

Take Charge! Live Well!

Protecting Your Privacy

Your personal health information is important and should be kept confidential. That is why the State of Ohio and Healthways have a strict policy in place to protect your privacy rights. All personal health information that you share through the *Take Charge! Live Well!* support services will remain confidential and will only be used as permitted by law which prohibits anyone at your company from receiving your personal health information. Please take advantage of the well-being improvement tools and support that are available to you, confident that your personal information is private and safeguarded from unauthorized access.

Is My Privacy Protected?

Yes. 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. Healthways does not sell your information and is not a telemarketing service.

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.

What Is the Biometric Screening and Healthways Well-Being Assessment™?

The biometric screening and Well-Being Assessment gives you the information you need to improve your overall well-being. The State of Ohio has partnered with Healthways to deliver this program and ensure your privacy. By participating in a biometric screening and completing a confidential questionnaire, you will learn more about your current health status, how your lifestyle habits affect your well-being, and what you can do to make healthier choices. The program is voluntary and completely confidential. It is important to answer all questions as accurately as possible. This ensures the results reflect your true health status.

What Happens During the Biometric Screening?

At the biometric screening, a health professional will measure your height, weight, waist circumference, and resting blood pressure. A small sample of blood will be collected to determine your cholesterol, glucose levels, triglycerides, and other factors that can lead to lifestyle-related health complications. The biometric screening does not test for illicit drugs, HIV/AIDS, or hepatitis. The biometric screening is administered by Healthways. All information is kept confidential, in compliance with the requirements of the Health Insurance Portability and Accountability Act of 1996 (HIPAA).

Who Administers the Biometric Screening?

Experienced health professionals who represent Healthways will conduct the biometric screening.

Will My Discussions with a Health Coach Be Kept Confidential?

If you qualify for coaching by phone, anything you share with a Health Coach will be held in the strictest confidence. To get the most out of the *Take Charge! Live Well!* program, it is important that you are as honest and open as possible in your discussions. Your personal health data and the information you disclose to a Health Coach will not be shared with the State of Ohio.



HEALTHWAYS



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.

