:30pm  | <a href="#">Taking Control of your Finances</a>                      | EAP                 |
| Wednesdays,<br>Jan 8 – Feb 5  | 12:00pm – 12:30pm | <a href="#">Virtual Cooking Class: Prenatal and Postpartum Meals</a> | Well Wisconsin      |
| January 14                    | 11:00am – 12:00pm | <a href="#">Overview of 2025 Well Wisconsin Program</a>              | Well Wisconsin      |
| January 16                    | 11:00am – 12:00pm | <a href="#">Building Good Credit and Improving your Credit Score</a> | EAP                 |
| Thursdays,<br>Jan 16 - Jan 30 | 1:00pm – 2:00pm   | <a href="#">Workshop: Your “Why” for Well-being</a>                  | Well Wisconsin      |
| January 22                    | 5:00pm            | <a href="#">Snowshoe or Winter Hike at Gov. Nelson State Park</a>    | Well Wisconsin      |
| January 28                    | 1:00pm – 2:00pm   | <a href="#">Teaching Our Children about Money</a>                    | EAP                 |
| Thursdays,<br>Feb 6 – Mar 27  | 1:00pm – 2:00 pm  | <a href="#">Workshop: Heart Healthy Living</a>                       | Well Wisconsin      |
| February 6                    | 4:00pm            | <a href="#">Onsite Event: WW Radio Sleep Interview</a>               | Well Wisconsin      |
| February 12                   | 12:30pm – 1:30pm  | <a href="#">Increasing Mental Toughness</a>                          | EAP                 |
| February 25                   | 10:00am – 10:45am | <a href="#">Getting to Know your EAP</a>                             | EAP                 |
| February 28                   | 12:00pm – 12:45pm | <a href="#">Getting to Know your EAP – For Managers</a>              | EAP                 |

## **January Health Observances**

**NATIONAL BLOOD DONOR MONTH**

**THYROID AWARENESS MONTH**

**NATIONAL GLAUCOMA AWARENESS MONTH**

**NATIONAL BIRTH DEFECTS AWARENESS AND PREVENTION MONTH**

**NATIONAL RADON ACTION MONTH**