

# VIRTUAL EVENT

Explore. Discover. Achieve.

## Let's Get Started!

Get the most out of your Take Charge | Live Well program by working your way through this game board and learning more about the features and activities available to you.

Make your way around the board by completing at least 10 activities. Submit your completed game board to [tclw@virginpulse.com](mailto:tclw@virginpulse.com) to earn up to a \$10 reward.

Not a member yet? Don't miss out on the fun! Get started today by going to [join.virginpulse.com/stateofohio](http://join.virginpulse.com/stateofohio)



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<p>Read the monthly blog post on the TCLW website <a href="http://dasohio.gov/wellness">dasohio.gov/wellness</a></p> 	<p>Explore the Nutrition guide Health &gt; Nutrition Guide</p>	 <p>Explore Silvercloud and Whil located in the Programs Tab</p>	<p>Explore the Sleep Guide Health &gt; Sleep Guide</p>	<p>ORGANIZE YOUR FINANCES Join in on one of the OPERS or Credit Union presentations. These can be found on the Hub Calendar</p>	<p><b>Rewards</b> Learn more about your rewards and how to earn</p>	<p>Find your Rewards Statement</p>	<p>Sign-up for your Biometric Screening Programs &gt; Quest Biometric Screenings</p>	<p>Check out the calendar and add an event to your Outlook Calendar</p> 	
<p><b>Explore the programs page</b> Check out the Programs page and other programs offered</p>	  <p><b>Take Charge   Live Well Game board</b></p> <p>Get started by going to: <a href="http://das.ohio.gov/wellness">das.ohio.gov/wellness</a></p> 						<p><b>Check out available Activities</b> Journeys, Coaching, partners, etc.</p>		
<p>Set your interests by navigating to Topics of Interest in your Profile</p>									
 <p>Complete a workout with a friend/family member in Wellbeats</p>							<p>Complete a wellness event Programs &gt; Wellness Events</p>		
<p>Click through and learn more in your daily cards</p>							<p>Schedule a Coaching call Health &gt; Coaching</p>		
 <p>Upload your photo to your profile Profile image &gt; Profile</p>							 <p>Complete a community event Programs &gt; Community Events</p>		
<p><b>Customizing Your Experience</b> Upload a picture, add friends and explore your interests</p>	 <p>Encourage your spouse or co-worker to create their account</p>	<p>Join a TCLW Program Overview webinar <a href="http://tclw.das.ohio.gov/Webinars">tclw.das.ohio.gov/Webinars</a></p>	<p>Take the Health Check Survey Health &gt; Health Check</p> 	 <p>RECOGNIZE WHEN YOU'RE STRESSED Take a session in Whil or Wellbeats. Both can be found in the Programs tab</p>	<p>Sync an app or device Profile image &gt; Devices &amp; Apps</p>	<p>Download the Virgin Pulse</p> 	<p>Enroll in the Virgin Pulse Program <a href="http://das.ohio.gov/wellness">das.ohio.gov/wellness</a></p> 	<p><b>Enrollment/Activation</b> Enroll in the program, download the mobile app and connect a device.</p>	<p>Find and complete a Journey Health &gt; Journey</p>
 <p><b>START HERE</b></p>						<p>Congratulations on crossing the finish line</p>			