

# Good Health Pays in More Ways than One



**Good health is priceless.** It improves your quality of life, lowers your risk of disease, and increases your chances of longevity. Hard to argue with these benefits!

**Your health is in your hands.** Improving your health is achievable. It's just a matter of taking the right steps — one at a time. The **Take Charge! Live Well!** program offers eligible State of Ohio employees and their spouses enrolled in a health plan personalized health & wellness services and tools aimed to help you take those steps — to improve your health and feel your best.

The **Take Charge! Live Well!** program offers special incentives for your participation.

## How it Works:

Eligible State of Ohio employees and their spouses qualify to receive **up to \$100 each** by participating in certain **Take Charge! Live Well!** programs.

Do the Math!



Complete a **Health Assessment** questionnaire between **July 1 and November 30, 2010** — online or paper  
1-866-272-5507 and  
<http://stateofohio.apshealthcare.com>



Attend a **Health Screening**  
See [www.ohio.gov/tclw](http://www.ohio.gov/tclw) or ask your wellness coordinator for dates and locations of screenings



Work with a **Health Coach**  
1-866-272-5507



Participate in an online **Digital Coaching Program**  
<http://stateofohio.apshealthcare.com>

Your Wallet Cards:

It pays to get healthy.

Call APS Healthcare at **1-866-272-5507** or go to <http://stateofohio.apshealthcare.com> to get started — or with questions about your incentives.

APS Healthcare



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### The Fine Print

- Each eligible employee and spouse can earn a **maximum of \$100 per person** per year (that's a maximum of \$200 per family).
- You must complete the Health Assessment questionnaire to qualify for your full \$100 reward.
- Working with a Health Coach involves working together to define and address a personal health goal or issue. Still not sure what this means? Just call us — **1-866-272-5507**.

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