

## Why This Program Is Being Offered

The State of Ohio is committed to helping you make your well-being a priority. By participating in this program, the State of Ohio hopes that you can improve the quality of your life and possibly reduce costs associated with your health care.

## Why You Should Participate

Your well-being is important. With the right information, you can be better prepared to address any health risks that could possibly affect the quality of your life. Because some risk factors may have no symptoms, you could be at risk without even knowing it. And, with the right tools and personalized support, you can get help to take the little steps that keep you moving along the path to a better you.

**You can also earn up to \$350 just for participating. See inside brochure for details.**

## Who Is Healthways

For over 30 years, Healthways has inspired more than 38 million people worldwide to achieve their personal best. By using proven health support techniques, quality medical information, and caring health professionals, the Healthways team meets you where you are and takes you where you want to go, creating better health and well-being for a better you.

## Protecting Your Privacy

Healthways protects the confidentiality of your information, in compliance with the Health Insurance Portability and Accountability Act (HIPAA) of 1996, which prohibits anyone from receiving your personal health information without your permission. Healthways may provide the State of Ohio with collective data about its population as a whole, but not any individual health information unless you consent to provide. Healthways does not sell your information and is not a telemarketing service.

[www.ohio.gov/tclw](http://www.ohio.gov/tclw)  
**1.866.556.2288**

### For General Information:

Monday - Friday  
8:30 a.m. - 10 p.m. EST

Saturday  
9 a.m. - 7:30 p.m. EST

### For Nurse Advice Line:

24 hours a day, 7 days a week



*You can realize your best health and well-being when given the proper support. Healthways meets you where you are and takes you where you want to go, creating better health and well-being for a better you.*



The Take Charge! Live Well! program is administered through a partnership with Healthways. All personal health information will remain confidential and is not shared with the State of Ohio.

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*"The healthier I get, the better I feel."*



State of Ohio Employee,  
**Starting July 1, 2012,**  
**Healthways Can**  
**Help You Choose to**  
**Enjoy a Healthier Life.**  
**Today's the Day.**



**Take Charge! Live Well!**  
Program Overview

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# The Type of Support You Receive with *Take Charge! Live Well!*



*"I was surprised to learn how simple, everyday choices could make such a difference."*

## **Take Charge! Live Well! offers a variety of tools and support, including:**

### **Biometric Screening**

- A private biometric screening with a health professional to get a current view of your health

### **Healthways Well-Being Assessment™**

- A confidential questionnaire that assesses your physical, emotional and social health and how your lifestyle habits affect your overall well-being

### **Online Well-Being Plan**

- A personalized summary of your overall well-being that offers actionable steps you can take to improve well-being
- Personalized recommendations and focus areas to keep you motivated and on track
- Fitness, nutrition and stress management plans that promote healthy behaviors to help you reach your healthy best

### **Online Personal Coaching (not eligible for rewards)**

- Web-based access to health professionals

### **Phone Health Coaching**

- A series of sessions with health coaches to guide you to better well-being
- Personalized support to help lower your risks, manage a condition and change behaviors

### **Nurse Advice Line**

- Reliable guidance from a team of health professionals to help you make more informed health care decisions and live well
- Around the clock access allows you to call the Nurse Advice Line at **1.866.556.2288** 24 hours a day, 7 days a week

### **Resources for Quitting Tobacco**

- Access to QuitNet®, the world's largest online community of individuals who have quit or are quitting tobacco
- Phone coaching sessions with a trained counselor
- Free tobacco cessation medication and nicotine replacement therapy (if actively engaged with a trained counselor)
- E-mail tips offering motivation and encouragement

### **Resources for Managing Diabetes (for those who qualify)**

- Free diabetic supplies and medication (if you have had a Hemoglobin A1c test in the past 12 months)

### **Rewards: Incentives to Live a Healthier Life**

- Follow the Pathway to Wellness chart below to earn up to \$350!

Pathway to Wellness	
<b>Step 1: ASSESS YOUR HEALTH</b>	
<ul style="list-style-type: none"> <li>▶ Complete your biometric screening — Earn \$75</li> <li>▶ Complete your Well-Being Assessment — Earn \$50</li> <li>▶ <b>BONUS:</b> Complete both by November 30 — Earn \$25</li> </ul>	
<b>Step 2: TAKE ACTION — It's Your Choice!</b> Complete the Online OR Coaching Pathway and Earn up to \$200.	
<ul style="list-style-type: none"> <li>▶ <b>Online Pathway</b> Must complete Well-Being Assessment before beginning this path.</li> <li>▶ Complete your Well-Being Plan — Earn \$100</li> <li>▶ Complete four web items — Earn \$100</li> </ul>	<div style="text-align: center;"><b>OR</b></div> <ul style="list-style-type: none"> <li>▶ <b>Coaching Pathway</b> Must complete Well-Being Assessment and biometric screening to earn reward.</li> <li>▶ Participate in four coaching calls — Earn \$200</li> </ul>

*NOTE: Reward cards are considered taxable compensation. The taxes on the amount of your incentive will be deducted from your paycheck. Cards are issued monthly. Please allow 2-3 weeks for delivery.*

## ✓ Discover How a Little Help Goes a Long Way

At one time or another, we have all tried to make improvements in our life, whether it's maintaining a healthy weight, getting in shape, finding balance in our lives, or looking for ways to feel better.

## **Take Charge! Live Well! can support your goals for health and well-being.**

If you want to take big steps toward better well-being or just a small step in the right direction, you can find encouragement with *Take Charge! Live Well!*. To help you make positive changes in your health and your life, this program is available to the State of Ohio employees and spouses enrolled in a State of Ohio health plan.

