



[The State of Ohio
Address
City, ST ZIP]

[First name Last name
Address
City, ST ZIP]

[Date]

Dear [Employee]:

Starting **July 1**, the *Take Charge! Live Well!* program will be delivered by Healthways, a leading provider of well-being improvement solutions. The *Take Charge! Live Well!* biometric screening and Well-Being Connect™ application are available to the State of Ohio employees and spouses enrolled in a State of Ohio health plan. The program is confidential, voluntary and offered as part of your medical coverage.

The State of Ohio offers competitive benefits and programs to help each employee become his or her healthy best.

NEW program features:

- Track incentive activity completion
- Online appointment scheduling for biometric events and additional screening results
- Additional tobacco cessation tools offered through QuitNet®
- Record day-to-day exercise, nutrition, and goals
- Join and participate in online challenges
- Chat with a health coach online
- Incentives for participating are paid with VISA gift cards

Participation in *Take Charge! Live Well!* will still include:

- A biometric screening with a health professional
- A confidential questionnaire that is used to assess your overall well-being
- A web-based plan for well-being, personalized to help you reach your healthy best
- Personal health coaching
- Support if you are currently living with a health condition (for those who qualify)
- Online fitness, nutrition and stress management plans that promote healthy behaviors
- Resources for quitting tobacco
- Rewards for participating in the program and engaging in activities to improve your health and well-being

You will have access to a variety of outstanding health and well-being support, all designed to help you become your personal best. Whether you want to lose weight, eat healthier, get in shape or just feel better, *Take Charge! Live Well!* makes it all possible.

Remember that good health is a journey, not a destination. Let's get healthier together. In the meantime, take the time to learn more about how *Take Charge! Live Well!* can help you reach your personal health and well-being goals. Go to www.ohio.gov/tclw for more information and review the enclosed brochure and privacy statement. A magnet with the 24/7 Nurse Advice Line and Customer Service number is also included for your convenience.

Yours in good health,
State of Ohio

