



Take Charge! Live Well!

Program Guide

Fiscal Program Year 2019-2020

July 1, 2019 – June 30, 2020

Confidentiality

Enjoy all of these benefits knowing your privacy is protected.

As part of the State of Ohio's *Take Charge! Live Well!* program, the State contracts with Sharecare to manage wellness resources, activities, and *Take Charge! Live Well!* program rewards for State employees and spouses enrolled in the State of Ohio medical plan.

Personal health information provided is not shared with the State. In addition, Sharecare does not sell your data.

The Basics

Eligibility

Employees and spouses covered under the State of Ohio medical plan

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

Website

- das.ohio.gov/wellness

Customer Service & Health Coaching

- 1-866-556-2288

Date	Description
July 1, 2019	<ul style="list-style-type: none">• First day of program year• Physician Form available to download at das.ohio.gov/wellness• Health coaching calls for current program year begin
July 2019	<ul style="list-style-type: none">• On-site screening events begin
July 15, 2019	<ul style="list-style-type: none">• RealAge Test and Sharecare platform accessible via das.ohio.gov/wellness
November 2019	<ul style="list-style-type: none">• On-site biometric screening events end
June 30, 2020	<ul style="list-style-type: none">• Last day of program year.• Activities must be completed to receive a reward

Program Offerings

Step 1: Assess Your Health

- **On-Site Biometric Screening (July – Nov.)**
 - On-site at State of Ohio agencies locations
 - Free blood panel and other health measures
 - Register at das.ohio.gov/wellness
- **Physician Form**
 - Completed with your healthcare provider
 - Alternative to on-site screening
 - Download form at das.ohio.gov/wellness
- **RealAge Test**
 - Online health assessment
 - Personalized results and feedback provided at the end
 - Access survey at das.ohio.gov/wellness

Step 2: Take Action

- **Telephonic Health Coaching**
 - Ongoing, individual sessions with a personal health coach
 - Help you assess your well-being and set goals for a healthier lifestyle
 - Call **1-866-556-2288** to get started
- **Sharecare Platform, Well-Being Challenges**
 - Personal, online health portal
 - Variety of challenges, health resources, and goal trackers
 - Access site at das.ohio.gov/wellness

Other Well-Being Program Offerings

- Tobacco Cessation Program
 - Online: The *Take Charge! Live Well!* program provides access to a specialized tobacco cessation website
 - The *Take Charge! Live Well!* program offers access to unlimited online and phone coaching at no cost to you
 - For members in the Ohio Med PPO, prescriptions and most over-the-counter products are available at no additional cost if you are actively working with a Sharecare health coach
 - Call **1-866-556-2288** to get started
- Diabetes Management Program – *Medical / Pharmacy Benefit*
 - Free medication, supplies, and durable medical equipment
 - Must have been diagnosed with Diabetes and have A1c on file within last 12 months
 - Contact Optum RX with questions
- On-site flu-shot clinics - *Pharmacy Benefit*
 - Available at State of Ohio agencies in the fall
 - Online scheduler will be available at das.ohio.gov/wellness

Biometric Screening: On-Site Event

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

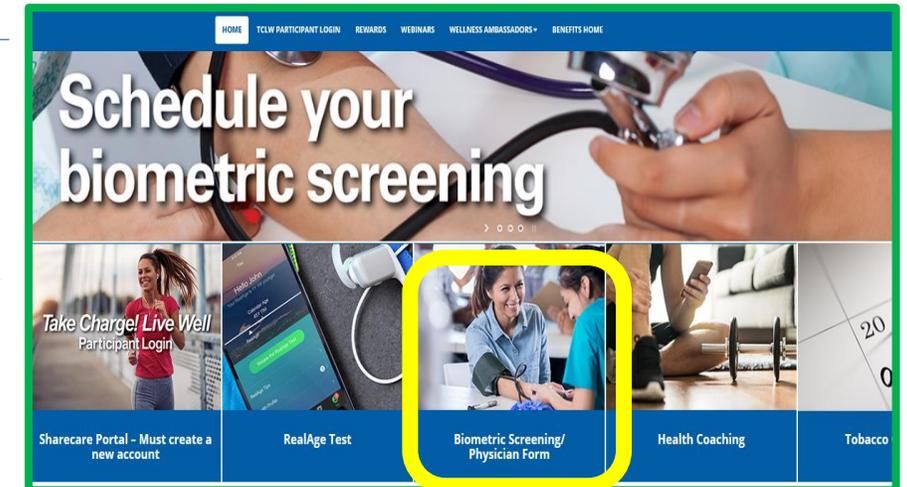
Biometric Screening Events are held each year from July through November at many state worksites. During the biometric screening, a health professional will collect measurements, including height and weight. A sample of your blood will be taken to determine your cholesterol and glucose levels, triglycerides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

To register for a biometric screening appointment:

1. Go to das.ohio.gov/wellness and click the **Biometric Screening / Physician Form** button.
2. Register as a new user by entering 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
- Arrive five minutes early to check-in and allow about 15 minutes in order to complete the screening process.



Biometric Screening: Physician Form

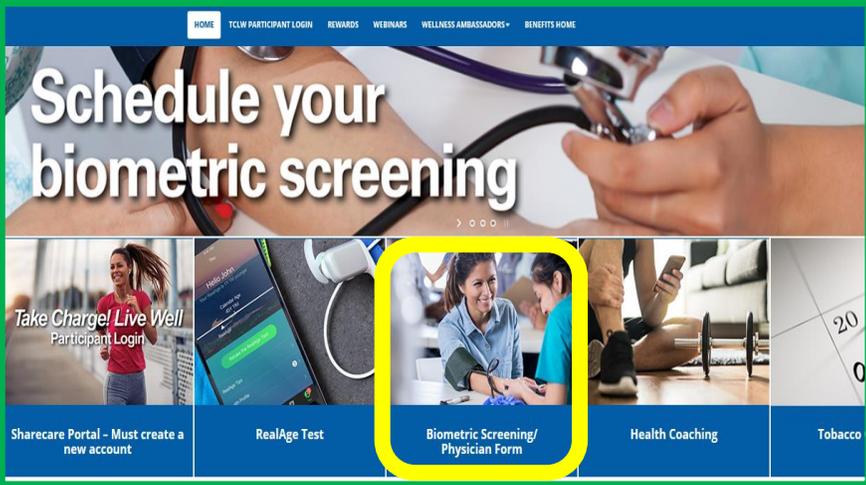
There are two ways available to you to complete your biometric screening; on-site or by using the Physician Form.

To access the Physician Form:

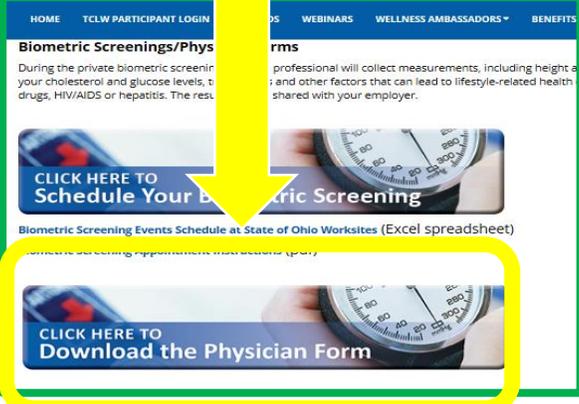
1. Go to das.ohio.gov/wellness and click on the **Biometric Screening / Physician Form** button;
2. Select the **Physician Form** link, and complete the registration instructions to generate, download and print your personalized form. Input your information exactly as it is listed in OAKS;
3. Complete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

Lab results must be obtained between July 1, 2019 and June 30, 2020 to count towards current program year incentive credit. Forms and/or results obtained prior to June 30, 2019 will not be accepted for current program year credit.

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



The screenshot shows the top navigation bar of the website with links for HOME, TCLW PARTICIPANT LOGIN, REWARDS, WEBINARS, WELLNESS AMBASSADORS, and BENEFITS HOME. Below the navigation bar is a large banner with the text "Schedule your biometric screening" and a background image of a doctor's hands using a stethoscope. Underneath the banner is a row of five menu items: "Take Charge! Live Well Participant Login", "Sharecare Portal - Must create a new account", "RealAge Test", "Biometric Screening/Physician Form" (highlighted with a yellow box), "Health Coaching", and "Tobacco". A large yellow arrow points from the highlighted "Biometric Screening/Physician Form" link down to a second screenshot.



The second screenshot shows the "Biometric Screenings/Physician Forms" page. It features a header with the same navigation links as the first screenshot. Below the header is a sub-header "Biometric Screenings/Physician Forms" and a paragraph of text. There are two main call-to-action buttons: "CLICK HERE TO Schedule Your Biometric Screening" and "CLICK HERE TO Download the Physician Form" (highlighted with a yellow box). A yellow arrow points from the "CLICK HERE TO Download the Physician Form" button down to a third screenshot.



This is a close-up of the "CLICK HERE TO Download the Physician Form" button, which is highlighted with a yellow box. The button features a background image of a blood pressure cuff and a gauge.

Telephonic Health Coaching

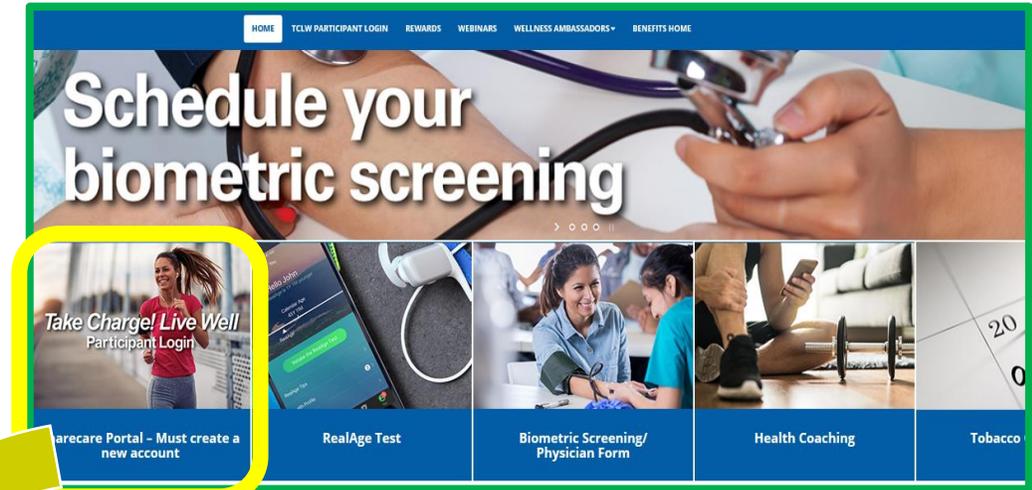
What is it?

- Working with a health coach provides personalized support to help lower your risks, manage your conditions, and change behaviors
- No pre-existing conditions necessary to participate for wellness coaching
- Each coaching program will be created and personalized to your unique needs and goals

To get started, call 1-866-556-2288 and select Option 2.

Accessing the Sharecare Portal

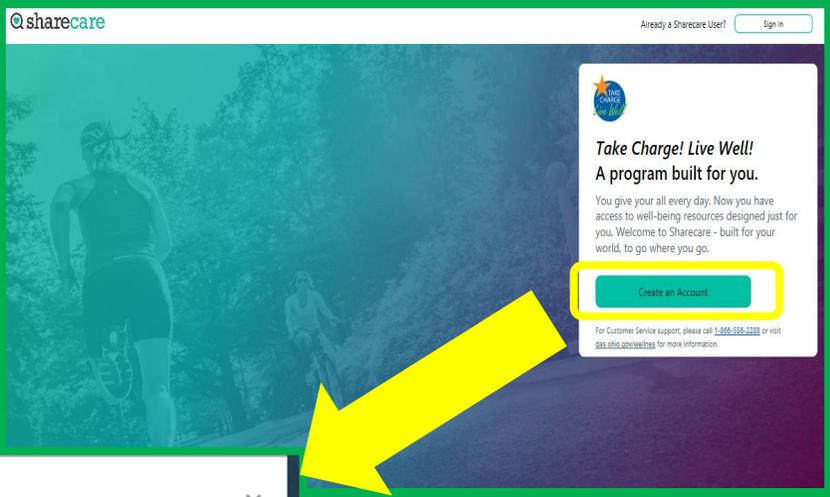
- Starting on July 15th the Sharecare Portal and Sharecare App will be replacing Well-Being Connect.
- The Sharecare portal will be accessible via desktop and mobile devices.
 - Members will have to create an account on a desktop computer, tablet, or mobile phone before downloading the smartphone app.
- To get started go to das.ohio.gov/wellness and click on the “Sharecare Portal” tile. You will be taken to the portal where you can create an account.



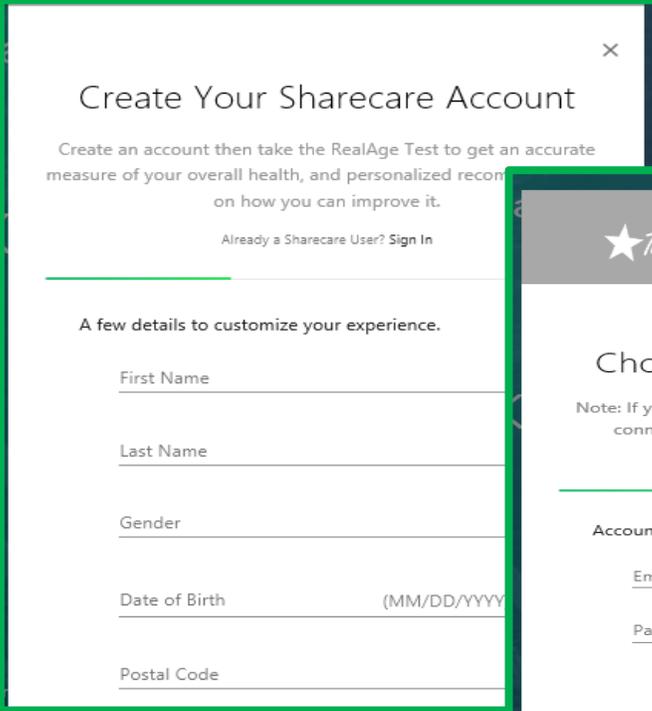
Registering as a New User

- All members will need to create new accounts for this program year.
- Select “Create an Account” from the sign-in page, and then create an account by using your first and last name (as listed in OAKS,) gender, date of birth, ZIP code, and last 4 digits of your SSN, then pressing “Next”.
- On the following popup, input an email address (personal email is recommended), create a password, and press “Next”. Be sure to write down your email and password for future reference.

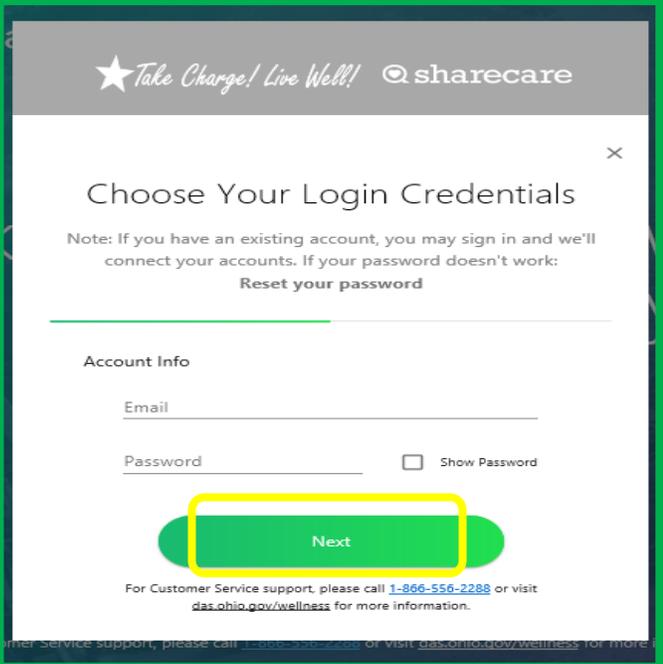
1



2



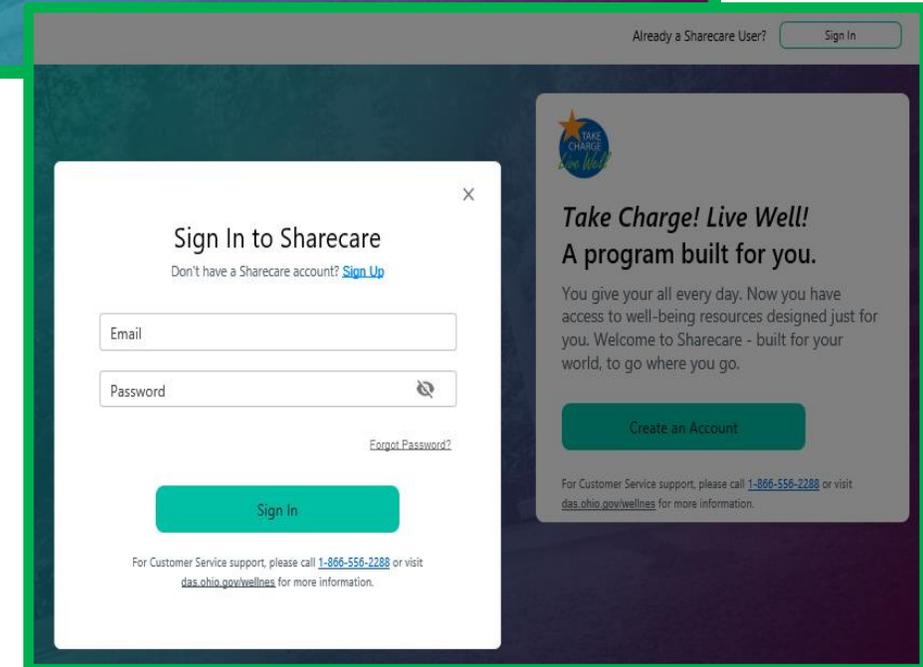
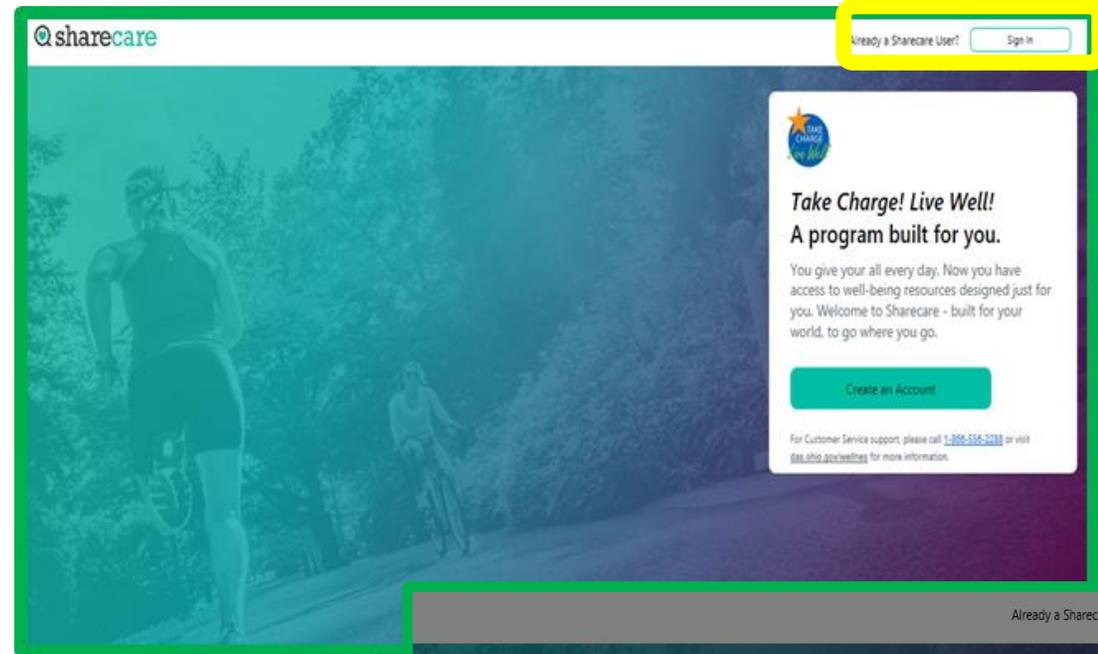
3



The image shows three sequential screenshots of the Sharecare registration process. Screenshot 1 is the main sign-in page with a 'Create an Account' button highlighted. A yellow arrow points from this button to Screenshot 2, which is a 'Create Your Sharecare Account' popup form with fields for personal details and a 'Next' button highlighted. Screenshot 3 is a 'Choose Your Login Credentials' popup form with fields for email and password, and a 'Next' button highlighted.

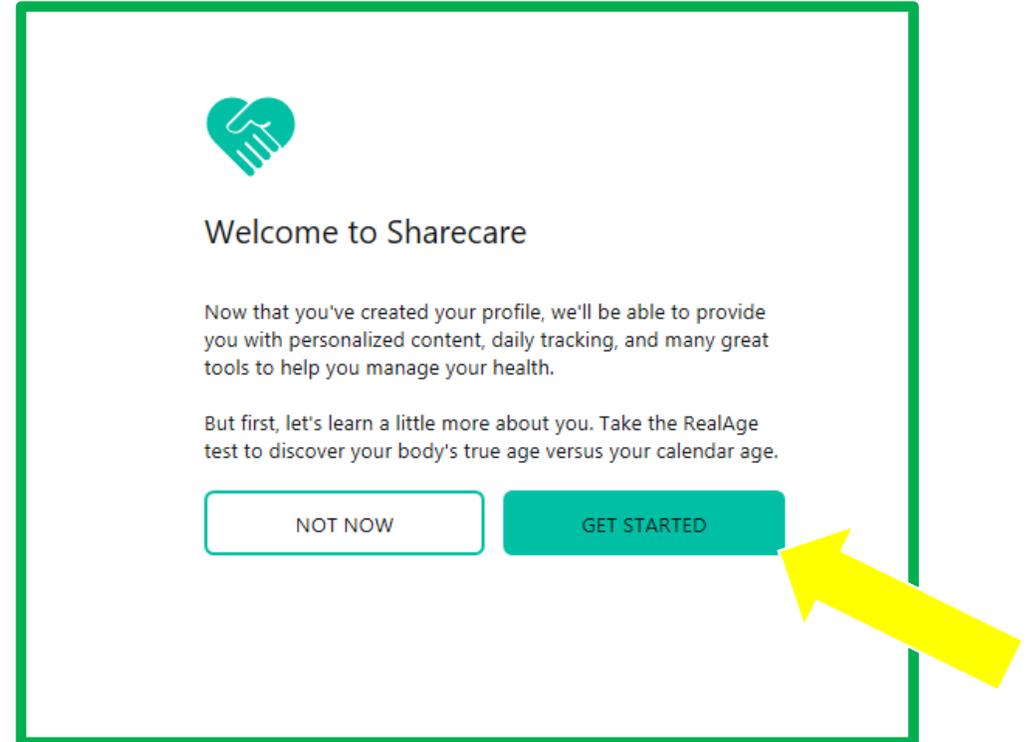
Returning Users

- After you have created an account you will return to the site as an existing user by clicking on **“Sign In”**.
- Passwords are case-sensitive.
- If you forget your sign-in credentials:
 - Use the **“Forgot Password?”** links above the **“Sign in”** button. The information will be sent to the email address that you entered when registering.
 - Or, contact Sharecare Customer Service at the number listed at the bottom of the page for direct assistance.



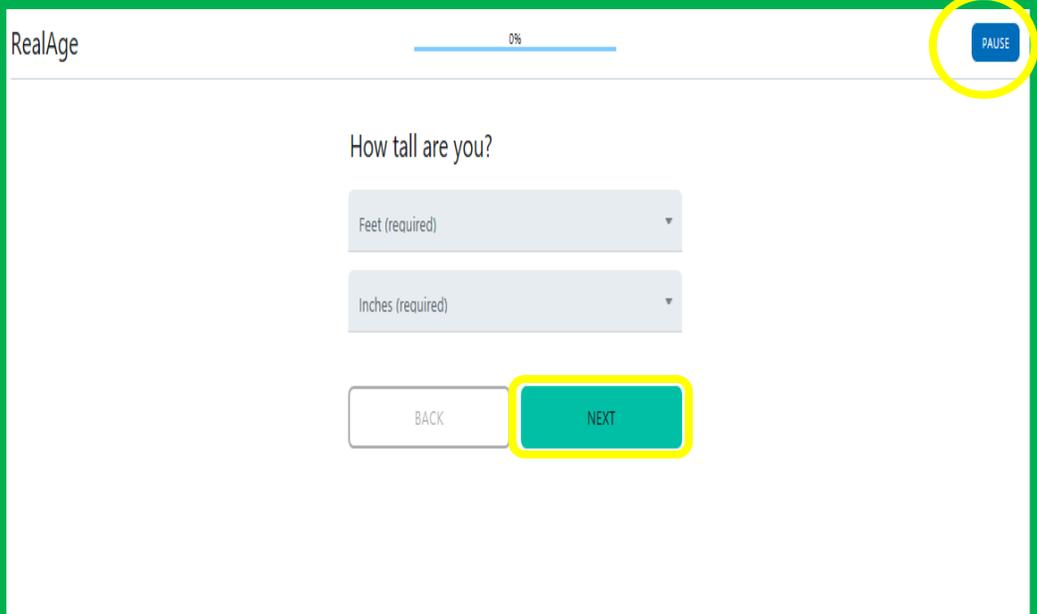
RealAge® Test

- Beginning July 15, members can access the RealAge® Test by visiting at das.ohio.gov/wellness and clicking on the **Sharecare portal** button.
- Once signed in, the screen to the right displays what someone will see to begin the RealAge® Test.
- The RealAge Test is replacing the Well-Being 5 Survey, and will be worth 50 points (the same value as the Well-Being 5 Survey)
- To begin the test, select the **Get Started** button.



RealAge[®] Test

- The survey includes a variety of question formats such as sliding scales, multiple choice and write-in responses. There is an option at the top of the page that allows you to quit and sign out at any time and return to complete the rest survey at a later time.
- Additional features of the survey include the option to select, “Don’t know.” Once you answer a question, it automatically moves to the next question for you, though you can move back at any time using the back arrow on the left.
- Your responses to this survey and any online activity are kept confidential from your employer.



RealAge

0%

PAUSE

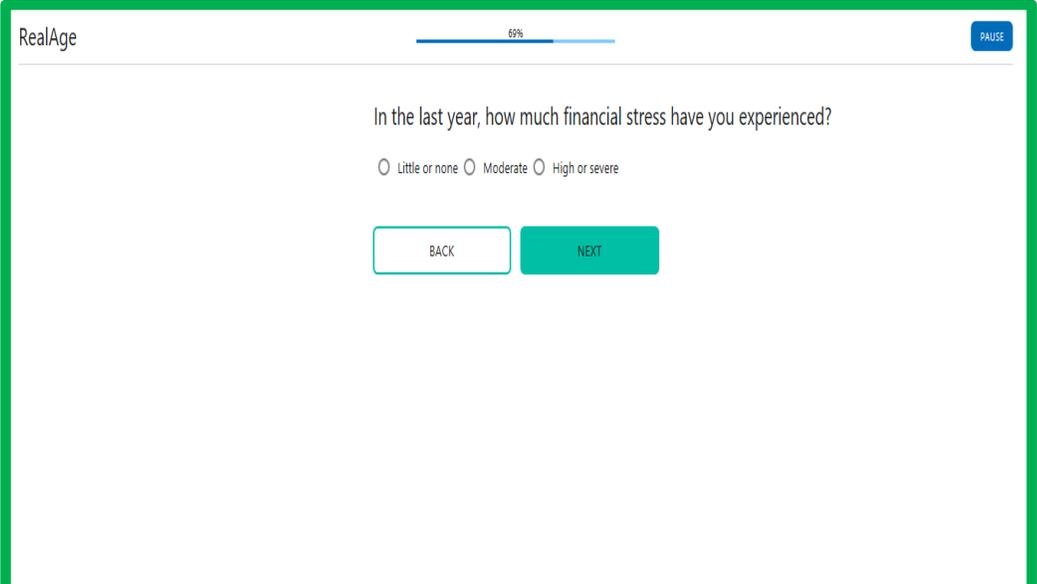
How tall are you?

Feet (required) ▾

Inches (required) ▾

BACK NEXT

Detailed description: This screenshot shows the RealAge test interface at the 0% completion mark. The question is "How tall are you?". It features two dropdown menus for "Feet (required)" and "Inches (required)". At the bottom, there are "BACK" and "NEXT" buttons. A yellow circle highlights the "PAUSE" button in the top right corner.



RealAge

69%

PAUSE

In the last year, how much financial stress have you experienced?

Little or none Moderate High or severe

BACK NEXT

Detailed description: This screenshot shows the RealAge test interface at the 69% completion mark. The question is "In the last year, how much financial stress have you experienced?". It features three radio button options: "Little or none", "Moderate", and "High or severe". At the bottom, there are "BACK" and "NEXT" buttons.

RealAge® Test Results

- Taken by more than 42 million people, this scientifically-based assessment shows you the true age of the body you're living in – the first step toward improving your well-being.
- The RealAge Test® assesses your eating, exercise, and sleep habits, along with family health history, behaviors, and existing conditions.
- At the conclusion of you test you will receive an RealAge in years and months based off your responses.

Calendar Age
51Y 10M

RealAge
48Y 04M

Congratulations! Your RealAge is:

48Y 04M

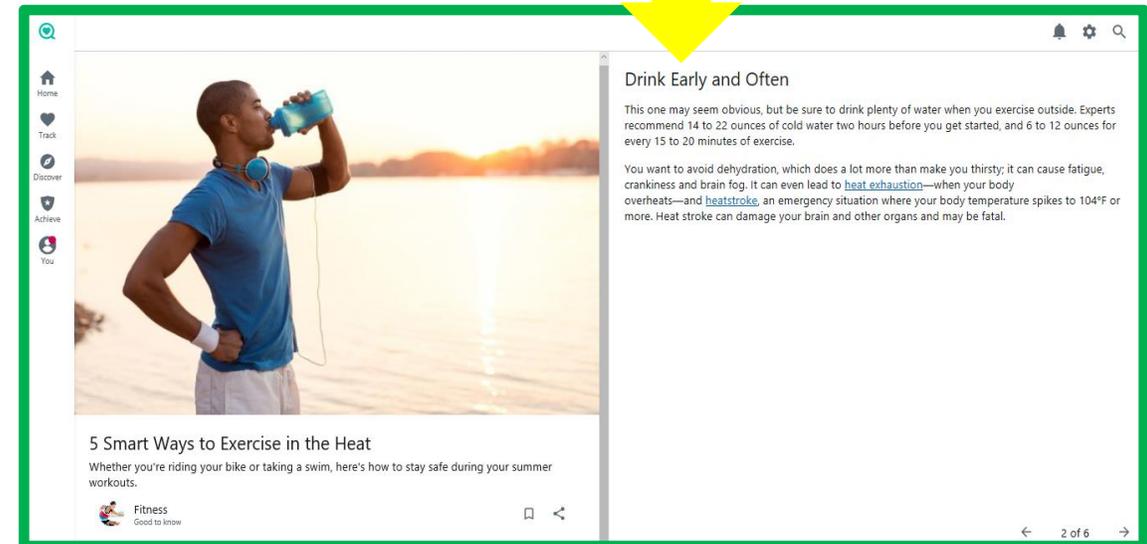
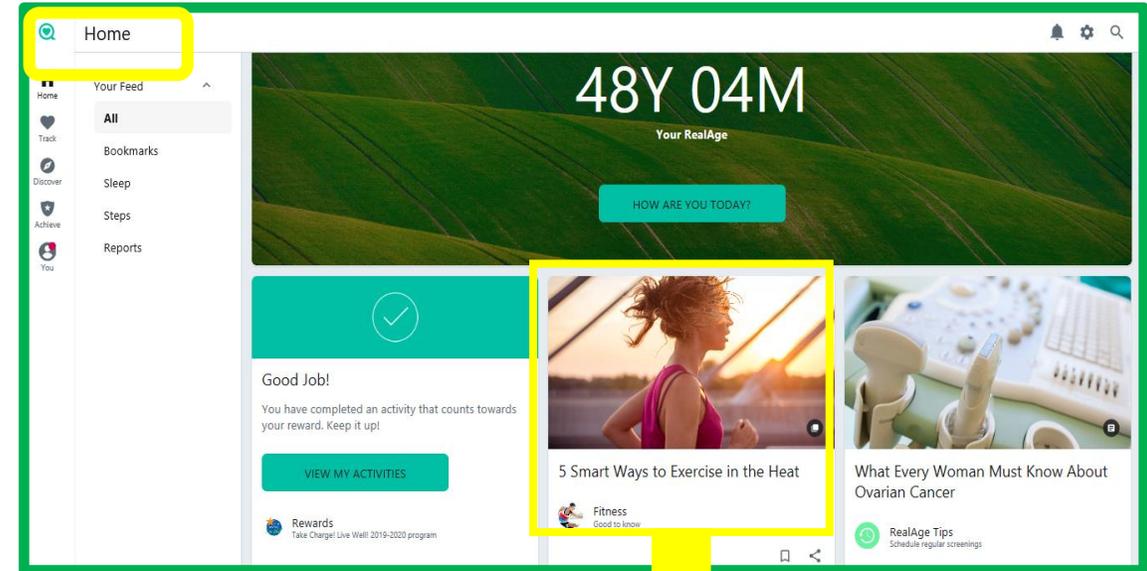
Your RealAge is 3 years and 6 months younger than your actual age. Keep it up and lower your RealAge even more!

NOT NOW

LOWER YOUR REALAGE

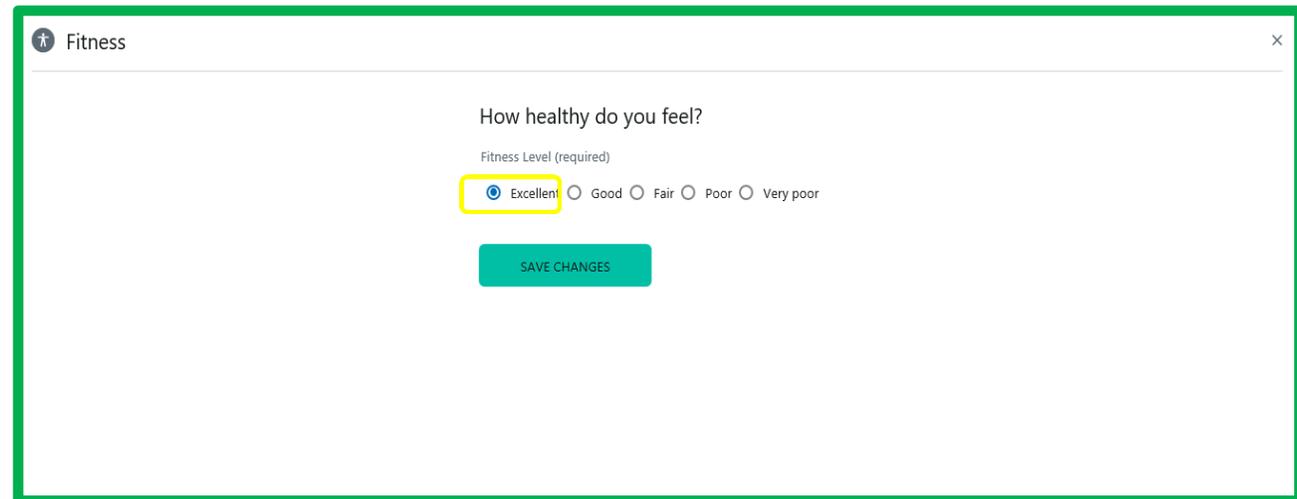
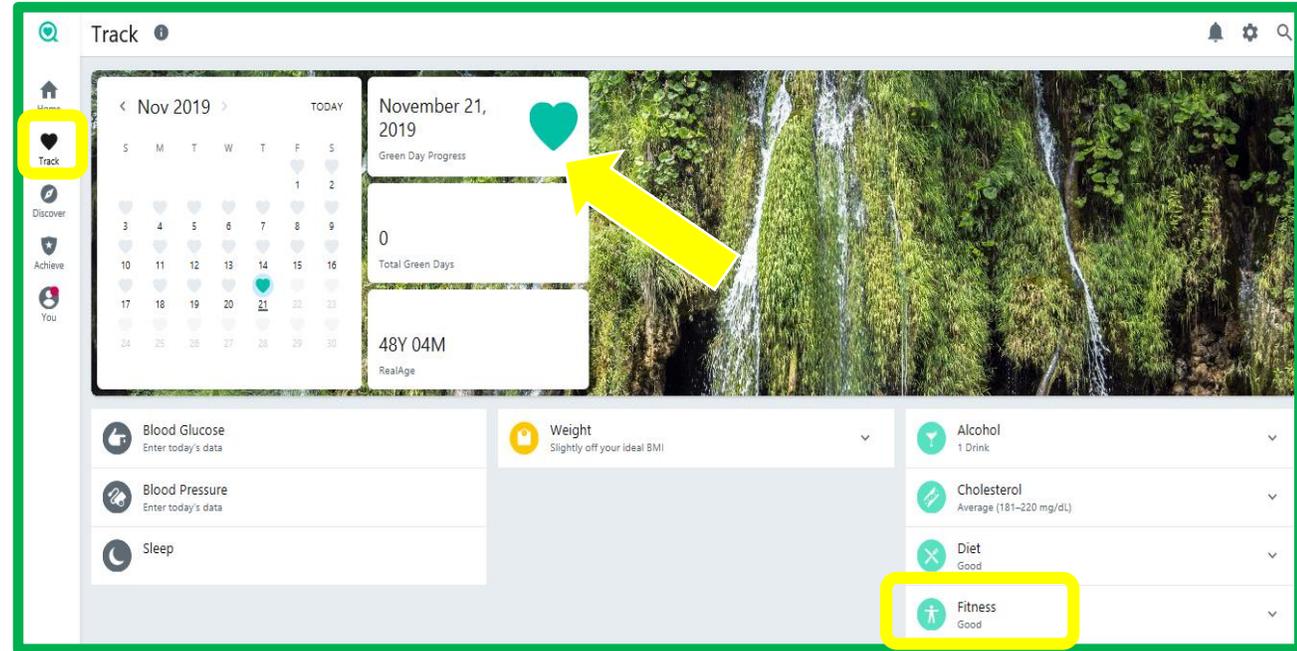
Home

- The homepage is the entry point into your portal, after you've completed the RealAge Test. It is signified by a house image in the upper left hand corner of the page.
- This page contains articles that are relevant to you based off your RealAge Test responses, biometric results, and subscribed-to health topics.
- These articles range in topics from eating, exercise, sleep habits, and more.



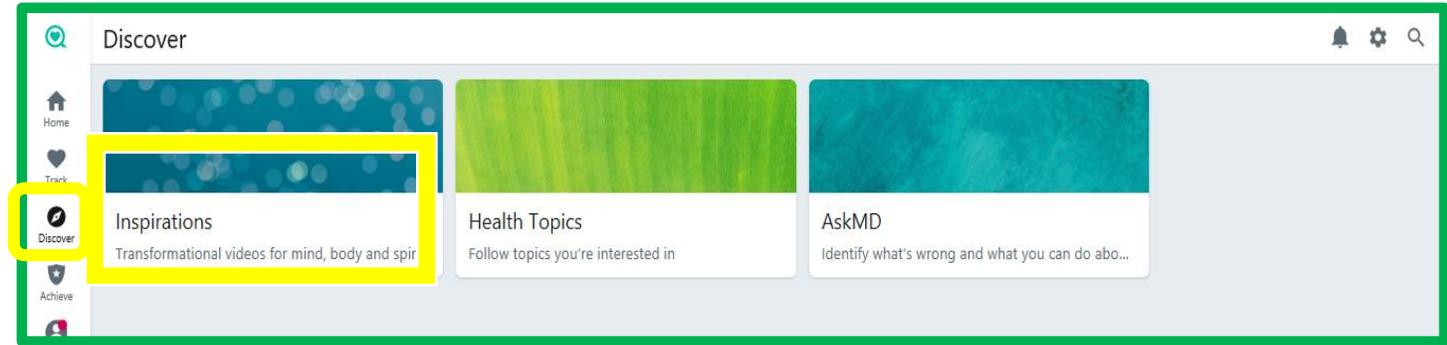
Tracking

- The *Track* page can be found by selecting the heart shape, under the homepage image of a house.
- The *Track* page is where you can track your diet, blood pressure, stress, and other daily behaviors.
- The goal is to track enough activities “in the green” (healthy range) that you completely fill up your green day heart.

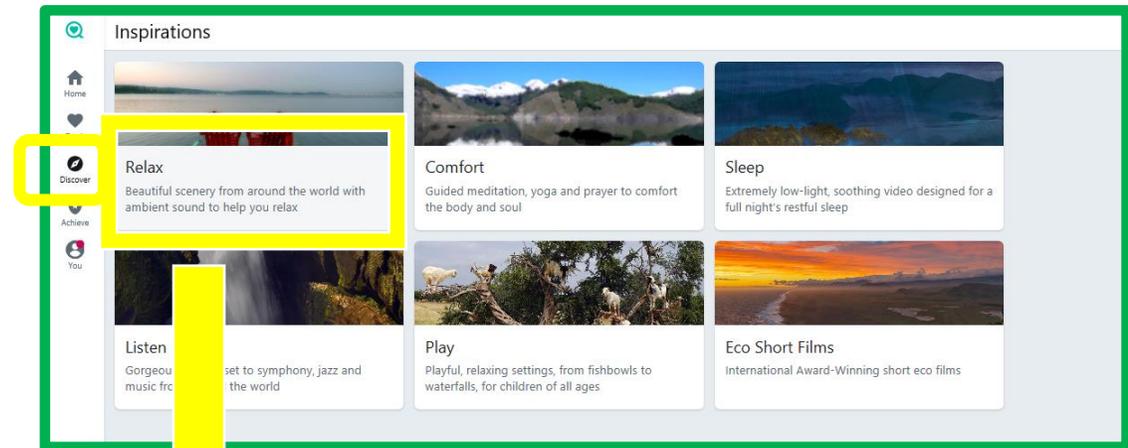


Discover: Inspirations

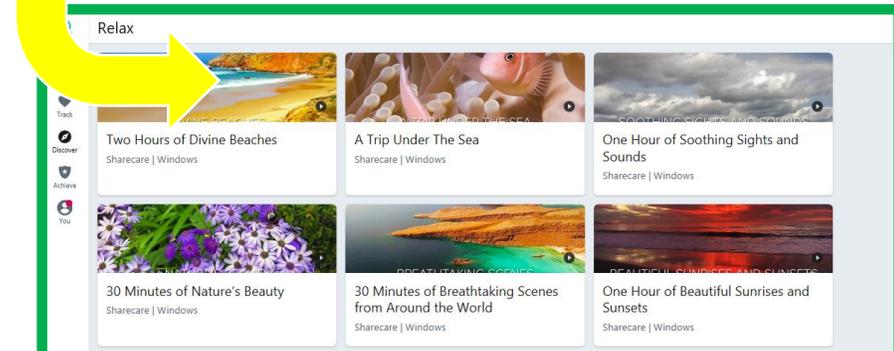
- Beneath the heart is a compass which signifies the *Discover* page.



- The *Discover* page houses Inspirations, Health Topics, and AskMD.

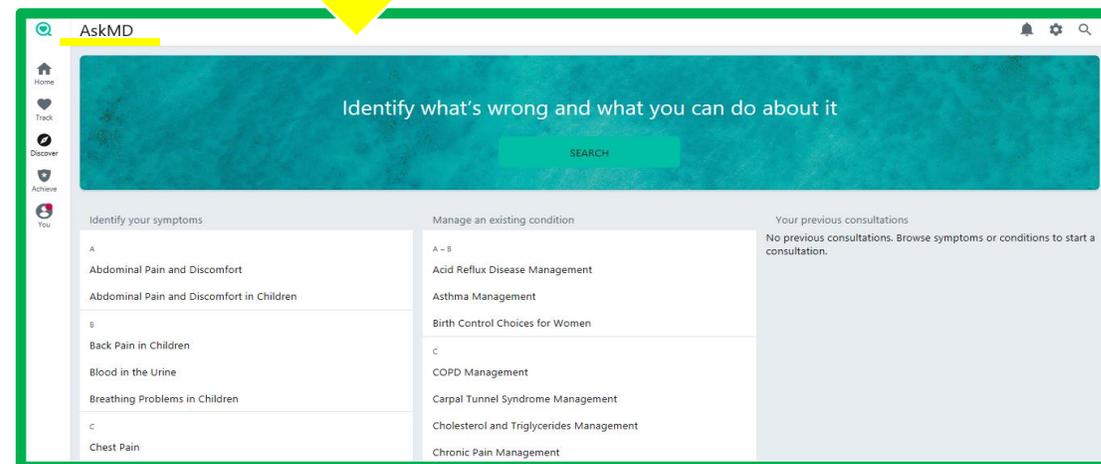
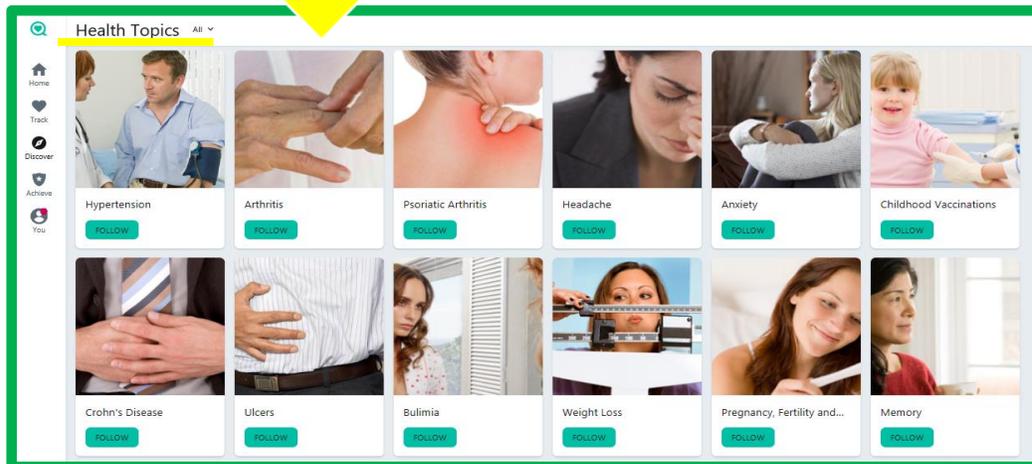
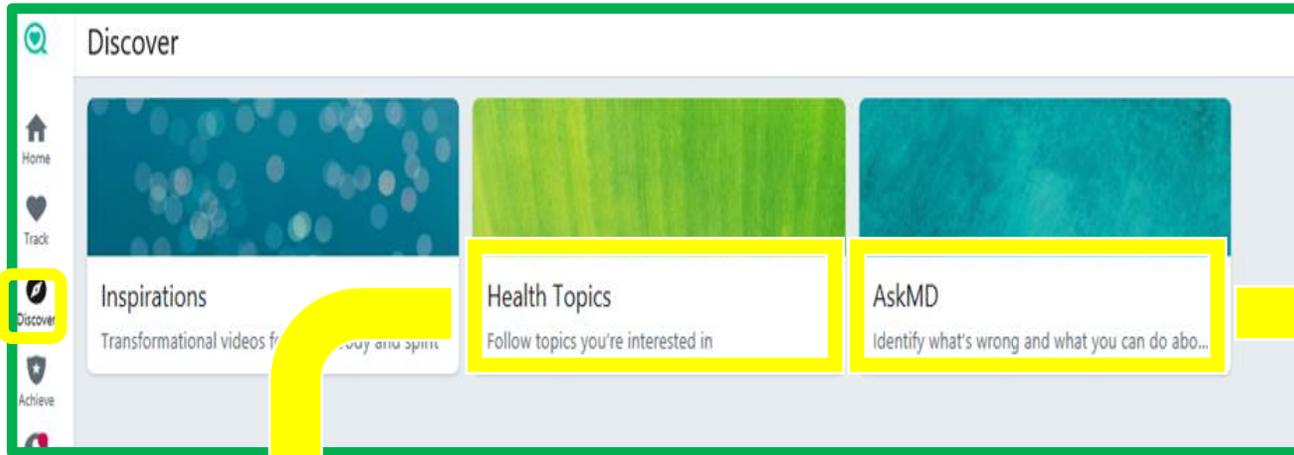


- Inspirations provides relaxation and wellness videos that empower users to find stillness and peace in their everyday life.



Discover: Health Topics & AskMD

- **Health Topics** is a library of health and wellness information. Users can search for a wide variety of topics within this section, and subscribe to topics.
- **AskMD** is a personalized health consultation and comprehensive symptom checker that matches user answers against the latest clinical research to help members take ownership of their health and be better informed before visiting the doctor.



Achieve: Challenges

- Select the badge (under the compass) which signifies the *Achieve* page.
- Members can participate in a monthly challenge to earn rewards.
- Each challenge gives you the opportunity to earn 50 points (at a maximum of up to 200 points total).
- Participants must track their activities for at least 21 day of the month-long challenge to earn the reward.

The image displays three sequential screenshots of the Achieve app interface, illustrating the user journey through challenges.

Screenshot 1: Main Menu
The 'Achieve' app home screen features a navigation sidebar on the left with icons for Home, Track, Discover, and You. The main content area has three cards: 'Challenges' (highlighted with a yellow box), 'Rewards', and 'Programs'. The 'Challenges' card includes the text 'Keep motivated by joining challenges'.

Screenshot 2: Challenges List
The 'Challenges' page shows a list of challenge categories: Active, Upcoming, and Past. The 'Active' category is selected. A card for the 'Active Autumn Steps Challenge' is highlighted, showing it is 'Enrolled' (highlighted with a yellow box) and 'Available'. The card details include 'Steps Challenge' with 7285 participants and 'In Progress' status.

Screenshot 3: Challenge Detail
The 'Active Autumn Steps Challenge' detail page shows the challenge is 'Ends in 10 days' (Nov 1, 2019 to Nov 30, 2019). A 'START TRACKING' button is highlighted with a yellow box. Below the challenge description is a 'History' table and a 'Leaderboard' section. The 'GO TO REWARDS' button at the bottom is also highlighted with a yellow box. The 'Progress' section shows a goal of 147,000 steps, with the user currently at 45,111 steps.

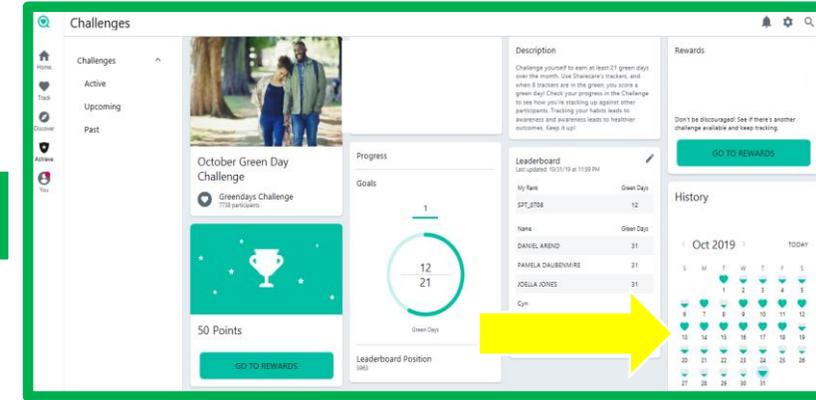
Step Count	Nov 15, 2019	Nov 17	Nov 19	Nov 21
9000				
8000				
7000				
6000				
5000				
4000				
3000				
2000				

Rank	Name	Steps
1	KELLY JONES 1968	1000000
1	Cody Posey	1000000
1	BILL DENKSON	1000000
1	JOSH	1000000
1	BOBBY BOLLING	1000000

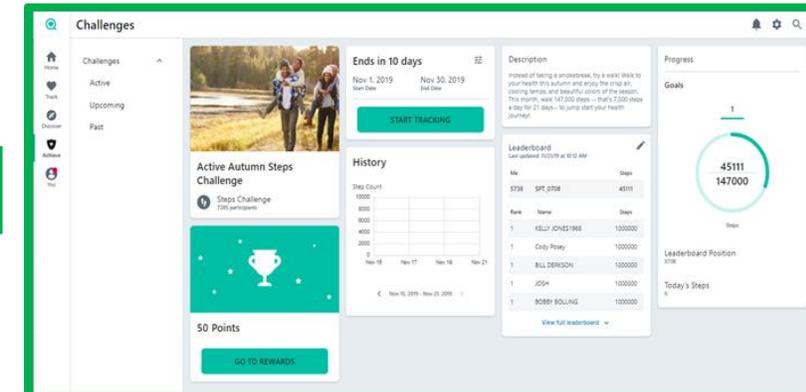
Achieve: Challenges

- Tracking
 - Back tracking is allowed for 7 days during the challenge period.
 - When back tracking for Green Day challenges, click on the date on calendar in the challenge page you wish to track (see image in upper right).
 - When back tracking for non Green Day challenges, click on the track button (heart symbol). Once on the track page, you can select the date you wish to track (see images to the right).
- **Note, once a challenge ends back tracking will not count towards active participation.**

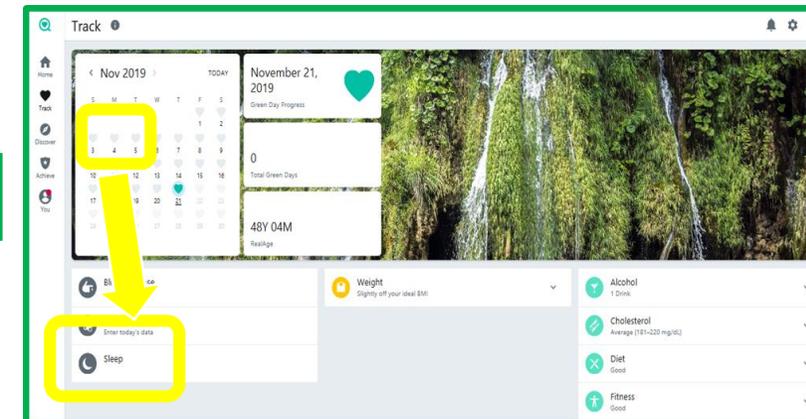
Green Day Challenges



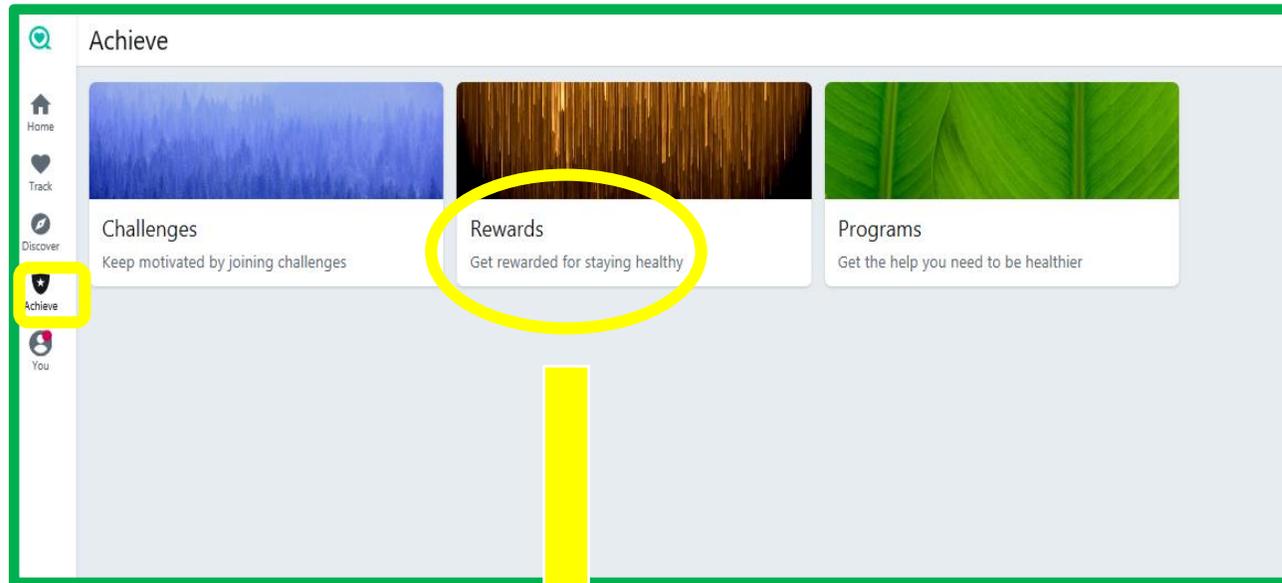
Non-Green Day Challenges



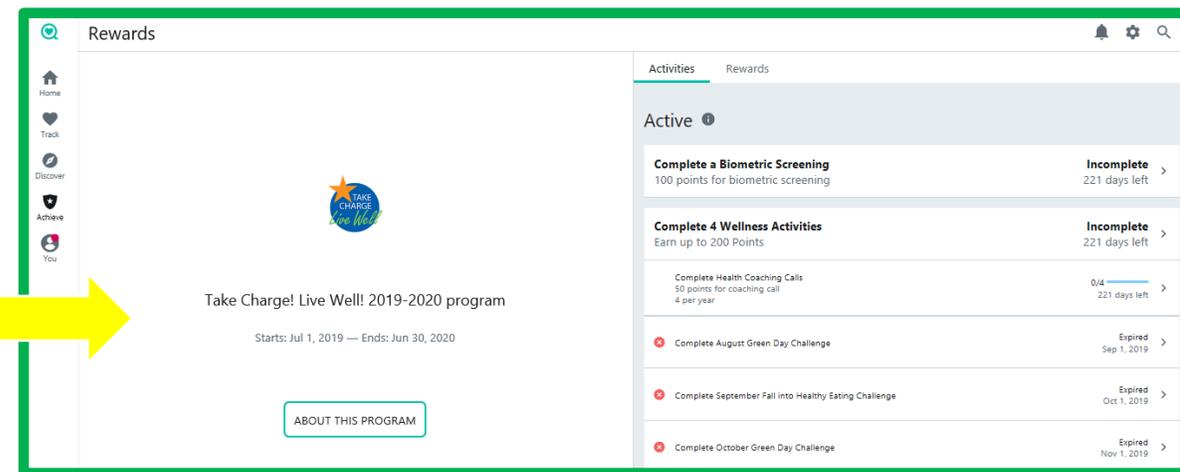
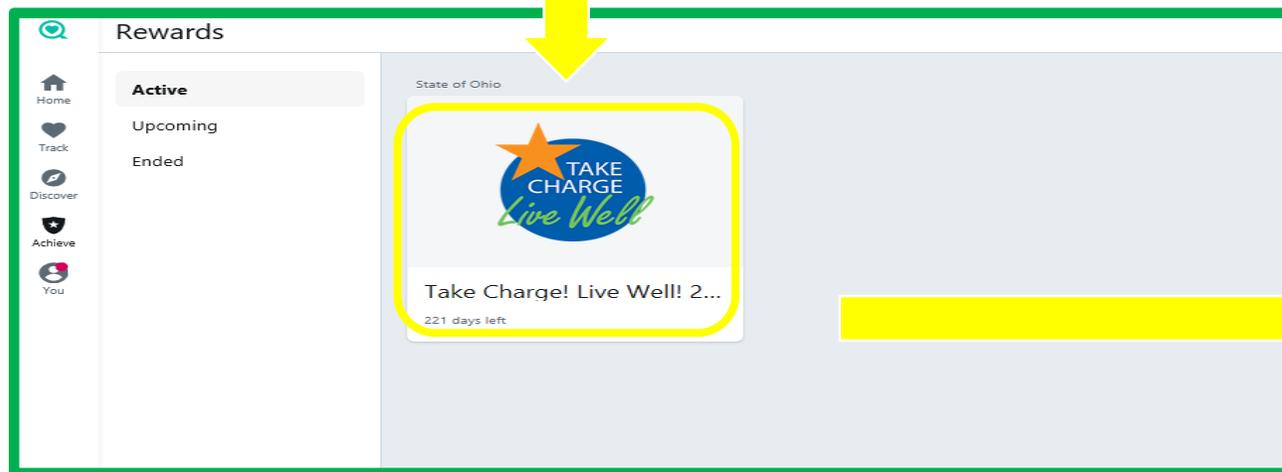
Non-Green Day Challenges



Achieve: Rewards

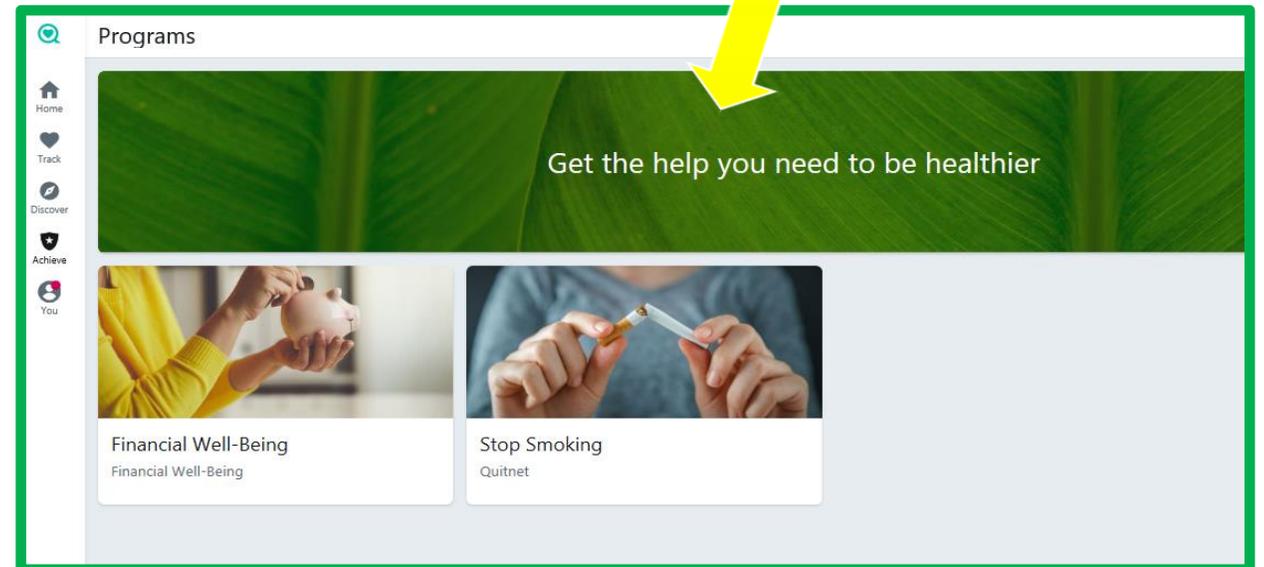
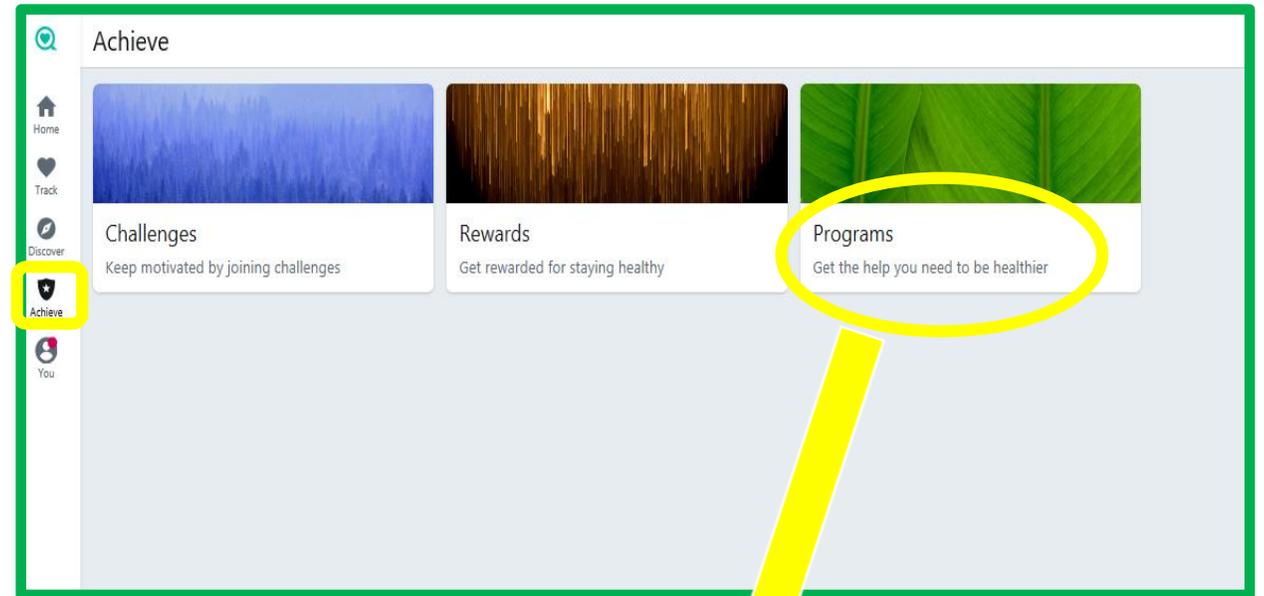


Within the Rewards section, you can review what activities you've completed, as well as all of the activities you're eligible to complete towards rewards.



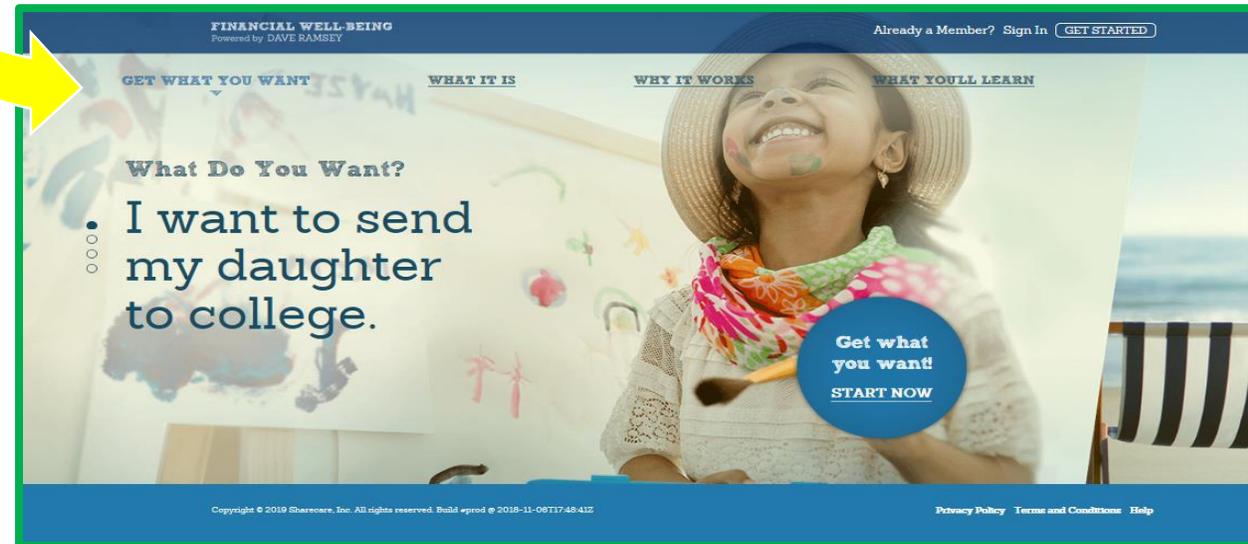
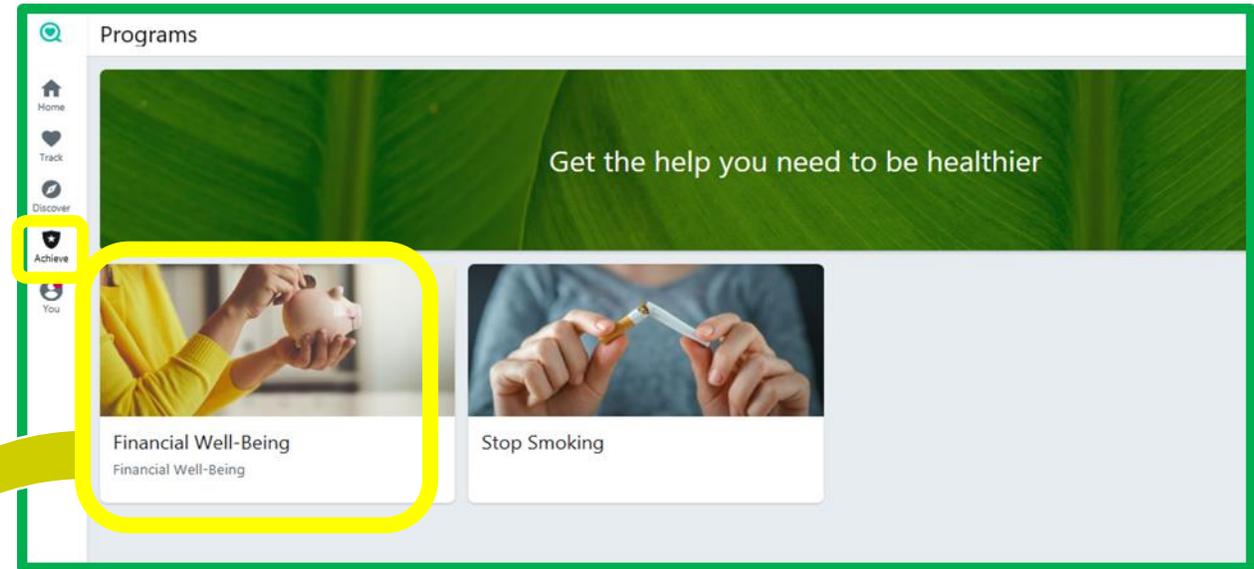
Achieve: Programs

- After selecting the *Achieve* button on the left, select *Programs*.
- The *Programs* section houses links to the Financial Well-Being program and Tobacco Cessation program.



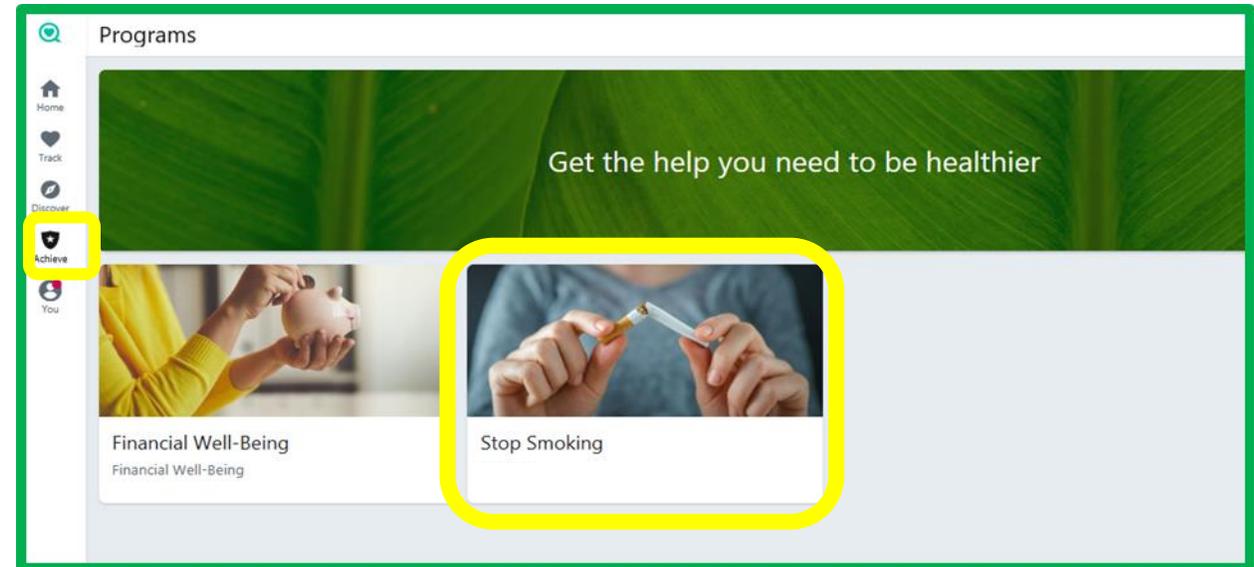
Financial Well-Being

- Financial Well-Being is a comprehensive online learning program that shows you how to take small steps toward big improvements in your financial situation.
- Explore a range of financial topics from debt consolidation and budgeting techniques to basic investing and planning for retirement.
- No longer incented within the *Take Charge! Live Well!* program



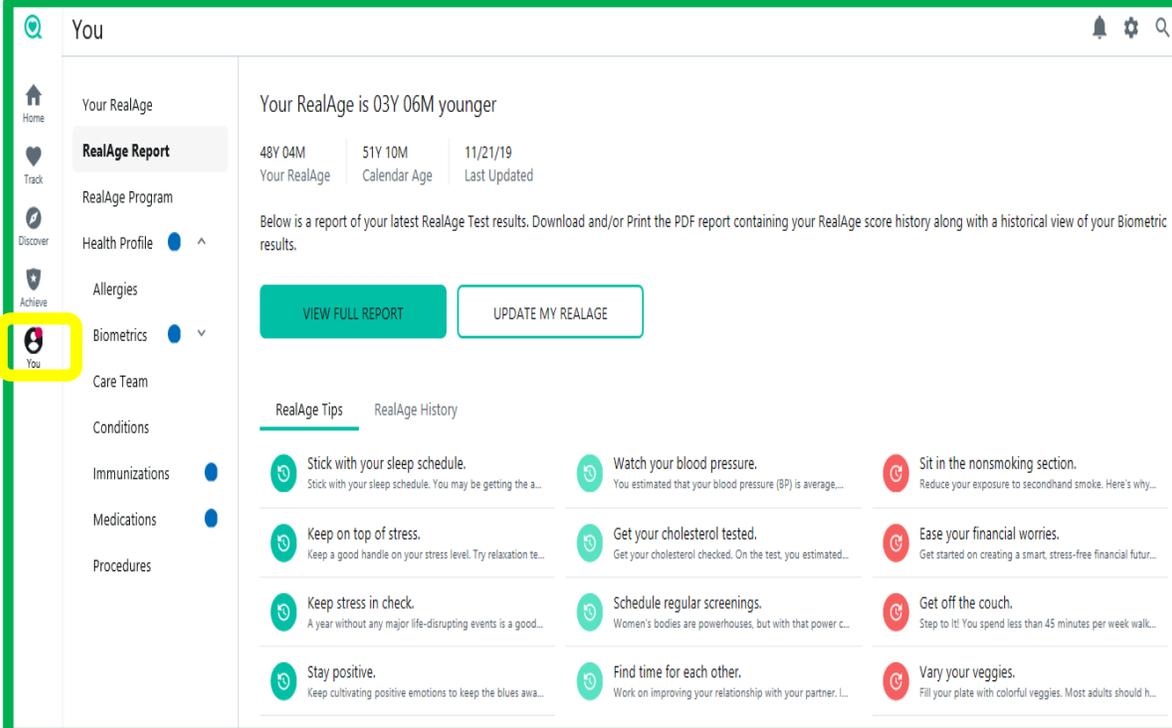
Tobacco Cessation

- Employees, spouses and dependents 18 years and older enrolled in the State of Ohio medical plan can join, at no cost.
- Members get access to unlimited online and phone coaching at no cost to you.
 - For members in the Ohio Med PPO, prescriptions and most over-the-counter products are available to you at no additional cost if you are actively working with a Sharecare health coach.
- To enroll in health coaching, call Sharecare: **1-866-556-2288.**



You: Your RealAge

- Under the *Achieve* badge, is an Icon for *You*.
- Review your survey report, update your RealAge, and view tips on improving your RealAge score.
- Find specific recommendations for improving your RealAge and ways to mitigate identified risk factors.



The screenshot displays the 'You' page of a health application. The page is titled 'You' and features a navigation menu on the left with icons for Home, Track, Discover, Achieve, and You (highlighted with a yellow box). The main content area shows the user's RealAge score: 'Your RealAge is 03Y 06M younger'. Below this, there are two buttons: 'VIEW FULL REPORT' and 'UPDATE MY REALAGE'. The page also includes a section for 'RealAge Tips' with several recommendations, such as 'Stick with your sleep schedule', 'Watch your blood pressure', and 'Sit in the nonsmoking section'.

Home

Track

Discover

Achieve

You

Your RealAge

RealAge Report

RealAge Program

Health Profile

Allergies

Biometrics

Care Team

Conditions

Immunizations

Medications

Procedures

Your RealAge is 03Y 06M younger

48Y 04M Your RealAge

51Y 10M Calendar Age

11/21/19 Last Updated

Below is a report of your latest RealAge Test results. Download and/or Print the PDF report containing your RealAge score history along with a historical view of your Biometric results.

VIEW FULL REPORT

UPDATE MY REALAGE

RealAge Tips

RealAge History

Stick with your sleep schedule.
Stick with your sleep schedule. You may be getting the a...

Watch your blood pressure.
You estimated that your blood pressure (BP) is average...

Sit in the nonsmoking section.
Reduce your exposure to secondhand smoke. Here's why...

Keep on top of stress.
Keep a good handle on your stress level. Try relaxation te...

Get your cholesterol tested.
Get your cholesterol checked. On the test, you estimated...

Ease your financial worries.
Get started on creating a smart, stress-free financial futur...

Keep stress in check.
A year without any major life-disrupting events is a good...

Schedule regular screenings.
Women's bodies are powerhouses, but with that power c...

Get off the couch.
Step to it! You spend less than 45 minutes per week walk...

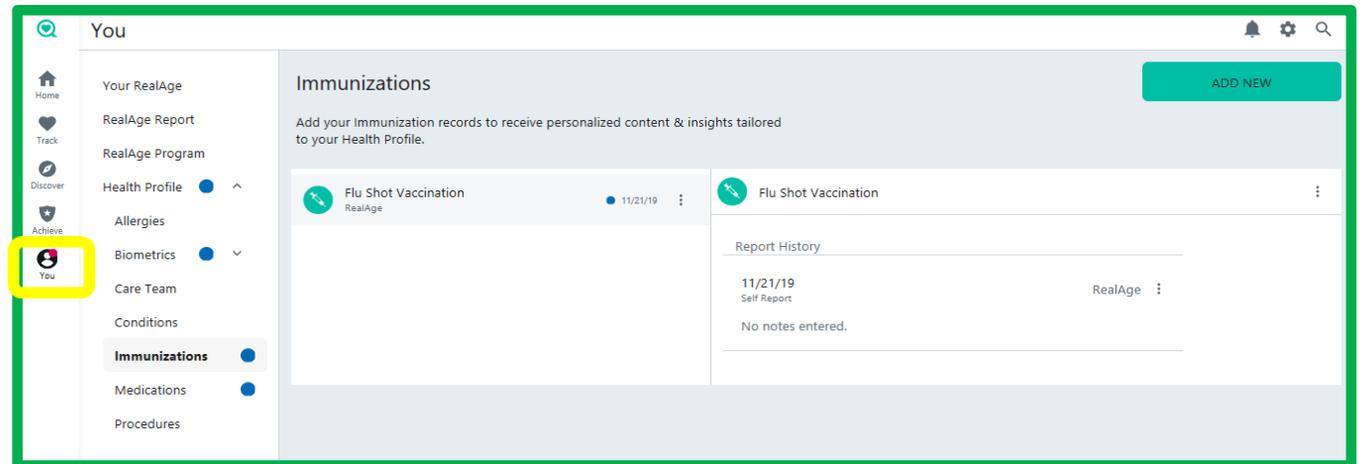
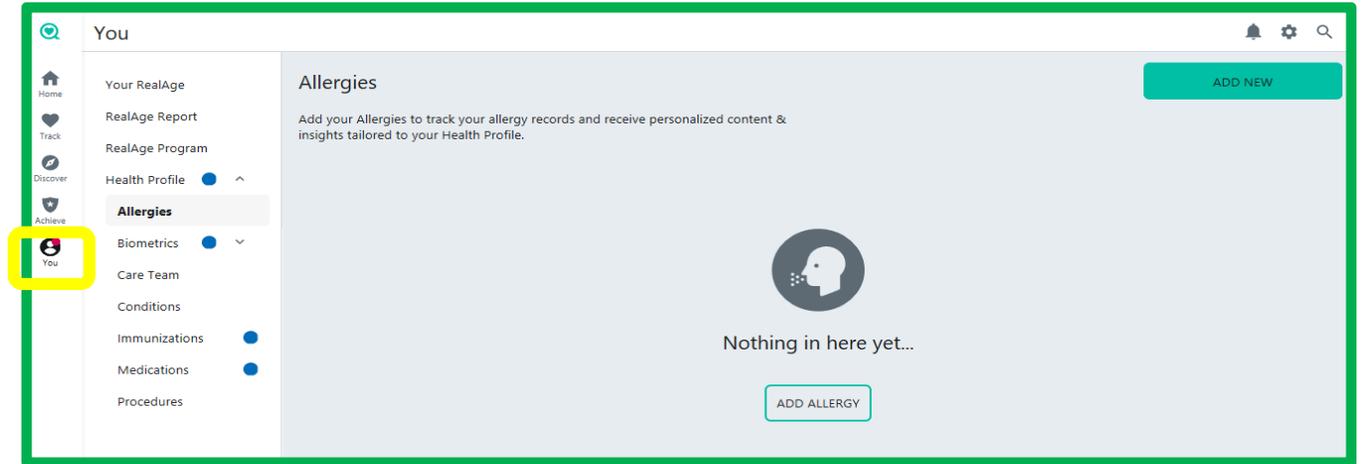
Stay positive.
Keep cultivating positive emotions to keep the blues awa...

Find time for each other.
Work on improving your relationship with your partner. I...

Vary your veggies.
Fill your plate with colorful veggies. Most adults should h...

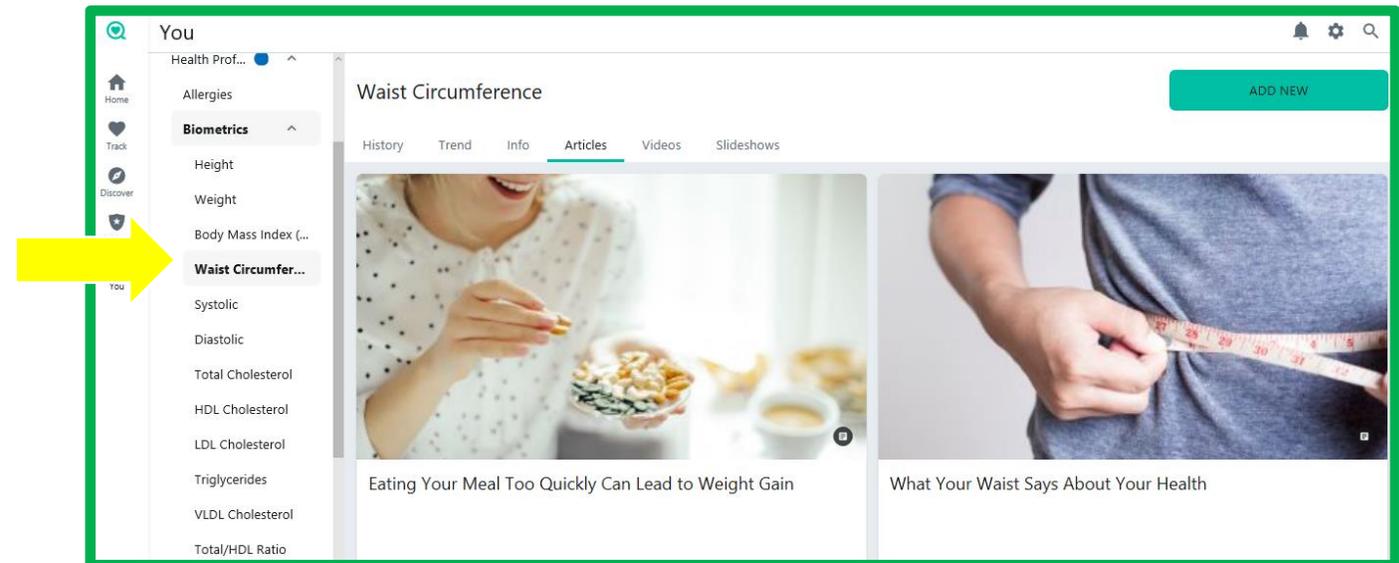
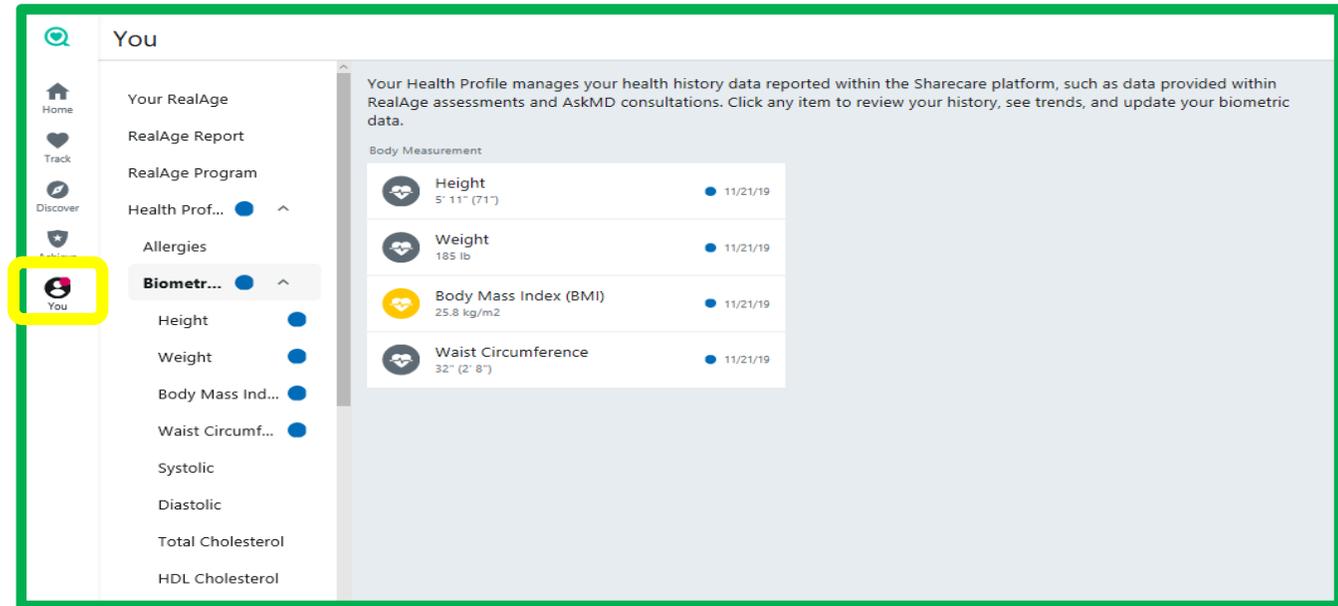
You: Health Profile

- The *Health Profile* is a personal health record, serving as an evolving story of a your health.
- The *Health Profile* section allows you to track immunizations, conditions, medications, and procedures to maintain a comprehensive health history.



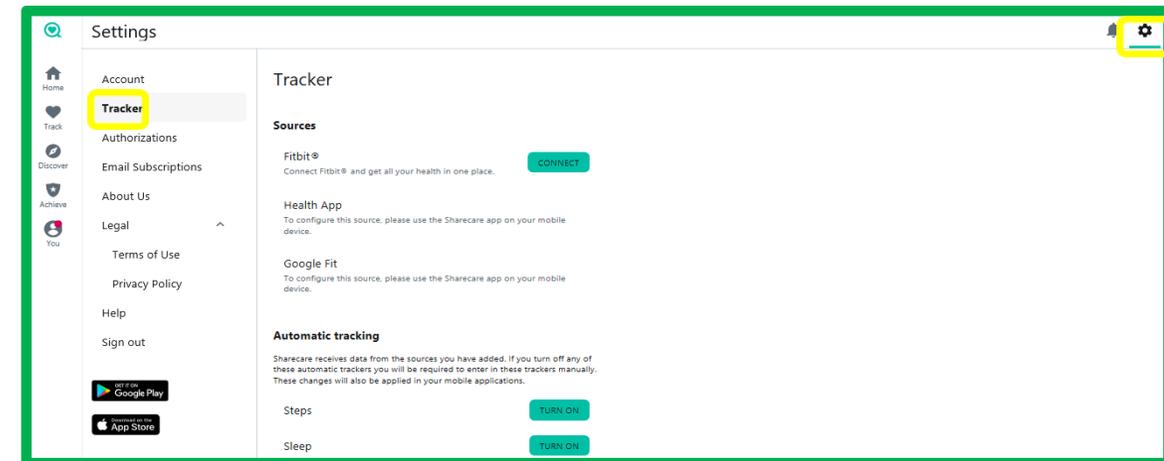
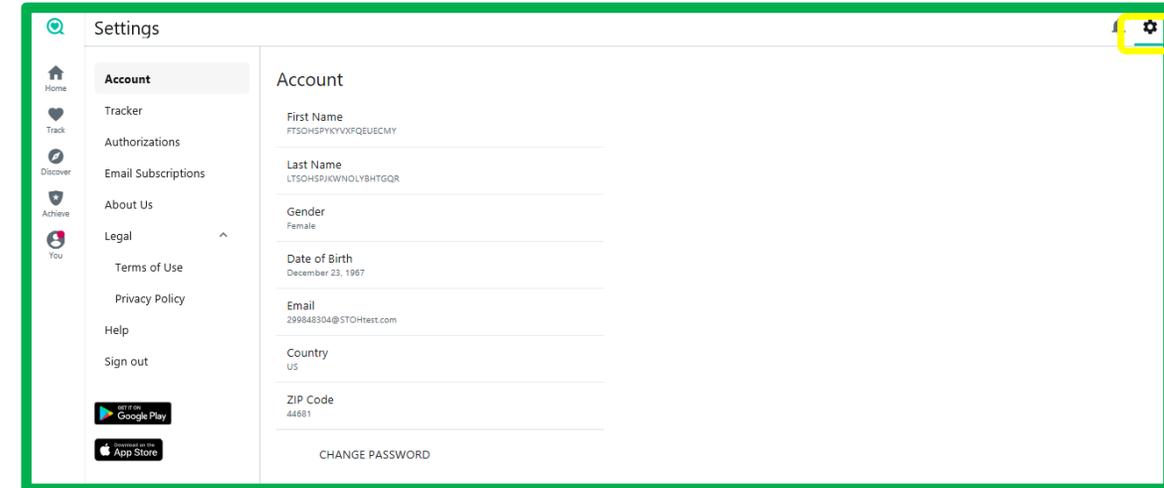
You: Biometrics

- The Biometrics section shows your biometric screening data.
- Beyond viewing your data, you can dive into individual components of your results.
- View articles or videos on specific topics, such as waist circumference.



Settings Section

- View personal data that was used to register your account
- Ability to link tracking from a Fitbit, Health App, and/or Google Fit
- Enable automatic trackers for steps and sleep



Rewards

Enrolled employees and spouses may earn up to **\$350 each** by taking steps to improve their health.

Level 1: Assess Your Health Earn up to \$150 per person	Point Value
Complete the RealAge® Test (starting July 15)	50 Points
Complete a Biometric Screening: <ul style="list-style-type: none">• Complete a biometric screening at an on-site screening event held at a State facility, <u>or</u>• Submit the Physician Form, which is to be completed by your physician	100 Points
Level 2: Take Action Earn up to \$200 per person	Point Value
Points can be earned by completing up to four total actions within the same activity or by combining actions with multiple activities.	
Health Coaching Calls	Earn 50 points for each completed health coaching call, up to four calls
Well-Being Challenges	Earn 50 points for each completed challenge, up to four challenges *Must meet Active Participation requirement

Rewards, continued

More details:

- All reward-eligible activities must be complete by **June 30, 2020**.
- Rewards earned by the State employee and his or her spouse, if applicable, will be reflected on the State employee's paycheck after the completed activity has been processed.
- Taxes: Rewards earned by the State employee and his or her spouse, if applicable, are taxable. Taxes are based on the amount of the reward. The taxes for rewards earned by either the employee or spouse will be deducted from the State employee's paycheck. The paycheck will reflect the amount of the rewards minus the taxes.
- Incentive rewards will be displayed on the employee's paycheck in the 'hours and earnings' section. The incentive rewards will read 'TCLW rewards 20'.



Thank You.

das.ohio.gov/wellness

1-866-556-2288