



Take Charge! Live Well!

Program Year 2017 Program Guide

July 1, 2016 – June 30, 2017

The Basics

Eligibility

Employees and spouses covered under State of Ohio medical insurance

- Dependents are eligible for select program features, but not incentives.

Website

ohio.gov/tclw

Customer Service, Health Coaching, 24-Hour Nurse Line

866-556-2288



Program Timeline

Date	Description
June 6, 2016	<ul style="list-style-type: none">Registration for on-site biometric screenings begin
July 1, 2016	<ul style="list-style-type: none">First day of benefit yearOnline Physician Form available to download at ohio.gov/tclwHealth coaching calls for current benefit year begin
July 12, 2016	<ul style="list-style-type: none">On-site screening events begin
July 15, 2016	<ul style="list-style-type: none">Well-Being 5 survey and Well-Being Connect accessible via ohio.gov/tclw
November 10, 2016	<ul style="list-style-type: none">On-site biometric screening events end
November 30, 2016	<ul style="list-style-type: none">Deadline to earn \$25 bonus for completing Well-Being 5 survey and a biometric screening (Completed Physician Form must be received by this date)
June 30, 2017	<ul style="list-style-type: none">Last day of benefit year. Activities must be completed/Physician Form must be received to receive a reward.

Wellness Programs and Events

Check the Wellness Events calendar at the *Take Charge! Live Well!* website, ohio.gov/tclw, for upcoming health education events near you!

- Wellness events and programs include:
 - On-site biometric screening events;
 - On-site health education presentations;
 - Live and recorded webinars;
 - Well-being campaigns and challenges;
 - Mammogram shuttle events; and
 - Flu shot clinics.
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Diabetes Management Program

Employees, spouses and dependents covered under the State of Ohio medical plan are eligible for diabetic supplies and medications at no cost

- The required guideline is: **Had Hemoglobin A1c test in last 12 months**
 - Certain values for each test are NOT required
 - If the criteria is not met, members will have coverage for these items with copays and deductibles under the normal provisions of the State of Ohio benefits.
 - For a complete listing of covered supplies and medications, visit the Diabetes Management page of ohio.gov/tclw
 - For questions regarding eligibility, contact Optum Rx (formerly known as Catamaran.)
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Tobacco Cessation Program

Employees, spouses and dependents 18 years old and older who are covered by the State of Ohio medical plan are eligible for the following 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;
 - Call 866-556-2288, Option 3 to enroll in coaching.
- Tobacco cessation medication and nicotine replacement therapy are available at no cost if you are actively engaged with a Healthways health coach; and
 - If you decide not to work with a health coach, tobacco cessation medication and nicotine replacement therapy will be available to you at the normal copay amount.
- Email tips offering motivation and encouragement.

Medication	Length of Coverage	Copayment ¹	
		Retail	Mail
Nicotine Gum	maximum 2 cycles of 12 weeks per benefit year	\$0	\$0
Nicotine Patch 7mg	maximum 2 cycles of 12 weeks per benefit year	\$0	\$0
Nicotine Patch 14mg	maximum 2 cycles of 12 weeks per benefit year	\$0	\$0
Nicotine Patch 21mg	maximum 2 cycles of 12 weeks per benefit year	\$0	\$0
Bupropion SR (generic Zyban) 150 mg	1 Year	\$0	\$0
Chantix 0.5mg, 1mg ²	maximum 2 cycles of 12 weeks per benefit year	\$0	\$0

If you are prescribed Chantix, then you, your pharmacist or your prescriber can initiate and request a Prior Authorization by calling Optum Rx (formerly known as Catamaran) at 866-854-8850. Optum Rx will contact your prescriber and request the information necessary for the medication to be covered. Please note that if your Prior Authorization request is not approved, your medication will not qualify for coverage through your prescription benefit program and you will be responsible for the full cost of this medication at the pharmacy.

Telephonic Health Coaching

Benefits of working with a health coach:

- Working with a health coach provides personalized support to help lower your risks, manage your conditions and change behaviors.
 - No pre-existing conditions are necessary to participate for wellness coaching.
 - Each coaching program will be created and personalized to your unique needs and goals.
 - Eligible employees and spouses who have completed both the Well-Being 5 survey and the biometric screening and as well as completed four calls with a health coach by June 30, 2017, can earn a \$200 reward. Dependents other than spouses are eligible to participate in the asthma and diabetes coaching programs, but are not eligible to earn rewards.
 - The first call with a health coach will take approximately 30 minutes. The health coach will provide a brief overview of the coaching program and will gather some information about you and your concerns or areas you would like to work on. Also, the discussion will include a general assessment of your current health. Together you and the coach will set goals and a plan to follow up. In each additional coaching session, you will report your progress toward those goals and provide a status of your current health. The additional sessions will take about 10 to 15 minutes.
 - To enroll in wellness coaching, call 866-556-2288, Option 2
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Biometric Screening: On-site Event

There are two ways available to you to complete your biometric screening; onsite or by using the Physician Form.

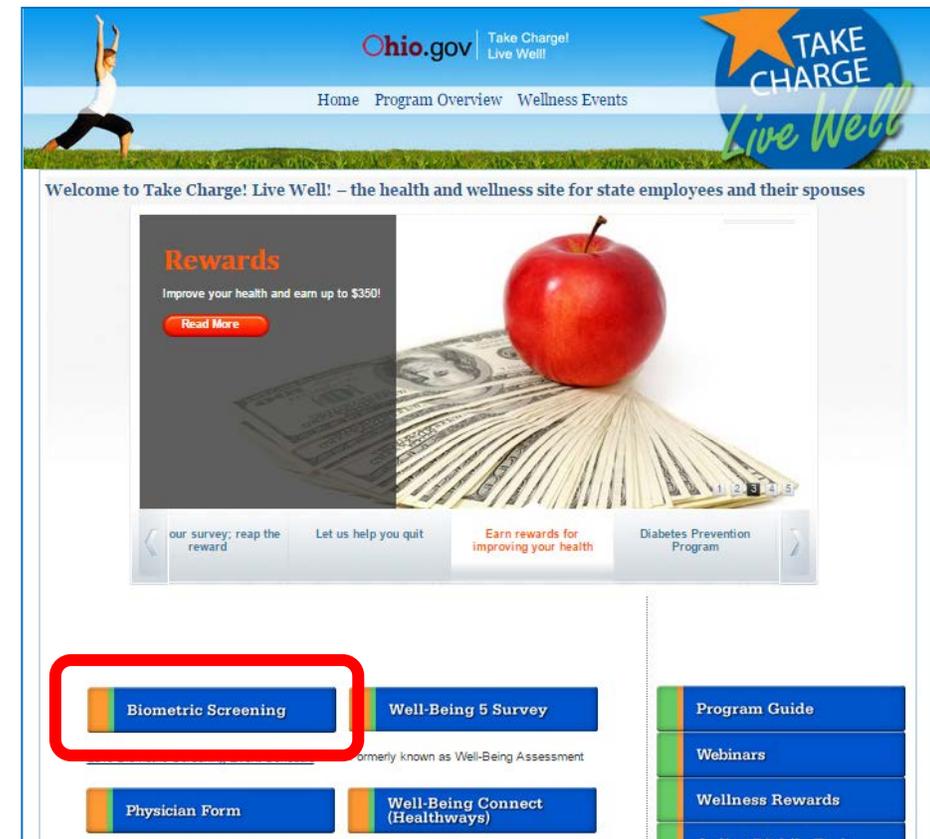
Biometric Screening Events are held each year from July through mid-November at many state worksites. During the biometric screening, a health professional will collect measurements, including height and weight. A sample of your blood will be taken to determine your cholesterol and glucose levels, triglycerides and other factors that can lead to lifestyle-related health complications.

To register for a biometric screening appointment:

1. Go to ohio.gov/tclw and click the **Biometric Screening** button.
2. Enter your identifying information to verify your eligibility.
3. Select a screening location and an available appointment time.
4. Set a Microsoft Outlook reminder of your appointment (highly recommended).

As you prepare for your biometric screening:

- Fasting is required – no food or liquids other than water nine hours prior to the appointment. The fasting tests provide you with the most accurate account of your current health status;
- Drink plenty of water – this will make it easier to give a blood sample;
- Continue to take medication as prescribed the day of your biometric screening; and
- For biometric screening appointments, arrive five minutes early to register and allow about 15 minutes in order to complete the screening process.



The screenshot shows the Ohio.gov website for the 'Take Charge! Live Well!' program. The header includes the Ohio.gov logo, the slogan 'Take Charge! Live Well!', and navigation links for 'Home', 'Program Overview', and 'Wellness Events'. A banner image shows a person exercising in a field. Below the banner, a 'Rewards' section offers to 'Improve your health and earn up to \$350!' with a 'Read More' button. A carousel of images features a red apple and a fan of US dollar bills. Below the carousel are four buttons: 'our survey: reap the reward', 'Let us help you quit', 'Earn rewards for improving your health', and 'Diabetes Prevention Program'. At the bottom, a grid of buttons includes 'Biometric Screening' (highlighted with a red box), 'Well-Being 5 Survey', 'Program Guide', 'Physician Form', 'Well-Being Connect (Healthways)', 'Webinars', and 'Wellness Rewards'.

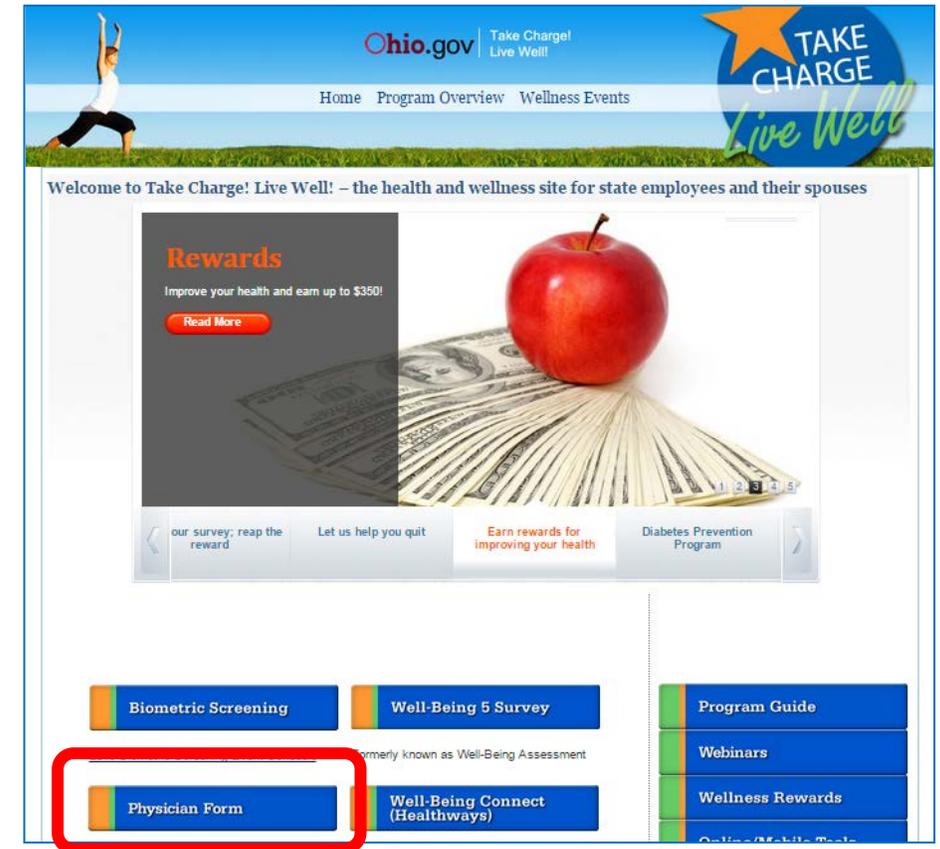
Biometric Screening: Physician Form

There are two ways available to you to complete your biometric screening; onsite or by using the Physician Form.

One preventive physical is covered at 100 percent through the State of Ohio medical plan during each plan year.

To access the Physician Form:

1. Go to ohio.gov/tclw and click on the **Physician Form** button;
2. Complete the registration instructions to generate, download and print your personalized form. Input your information exactly as it is listed in OAKS;
3. Complete the Form with your primary care provider; and
4. Submit your completed form via mail, fax or upload instructions listed on the document.



The screenshot shows the Ohio.gov Take Charge! Live Well! website. The header includes the Ohio.gov logo, the slogan "Take Charge! Live Well!", and navigation links for Home, Program Overview, and Wellness Events. A "TAKE CHARGE Live Well!" logo is in the top right. The main content area features a "Rewards" section with a "Read More" button, a carousel of health-related images, and a navigation bar with buttons for "our survey; reap the reward", "Let us help you quit", "Earn rewards for improving your health", and "Diabetes Prevention Program". Below this is a grid of program buttons: "Biometric Screening", "Well-Being 5 Survey", "Program Guide", "Webinars", "Wellness Rewards", "Physician Form" (highlighted with a red box), and "Well-Being Connect (Healthways)".

Accessing the Gallup-Healthways Well-Being 5 Survey[®]

The Gallup-Healthways Well-Being 5 survey includes questions about your health decisions and habits and will provide an overall report upon completion. This questionnaire takes approximately 15 to 20 minutes to complete.

To access the Well-Being 5 survey, visit at ohio.gov/tclw and select the **Well-Being 5 Survey** button.

Username and passwords will remain the same from previous years for returning users. New users (who have never created an account in Well-Being Connect) must create an account (see next slide).

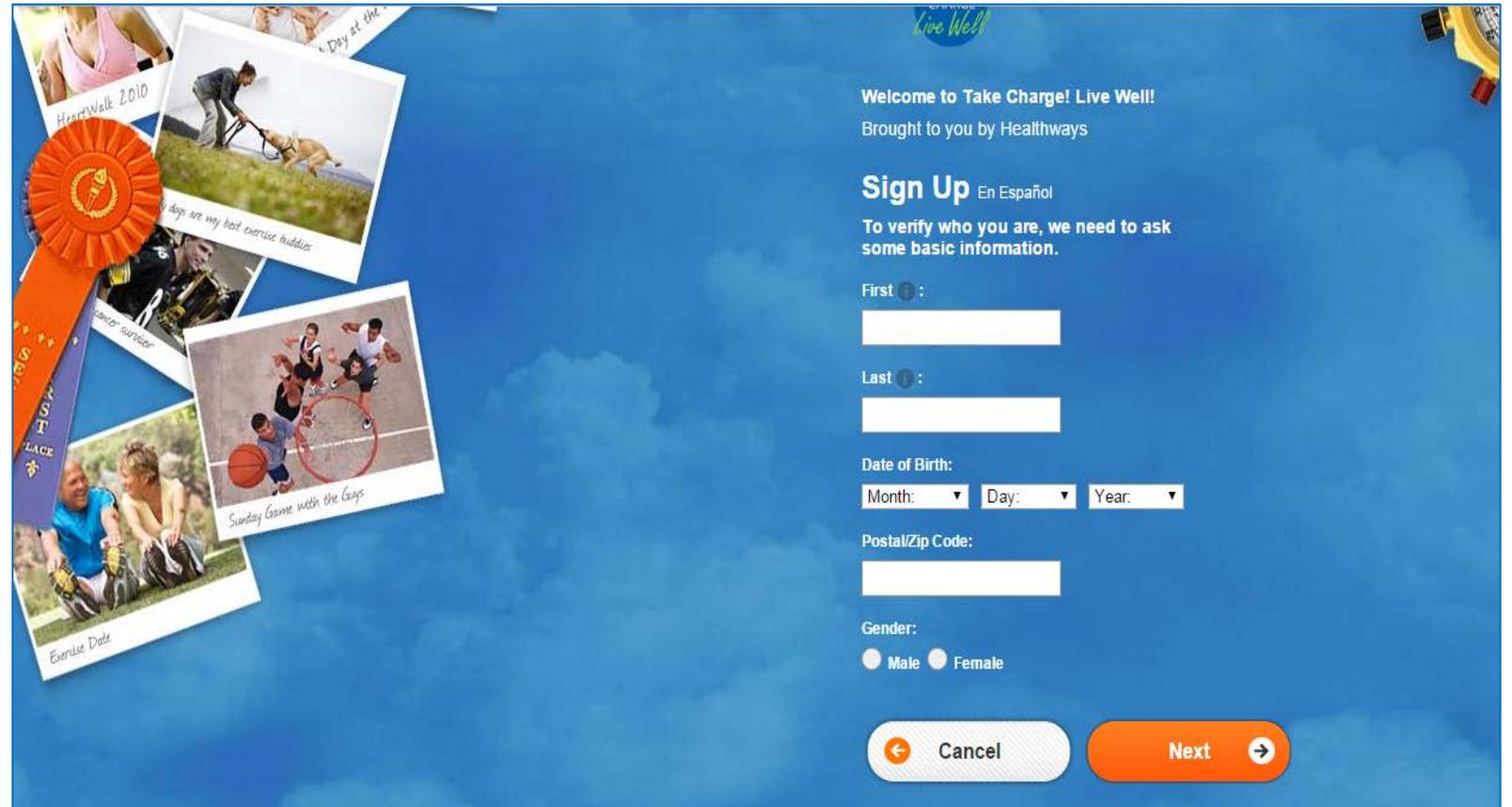
Passwords are case-sensitive. If you forget your sign-in credentials:

- Use the “Forgot your Username or Password” links under the **Sign in** button. The information will be sent to the email address that you entered when registering. Or, contact Healthways Customer Service at the number listed at the bottom of the Web page for direct assistance.

The screenshot shows the 'Take Charge! Live Well!' sign-in page. The page features a blue background with a collage of photos on the left side, including a woman at a 'HeartWalk 2010', a man with a dog, a woman with a dog, a woman with a dog, and a woman with a dog. A green arrow labeled 'Returning User' points to the 'Sign In' button. Another green arrow labeled 'New User' points to the 'Forgot your Username or Password?' link. A third green arrow labeled 'Forgot Username and/or Password?' points to the 'Forgot your Username or Password?' link. The page includes a 'Sign In' button, a 'Remember Me' checkbox, and a 'Forgot your Username or Password?' link. At the bottom, there are links for 'Not Registered? Need help?', 'Sign Up or Learn More', 'Call (866) 556-2288 or Email Us', and 'Read the Help & FAQs'.

Signing Up as a New User

If you have not yet registered on the Well-Being Connect website, you will need to create an account using your first and last name (as listed in OAKS), date of birth, gender and ZIP code. Create a username and password and answer a series of security questions. Once your username and password have been established, you can then sign in. Be sure to write down your username, password and your answers to the security questions.



Live Well!

Welcome to Take Charge! Live Well!
Brought to you by Healthways

Sign Up En Español

To verify who you are, we need to ask some basic information.

First ?:

Last ?:

Date of Birth:
Month: Day: Year:

Postal/Zip Code:

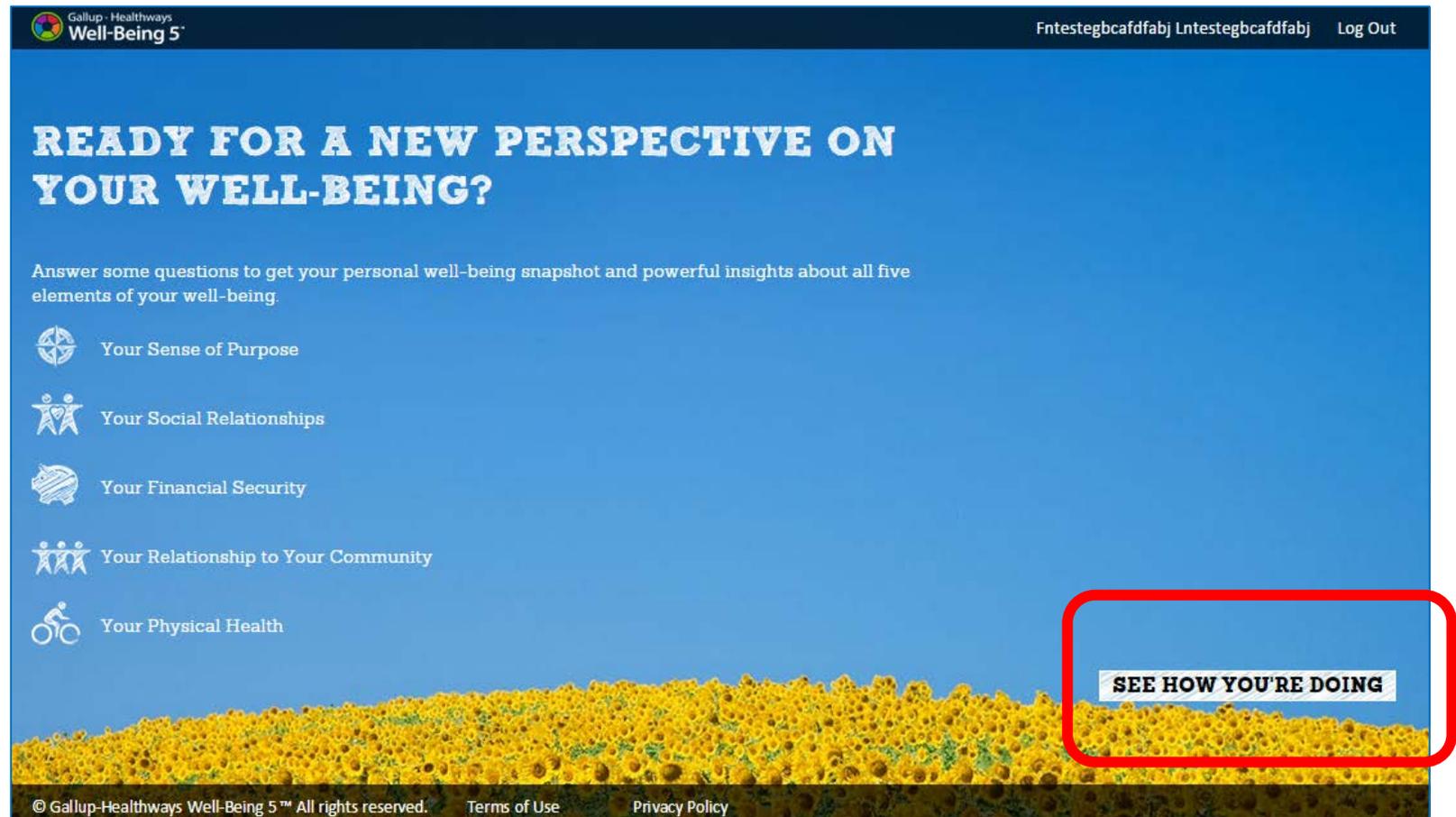
Gender:
 Male Female

Well-Being 5 Survey: New User

The screen to the right displays what a new user will see to begin their Well-Being 5 survey.

The Well-Being 5 survey is divided into five sections, each of which are very important to your overall well-being.

To begin the survey, select the **See how you're doing** button.



The screenshot shows the landing page for the Well-Being 5 survey. At the top left is the logo for Gallup Healthways Well-Being 5. At the top right, there is a user ID 'Fntestegbcafdfabj Lntestegbcafdfabj' and a 'Log Out' link. The main heading reads 'READY FOR A NEW PERSPECTIVE ON YOUR WELL-BEING?'. Below this, a sub-heading says 'Answer some questions to get your personal well-being snapshot and powerful insights about all five elements of your well-being.' There are five categories listed with icons: 'Your Sense of Purpose' (compass), 'Your Social Relationships' (two people), 'Your Financial Security' (stack of coins), 'Your Relationship to Your Community' (three people), and 'Your Physical Health' (bicycle). At the bottom right, a button labeled 'SEE HOW YOU'RE DOING' is highlighted with a red rounded rectangle. The footer contains copyright information: '© Gallup-Healthways Well-Being 5™ All rights reserved.' and links for 'Terms of Use' and 'Privacy Policy'. The background features a field of yellow sunflowers under a blue sky.

Getting Started

After signing in to Well-Being Connect, you will be prompted to take a Well-Being 5 survey.

The screenshot shows the Well-Being Connect dashboard. At the top, the logo 'HEALTHWAYS' is on the left, and 'Hello Fntestdhce! Log Out' is on the right. A central white modal window is overlaid on the dashboard, titled 'How have you been doing?'. The modal text reads: 'It's time for you to complete the Well-Being Assessment. Taking this assessment can help us understand how you've been doing and make sure your Well-Being Plan is up to date. Why not go ahead and finish it now? It won't take long.' A prominent orange 'Start' button is located at the bottom right of the modal and is circled in red. The background dashboard includes sections for 'Manage Focus Areas' with a 'Primary Focus Area' titled 'Stress Management' and a 'Taking Action' button, and a 'Rewards Center' section with a 'Looking for a Quick Snapshot of Your Rewards?' prompt.

The Survey

The survey includes a variety of question formats such as sliding scales, multiple choice and and write-in responses. There is an option at the top of the page that allows you to save and sign out at any time and return to complete the survey at a later time. Additional features of the survey include the option to select “Don’t know.”

Your responses to this survey and any online activity are kept confidential from your employer.



The Survey

The survey notifies you if you have skipped a question.

For example, in the biometric screening results section, the only questions that are required to be completed are height and weight. You can enter results from your most recent physical or from your on-site biometric screening. These results will automatically update from your screening within approximately two to three weeks. If you're able to provide all the labs and biometrics data, your Well-Being 5 snapshot will also contain a physical health risk score.

The screenshot displays the 'Well-Being 5' survey interface. At the top, it says 'Gallup - Healthways Well-Being 5'. Below this, there are two sections: 'Blood Pressure Measurements' and 'Glucose Measurements'. In the 'Blood Pressure Measurements' section, there are two input fields: 'Systolic Blood Pressure (Upper Number)' with the value '120' and 'mm Hg', and 'Diastolic Blood Pressure (Lower Number)' with the value '80' and 'mm Hg'. In the 'Glucose Measurements' section, there is an input field for 'Fasting Glucose' with the unit 'mg/dL'. A modal dialog box is overlaid on the survey, with a blue header that reads 'You've Skipped A Question!'. The main text of the dialog says 'Your snapshot won't be complete if you don't answer all the questions. Are you sure you want to continue?'. Below this text is a checkbox labeled 'Don't show me this message again'. At the bottom right of the dialog are two buttons: 'Cancel' and 'CONTINUE'.

Snapshot

After completing the Well-Being 5 survey, you then will be directed to a summary page, where you can review your Well-Being score (as based on your responses,) print/download your results report, move on to different program sites, and explore what your score means.

Full Screen View

The screenshot shows the 'Full Screen View' of the Well-Being 5 summary page. At the top, it displays the 'WELL-BEING 5™ SCORE' as 64/100, with a comparison to a previous score of 83/100 on June 03, 2015. Below this, there are instructions on how to 'BOOST YOUR WELL-BEING' and a 'WELL-BEING 5™ CONSOLE' button. A navigation bar at the bottom features two tabs: 'PROGRAMS FOR YOU' and 'EXPLORE YOUR SCORE'. The 'PROGRAMS FOR YOU' tab is active, showing three program cards: 'FINANCIAL WELL-BEING' (Powered by DAVE BAMSEY), 'QUITNET™', and 'TAKE CHARGE Live Well!'. Each card includes a brief description and a 'Summary' link.

“Explore Your Score” View

The screenshot shows the 'Explore Your Score' view of the Well-Being 5 summary page. The 'EXPLORE YOUR SCORE' tab is highlighted with a red box. Below the navigation bar, the 'PURPOSE' section is visible, with the sub-heading 'Live Your Life On Purpose'. The text explains that a strong sense of purpose is a hallmark of high well-being and is based on four key things. A list of strengths and challenges is provided, with 'Leaders in Your Life' and 'Interesting Activities' marked as 'PRETTY GOOD'. The 'FEEDBACK FOR YOU' section offers advice on finding a career where you can make a positive impact.

Snapshot

In previous years, those who have completed a Well-Being 5 survey / Well-Being Assessment can select the **WB Connect** button to enter Well-Being Connect and begin working on the Online Pathway.

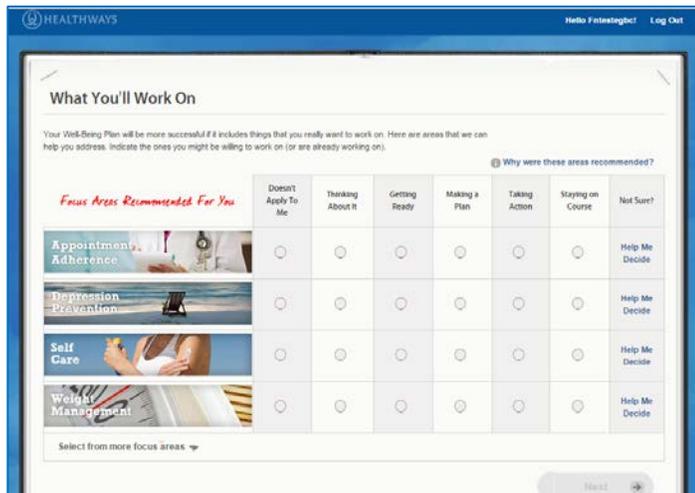
However, it can take up to 24 hours for your Well-Being 5 survey to process. As a result, points for survey completion will not load in the Rewards Center until the survey is fully processed.

New users will not be able to immediately access Well-Being Connect even if the **WB Connect** button is clicked. New users will receive an email within 24-hours of survey completion, to the email address entered during registration, with notification to return to Well-Being Connect to begin working on the Well-Being Plan and Online Pathway.

The screenshot shows the 'Gallup Healthways Well-Being 5' interface. At the top right, there are links for 'Log Out', 'Please select your language', and a language dropdown set to 'English'. A red box highlights the 'SAVE YOUR SNAPSHOT' section, which includes 'DOWNLOAD', 'PRINT', and 'EMAIL' options. The main content area displays the user's name 'FNTESTEHCBBFCJFIF'S' and their current 'WELL-BEING 5™ SCORE' of 64/100. Below this, it shows the 'Your previous score on June 03, 2015 was 83/100'. A message states: 'You've completed the first step toward higher well-being! Go to Well-Being Connect™ to continue your interactive, online experience for better well-being. Work on a personalized Well-Being Plan in the areas you want to improve.' Two green callout boxes with arrows point to this message: 'RETURNING USER: Continue to WBC. Points in 24 hours' and 'NEW USER: Return in 24 hours'. At the bottom, there is a section for 'NEW TO WELL-BEING CONNECT' with instructions: 'An email will direct you to Well-Being Connect within the next 24 hours when your personal Well-Being Plan is ready.'

Well-Being Plan: New User

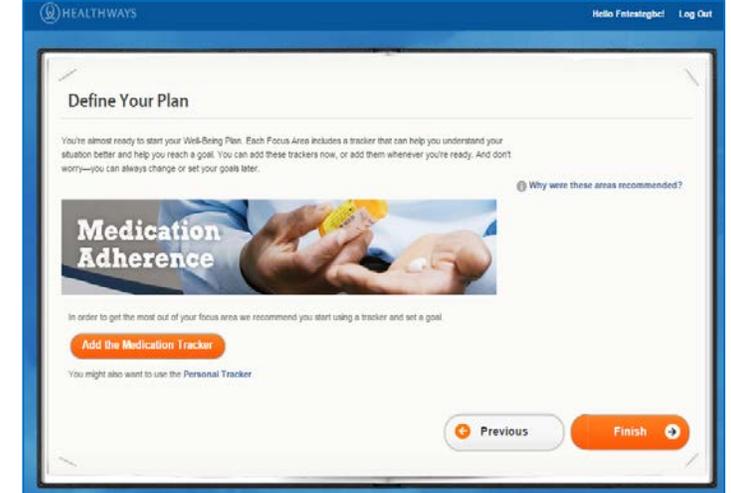
After assessing your health through the survey and reviewing your results, you can now create a Well-Being Plan to take action. Below is an example of how to set up a Well-Being Plan for the first time, as a new user. You will see focus areas recommended to you, as based on your responses to the Well-Being 5 survey. You will be asked to report how ready you are to make a change in each area, then select “Next.” Then, you will see your top three recommended focus areas. You can accept these, or edit them for another area of your choosing, on the right. Finally, you will be prompted to set up a tracker to help keep you on track with your healthy habits.



1. Assess your readiness to change



2. Accept or edit your Well-Being Plan



3. Set up trackers for focus areas

Well-Being Plan: Returning User

In past years, those who completed what is formerly known as the Well-Being Assessment will not be prompted to set up a new Well-Being Plan after completing the Well-Being 5 survey. Rather, you will be directed to your plan from the previous year. You can edit your focus areas at any time by select **Manage Focus Areas** at the top of your My Well-Being Plan page, as shown on the right.

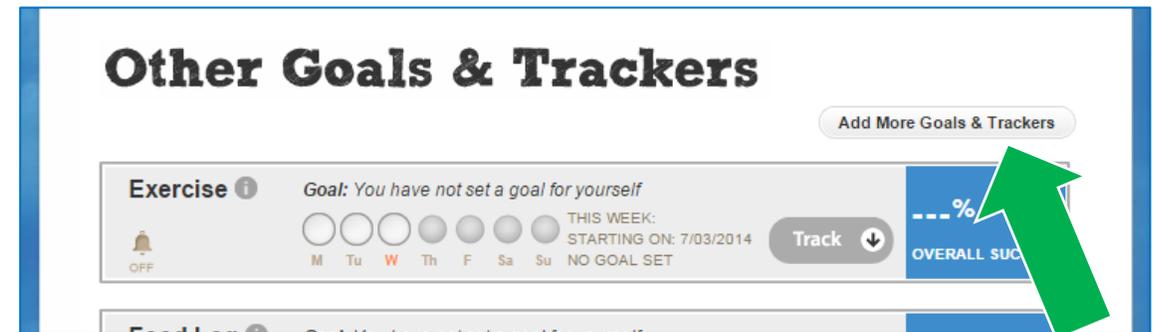
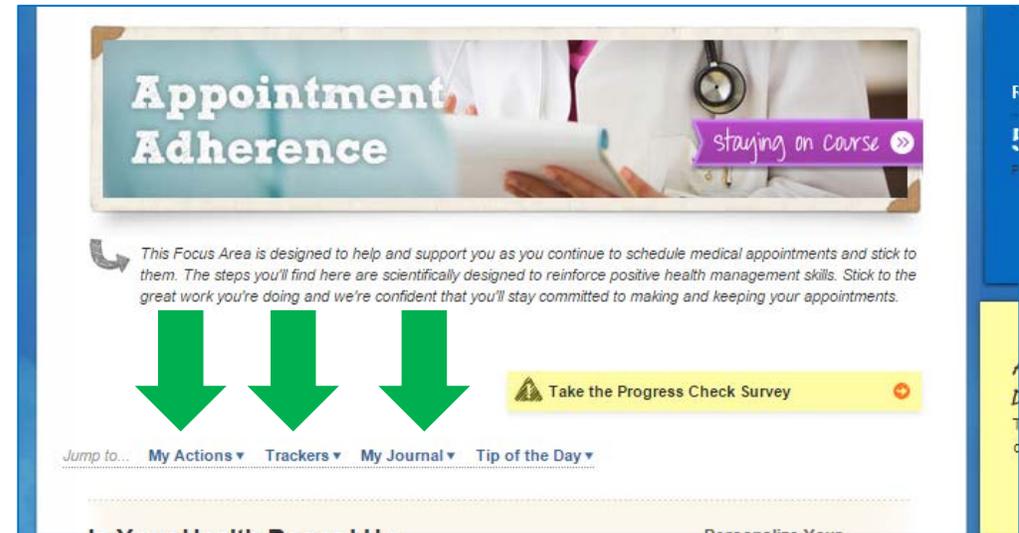
The screenshot shows the Healthways website interface. At the top, there is a navigation bar with the Healthways logo, user information "Hello Fntestdhce!", and links for "Messages", "My Account", "Help", "Español", and "Log Out". A search bar is located on the right. Below the navigation bar, a notification box states: "Make sure your Well-Being Plan is up to date. New information we have about you may suggest new focus areas for you to try based on your current needs. Consider updating your Well-Being Plan by selecting 'Manage Focus Areas'." A "Manage Focus Areas" button is visible in the notification. The main content area features a "My Well-Being Plan" tab, which is circled in yellow. Other tabs include "Favorites", "Groups & Challenges", "Resources & Tools", and "Rewards Center". Below the tabs, a "Manage Focus Areas" button is highlighted with a green arrow. The primary focus area is "Stress Management", with a "Taking Action" button. On the right side, there is a "My Inspiration" section with an "Edit" button, a "Who inspires you?" prompt, and an "Add Your Inspirations" button. Below that is a "Rewards Earned" section showing "0 Points" and a "Rewards Center" button. At the bottom right, there is a "Have Questions?" section with a link to the Help section and a phone number: "1-866-556-".

Online Pathway: Trackers, Action Items and Journal

To the right is a screenshot of a Well-Being Plan front page. This is the main page that you will see when signing into Well-Being Connect.

Each Focus Area listed on your plan includes a section to complete your action items, your journal and your trackers.

While you only have three Focus Areas listed in your plan, you can add as many healthy behavior trackers as you wish. At the bottom of the page is a button that allows you to add more goals and trackers.



Online Pathway: Resources & Tools

Trackers, Journal and Action Items can all be found in the **My Well-Being Plan** tab.

The **Resources & Tools** tab offers reward-worthy tools as well. The Journal also is accessible through this tab. In the Resource Center you can search for articles and videos on a certain topic, or view those recommended to you.

The screenshot displays a web application interface with a blue header and a white content area. At the top, there is a text input field with a "Manage Focus Areas" button. Below this is a navigation bar with several tabs: "My Well-Being Plan", "Favorites", "Groups & Challenges", "Resources & Tools", and "Rewards Center". The "Resources & Tools" tab is highlighted with a yellow box. Below the navigation bar, there are five resource cards arranged in two columns. The cards are: "Health Records" (top left), "Resource Center" (top right), "My Journal" (middle left), "Recipes & Menus" (middle right), and "Assessments & Reports" (bottom left). A green arrow points from a green box containing the text "- Trackers", "- Action Items", and "- Journal" to the "My Well-Being Plan" tab. Another green arrow points from the right side of the image to the "Resource Center" card.

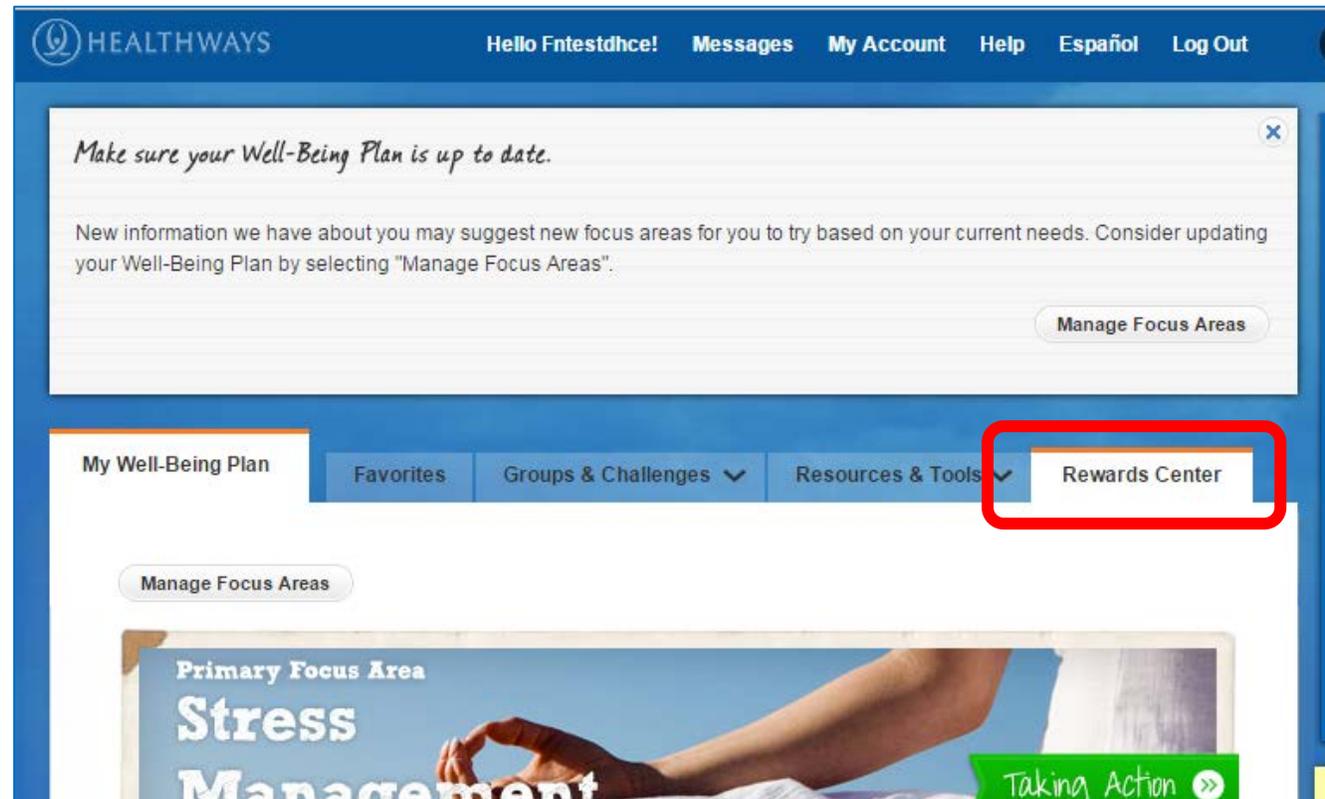
- Trackers
- Action Items
- Journal

My Well-Being Plan Favorites Groups & Challenges Resources & Tools Rewards Center

Health Records Resource Center My Journal Recipes & Menus Assessments & Reports

Well-Being Connect: Rewards Center

To view your program completion progress, or to redeem earned points for reward cards, select the **Rewards Center** tab at the top of the page.



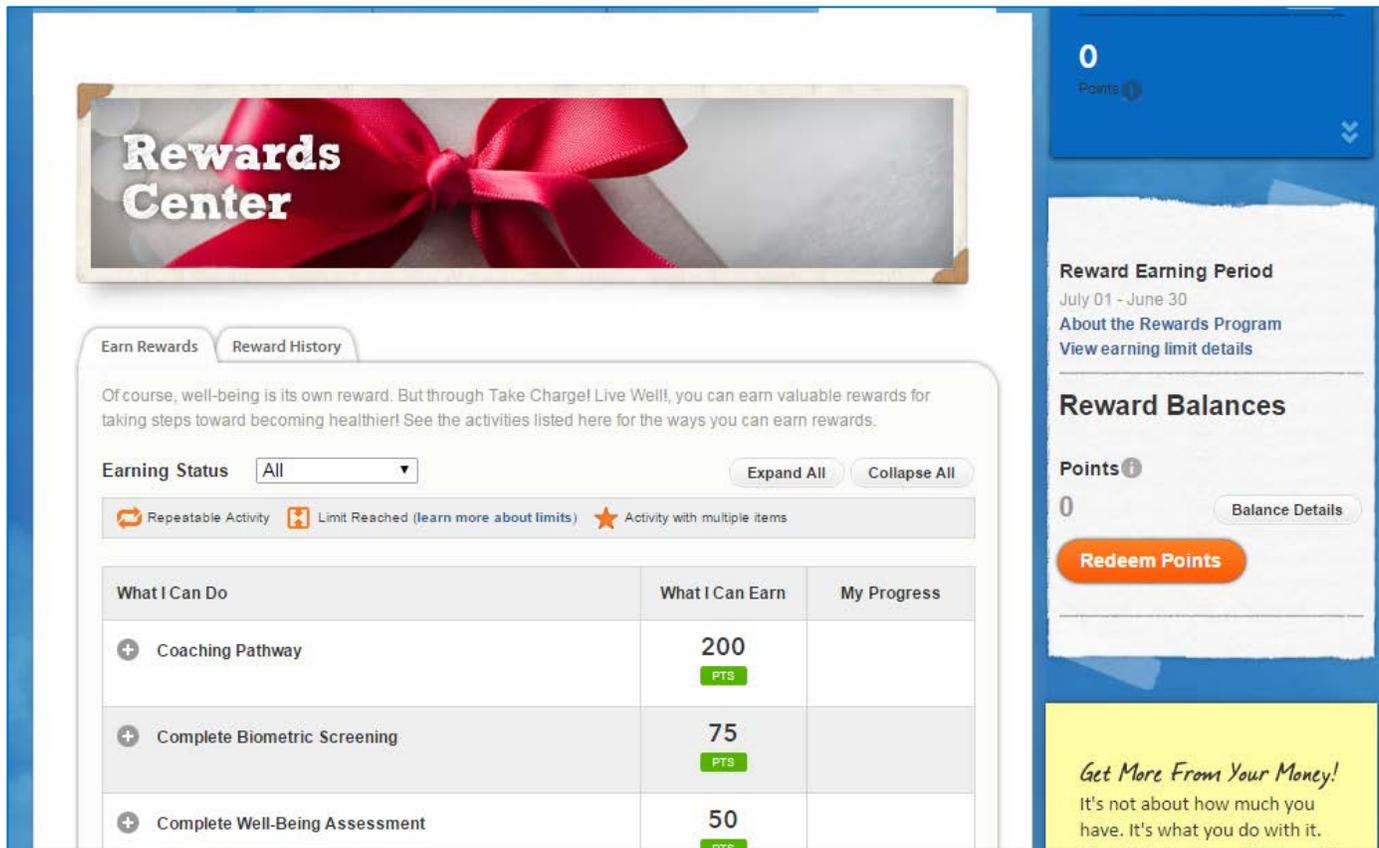
The screenshot displays the user interface of the Well-Being Connect platform. At the top, a blue navigation bar contains the 'HEALTHWAYS' logo, a personalized greeting 'Hello Fntestdhce!', and links for 'Messages', 'My Account', 'Help', 'Español', and 'Log Out'. Below the navigation bar, a white notification box with a close button (X) contains the text: 'Make sure your Well-Being Plan is up to date.' and 'New information we have about you may suggest new focus areas for you to try based on your current needs. Consider updating your Well-Being Plan by selecting "Manage Focus Areas".' A 'Manage Focus Areas' button is located at the bottom right of this notification. Below the notification, a horizontal menu features several tabs: 'My Well-Being Plan', 'Favorites', 'Groups & Challenges', 'Resources & Tools', and 'Rewards Center'. The 'Rewards Center' tab is highlighted with a red rectangular box. Below the menu, another 'Manage Focus Areas' button is visible. At the bottom of the page, a banner for 'Primary Focus Area Stress Management' is shown, featuring an image of hands in a yoga-like pose and a green 'Taking Action' button with a right-pointing arrow.

Well-Being Connect: Rewards Center

Once in the Rewards Center, you can view your earning status. On the left is a list of activities that are worth rewards. The middle column shows how much each activity is worth, and the right column will show a green box once completed.

Please allow up to 24 hours for Web-based activities to load and two to three weeks for biometric screenings, Physician Forms and/or the final coaching call to load once the coaching call is completed.

Refer to slides 29 through 33 for more information about rewards, including the reward card ordering process.



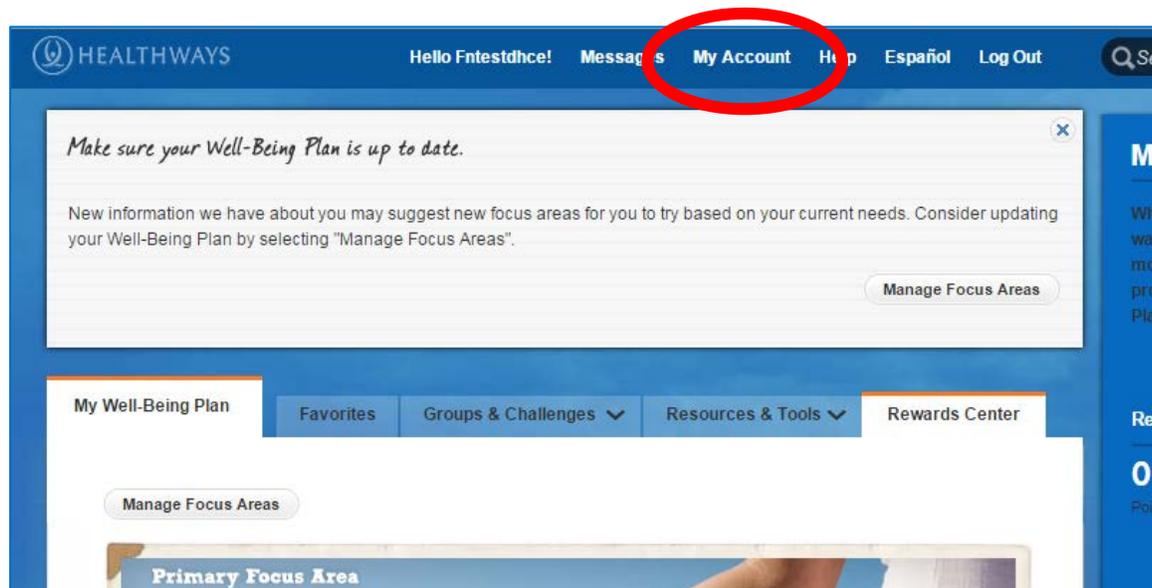
The screenshot displays the Rewards Center interface. At the top, there is a banner with a red ribbon and the text "Rewards Center". Below the banner, there are two tabs: "Earn Rewards" (selected) and "Reward History". A message states: "Of course, well-being is its own reward. But through Take Charge! Live Well!, you can earn valuable rewards for taking steps toward becoming healthier! See the activities listed here for the ways you can earn rewards." Below this message, there is an "Earning Status" dropdown menu set to "All", and buttons for "Expand All" and "Collapse All". A legend indicates: "🔄 Repeatability Activity", "📌 Limit Reached (learn more about limits)", and "★ Activity with multiple items". A table lists activities with columns for "What I Can Do", "What I Can Earn", and "My Progress".

What I Can Do	What I Can Earn	My Progress
+ Coaching Pathway	200 PTS	
+ Complete Biometric Screening	75 PTS	
+ Complete Well-Being Assessment	50 PTS	

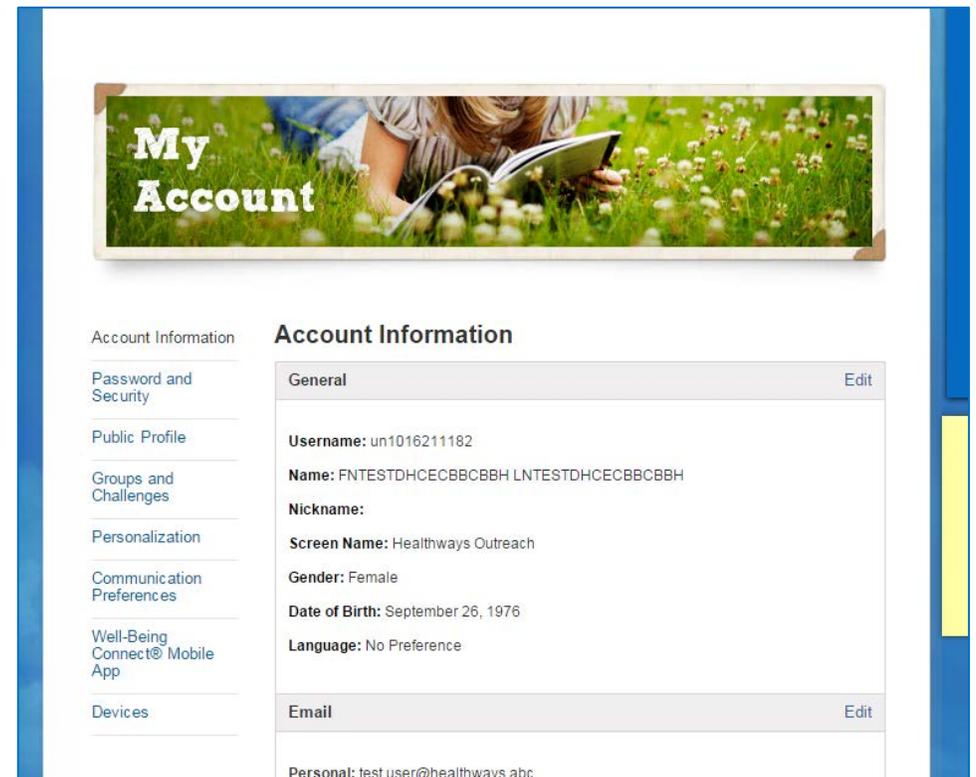
On the right side of the interface, there is a blue sidebar with a "Points" counter showing "0". Below this, there is a "Reward Earning Period" section for "July 01 - June 30" with links for "About the Rewards Program" and "View earning limit details". A "Reward Balances" section shows "Points" as "0" and a "Redeem Points" button. At the bottom of the sidebar, there is a yellow box with the text: "Get More From Your Money! It's not about how much you have. It's what you do with it."

Well-Being Connect: My Account

If you need to make any changes to your Well-Being Connect account, such as address, preferred email address, communication preferences, public profile settings or to set up your mobile app account, select **My Account** at the top of the page.



The screenshot shows the top navigation bar of the Well-Being Connect website. The 'My Account' link is circled in red. Below the navigation bar, there is a notification box with the text 'Make sure your Well-Being Plan is up to date.' and a 'Manage Focus Areas' button. The main content area features a 'My Well-Being Plan' section with tabs for 'Favorites', 'Groups & Challenges', 'Resources & Tools', and 'Rewards Center'. A 'Manage Focus Areas' button is also present in this section.



The screenshot shows the 'My Account' settings page. At the top, there is a banner image with the text 'My Account'. Below the banner, there is a sidebar menu with the following items: Account Information, Password and Security, Public Profile, Groups and Challenges, Personalization, Communication Preferences, Well-Being Connect® Mobile App, and Devices. The main content area is titled 'Account Information' and contains a 'General' section with the following details:

General	Edit
Username: un1016211182	
Name: FNTESTDHCECBBBHH LNTESTDHCECBBBHH	
Nickname:	
Screen Name: Healthways Outreach	
Gender: Female	
Date of Birth: September 26, 1976	
Language: No Preference	
Email	Edit
Personal: test.user@healthways.abc	

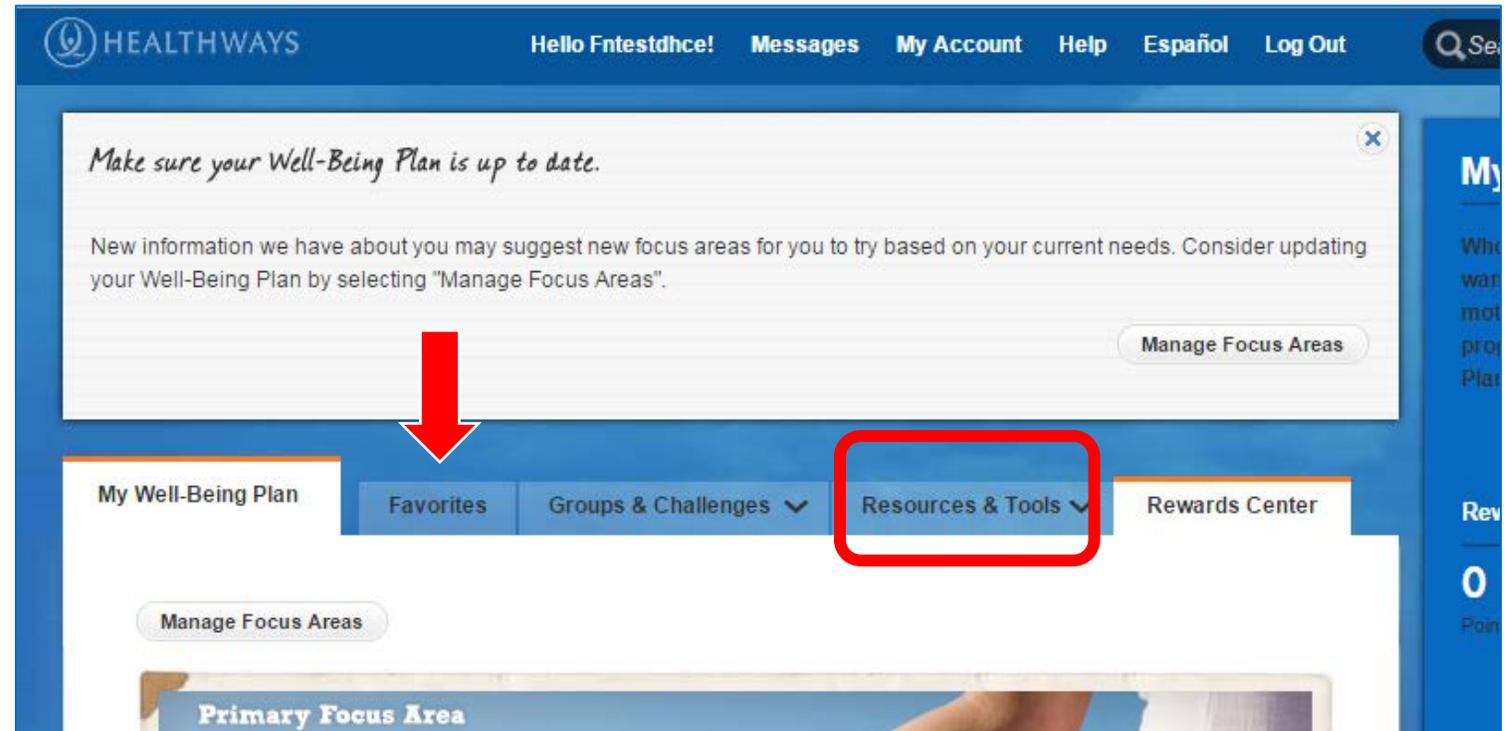
Well-Being Connect: Additional Online Tools

Aside from reward-based activities, Well-Being Connect offers additional online tools for your well-being.

Click the **Resources & Tools** tab for Biometric Screening results, your Well-Being Snapshot, as well as a “Recipes & Menus” section. You can search by ingredient, course or dietary considerations, such as heart healthy, gluten free or diabetes.

You also can mark an article, video, tool or recipe as a favorite and easily access them any time by clicking the **Favorites** tab.

Finally, you can register for statewide groups and challenges by selecting the **Groups & Challenges** tab.



Well-Being Connect: Questions?

For questions while using Well Being Connect:

- Visit the **Help** section at the top of the page;
- Use the **Live Chat** instant message function found at the bottom of the page; or
- Contact Healthways Customer Service at 866-556-2288.

The screenshot displays the Healthways website interface. At the top, the navigation bar includes the Healthways logo, a personalized greeting "Hello Fntestdhce!", and links for "Messages", "My Account", "Help", "Español", and "Log Out". The "Help" link is circled in red. Below the navigation bar, a message box states: "Make sure your Well-Being Plan is up to date." and provides information about updating the plan based on new focus areas. A "Manage Focus Areas" button is visible. In the bottom right corner, a "Live Chat" button is circled in red. The footer contains copyright information for 2015 Healthways, Inc., build number #b933 @ 20150626-1156, and links for "Terms of Use", "Privacy Policy", and "Well-Being Connect® Mobile".

Optional Features

Well-Being Connect app for your phone

- Well-Being Connect Mobile
 - Available at no cost for iPhone and Android users.
 - Set up in **My Account** section of Well-Being Connect on your computer.

For those without computer access:

- Contact Healthways at 866-556-2288 for a Well-Being 5 survey to be mailed to you.



Financial Well-Being Program

Also available to the program is the Financial Well-Being Web portal, powered by financial health guru, Dave Ramsey. This secure portal is backed by more than 20 years of behavior change expertise targeted at empowering individuals to take control of their financial well-being. The program uses basic lifestyle education and empowerment to teach people how to better manage their personal finances. This program does not count towards any rewards for the *Take Charge! Live Well!* program, but is available as a benefit.

To access the Financial Well-Being portal, select the link at the bottom of Well-Being Connect, as shown on the right. Your username and password will be the same as login credentials for Well-Being Connect.

The screenshot displays the Well-Being Connect user interface. At the top, there's a 'Trackers' section with a message: 'You have not set any trackers for Tobacco Cessation.' and a button 'Add More Goals & Trackers'. Below this is the 'Other Goals & Trackers' section, which states: 'You are not yet tracking any other activity. You can add trackers for areas that are outside of your three focus areas above by adding more goals and trackers in this section.' and another 'Add More Goals & Trackers' button. A 'View Archived Trackers' button is also present. On the right side, a yellow callout box with a red border contains the text: 'Get More From Your Money! It's not about how much you have. It's what you do with it. Start living better with Financial Well-Being Powered by Dave Ramsey. Learn More'. At the bottom of the page, there's a 'Featured Links' section with a 'Live Chat' icon and several links: 'Take Charge! Live Well! Website', 'UnitedHealthcare Website', 'Medical Mutual of Ohio Website', 'Optum Behavioral Solutions Website', and 'Customize My Website'. The 'Financial Well-Being' link is highlighted with a red box. The footer contains copyright information: 'Copyright © 2015 Healthways, Inc. All rights reserved. Build #0698 @ 20150601.1315' and links for 'Terms of Use', 'Privacy Policy', and 'Well-Being Connect® Mobile'.

Financial Well-Being Program

In the Financial Well-Being portal, members can watch videos, go through lessons and take quizzes on what they have learned about their own financial well-being – all done at their own pace.

FINANCIAL WELL-BEING
Powered by DAVE RAMSEY

HOME LESSONS ASK DAVE BUDGET

FNTESTDHC

WELCOME TO FINANCIAL WELL-BEING
Intro Video

WHAT YOU'LL LEARN

What you're about to learn is going to make a huge difference for your overall well-being.

Let's get started. First, watch the introductory video. Then, answer a few quick questions to see where you are today, so you can check in later and see how far you've come.

Start Lesson

FINANCIAL WELL-BEING
Powered by DAVE RAMSEY

HOME LESSONS ASK DAVE BUDGET

FNTESTDHC

Core Lessons

LESSON INTRO

Welcome to Financial Well-Being

What you're about to learn is going to make a huge difference for your overall well-being.

Let's get started. First, watch the introductory video. Then, answer a few quick questions to see where you are today, so you can check in later and see how far you've come.

Start Lesson

- 1 Intro Video
- 2 Introductory Financial Snapshot

LESSON 01

Super Saving

We're not a nation of savers. Most Americans can't cover a \$5,000 emergency without having to borrow money. And big purchases?

Start Lesson

- 1 Save Please Save!
- 2 Saving for Emergencies and Purchases
- 3 Saving for Wealth Building
- 3 Super Saving Quiz

FINANCIAL WELL-BEING
Powered by DAVE RAMSEY

HOME LESSONS ASK DAVE BUDGET

FNTESTDHC

Ask Dave

The Dave Ramsey Show is on more than 900 radio stations from coast to coast with more than 6 million listeners. Over the years, thousands of callers have asked Dave their financial questions. Here's your chance to hear Dave's answers to questions just like yours.

TYPE IN KEYWORDS OR CHOOSE A CATEGORY

Search

- 20-Somethings
- Automobiles
- Bankruptcy
- Best of Dave
- Budgeting
- Career
- College
- Debt
- Debt Free
- Estate Planning
- Fids & Money
- Insurance
- Investing
- Just for Fun
- Marriage
- Mortgage
- Relationships
- Saving
- Small Business
- Taxes

FEATURED TOPIC

Beating \$11 an Hour

Nicole and her husband have two children in daycare. Her husband is considering quitting his current job and taking something seasonal to cut down on the daycare bills. Does that give him a good idea?

Rewards Overview

You can earn rewards by participating in several components of the *Take Charge! Live Well!* program. Employees and spouses covered under a State of Ohio medical plan are eligible to earn rewards. Both employee and spouse can earn up to \$350 each for participating, each program year.

The first step in earning rewards is to assess your health. By participating in an on-site biometric screening or by completing a Physician Form with your doctor, you can earn \$75. Completing the Well-Being 5 Survey is worth \$50. If you complete both of these items by Nov. 30, 2016, you will then earn a \$25 bonus. Please note, completed Physician Forms must be **received** by the November 30th deadline to be eligible for the \$25 bonus.

After assessing your health, you can then decide which route you want to go to take action: either the Coaching Pathway or the Online Pathway. While you are welcome to participate in both, you will only earn the remaining \$200 reward for completing one. To earn the coaching reward, you must complete four coaching sessions over the phone, as well as complete the Well-Being 5 survey and a biometric screening. The other option would be to work at your own pace by completing the Online Pathway. With this, you must complete the Well-Being 5 survey before completing five of the nine online tools listed on the next slide, 10 times each. These tools include a variety of trackers, view/read/listen to resources, journal entries or action items. All of these tools are available in Well-Being Connect.

Reward cards are considered taxable compensation. The taxes on the amount of your incentive will be deducted from your paycheck. The employee will also be taxed on their paycheck if a spouse requests a reward card. The reward card amounts are added to the taxable gross income on your check and a flat rate tax is applied since it is considered an award. Flat rate tax runs approximately 25 percent for federal and 3.5 percent state. You will be taxed on your reward after you have redeemed your reward points and requested a reward card. Your reward will appear as **TCLW CC AW** (*Take Charge! Live Well!* credit card award).



Rewards Overview

1. Assess your health and earn up to \$150.

- Complete your biometric screening through an on-site screening or through your physician.* **Earn \$75;**
- Complete your Well-Being 5 survey: **Earn \$50; and**
- **BONUS:** Submit BOTH by Nov. 30: **Earn an additional \$25.**

2. Take action and earn \$200 - It's your choice!

- Complete the **Coaching Pathway: Earn \$200**
- OR -
- Complete the **Online Pathway: Earn \$200**

>> COACHING PATHWAY

- Complete four phone coaching sessions.*

Prerequisite: Well-Being 5 survey and biometric screening must be completed before earning an incentive for the Coaching Pathway.

*Enrollment calls do not count towards the four call minimum.

OR

>> ONLINE PATHWAY

- Choose at least five of these nine online tools to help you achieve your wellness goals.

Each of the five on-line tools you choose must be completed at least 10 times.

- **Trackers:** Exercise, Food, Servings, Weight, Steps, Medication
- **View/Read/Listen** to online resources like articles and videos
- **Journal** keep track of your success
- **Action Items** – assigned within a certain focus area or by a personal health coach

*Please note, the completed Physician Form must be received by Nov. 30 to be eligible for the \$25 bonus reward

Ordering Rewards Cards

To redeem points for gift cards, select the **Redeem Points** button in the Well-Being Connect **Rewards Center** tab, as shown below.

The screenshot shows the 'Rewards Center' interface. At the top, there is a banner with a red ribbon and the text 'Rewards Center'. Below this, there are tabs for 'Earn Rewards' and 'Reward History'. The main content area contains a table with columns 'What I Can Do', 'What I Can Earn', and 'My Progress'. The table lists three activities: 'Coaching Pathway' (200 PTS), 'Complete Biometric Screening' (75 PTS), and 'Complete Well-Being Assessment' (50 PTS). To the right of the table, there is a sidebar with a 'Points' balance of 0, a 'Reward Earning Period' of July 01 - June 30, and a 'Redeem Points' button highlighted with a red rectangle. Below the sidebar, there is a yellow box with the text 'Get More From Your Money! It's not about how much you have. It's what you do with it.'

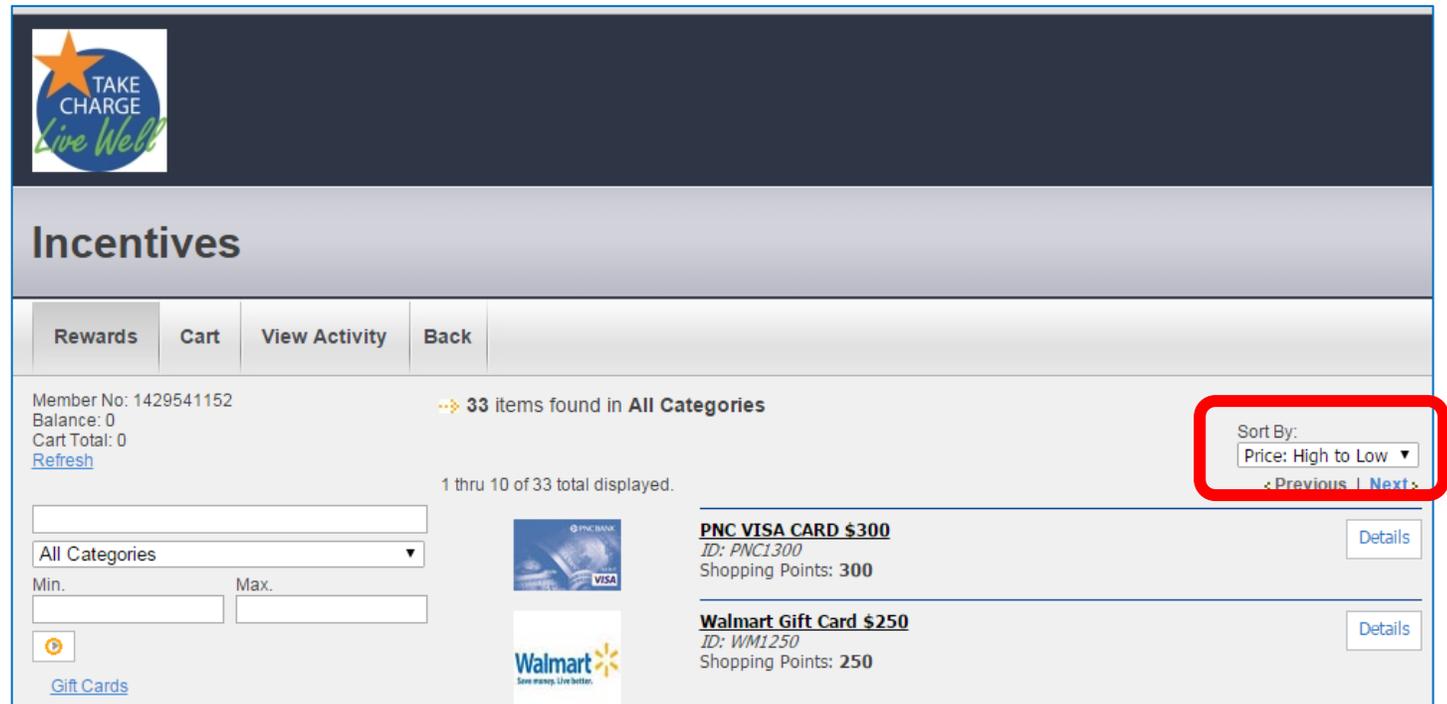
What I Can Do	What I Can Earn	My Progress
+ Coaching Pathway	200 PTS	
+ Complete Biometric Screening	75 PTS	
+ Complete Well-Being Assessment	50 PTS	

Ordering Reward Cards

After selecting **Redeem Points**, you will be directed to the reward card order page.

Here, you can view all reward cards that are available through the *Take Charge! Live Well!* program. Reward card options include Visa and national brand retailers such as Walmart. Please be advised that non-Visa reward cards cannot be replaced if lost or stolen.

To order your card(s), select the preferred reward card by clicking on the name and appropriate amount, Add to Cart, and enter shipping information.

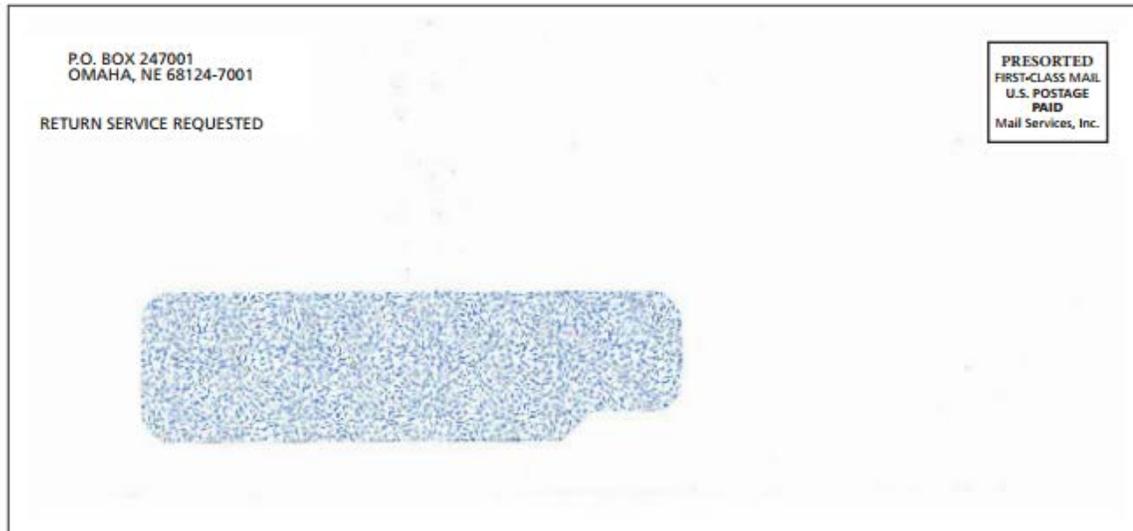


The screenshot displays the 'Incentives' page of the 'Take Charge! Live Well!' program. The page features a navigation bar with 'Rewards', 'Cart', 'View Activity', and 'Back' tabs. Below the navigation bar, the user's member information is shown: Member No: 1429541152, Balance: 0, and Cart Total: 0. A 'Refresh' link is also present. The page indicates that 33 items are found in All Categories, and 1 thru 10 of 33 total items are displayed. A red box highlights the 'Sort By' dropdown menu, which is currently set to 'Price: High to Low'. Below the search and sort options, there are two reward card options listed: 'PNC VISA CARD \$300' (ID: PNC1300, Shopping Points: 300) and 'Walmart Gift Card \$250' (ID: WM1250, Shopping Points: 250). Each card has a 'Details' button next to it. The Walmart logo is also visible at the bottom of the page.

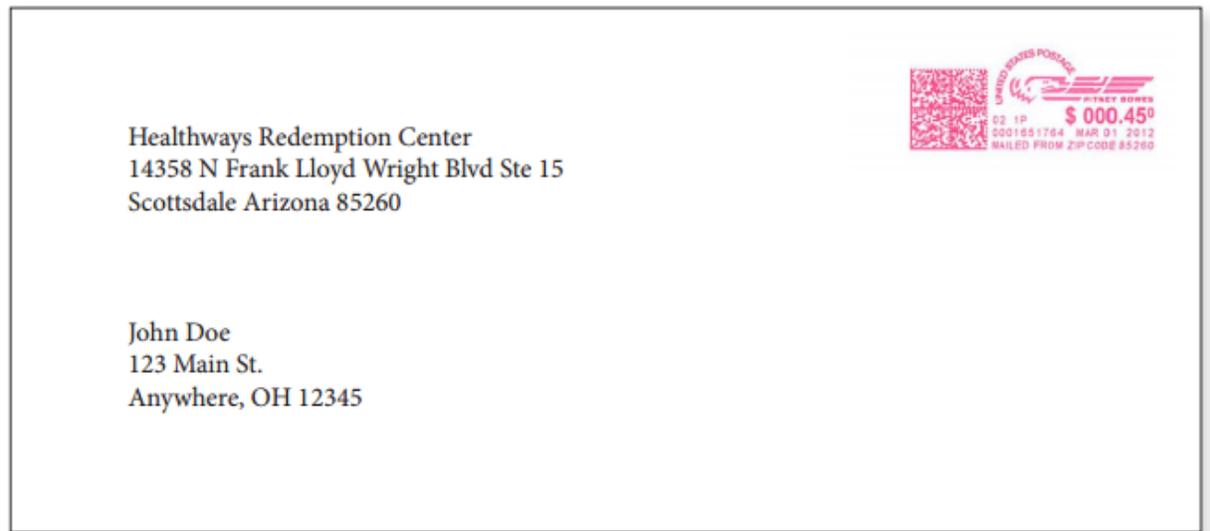
Rewards Cards

Allow two to three weeks for delivery from time of order

Envelope for PNC Gift Cards



Envelope for Non-PNC Gift Cards



Any points that are not redeemed by June 30, 2017, will automatically be sent in the form of a PNC Visa reward card to the member's address listed in OAKS or in Well-Being Connect.



Confidentiality

Enjoy all of these benefits knowing your privacy is protected.

The State of Ohio has partnered with Healthways to provide you well-being improvement resources through *Take Charge! Live Well!* Healthways is committed to protecting the confidentiality of your personal information and will only share individual data with the State of Ohio that's required to administer rewards. In addition, Healthways does not sell your data.



Thank You.

ohio.gov/tclw

866-556-2288

