

Take Charge | Live Well

HEALTHY WEIGHT BIOMETRICS



Small steps today. Big strides tomorrow.

Are you ready to make your health and well-being a top priority? If you completed a biometric screening and your biometrics did not meet the BMI or weight loss standard, the Take Charge | Live Well program can help you improve your health numbers. Take the first step today: start one of the *Getting Active* or *Eating Healthy Journeys*.®

Sign up now: join.virginpulse.com/stateofohio

Already a member? Visit das.ohio.gov/wellness and click **The Hub** tile.



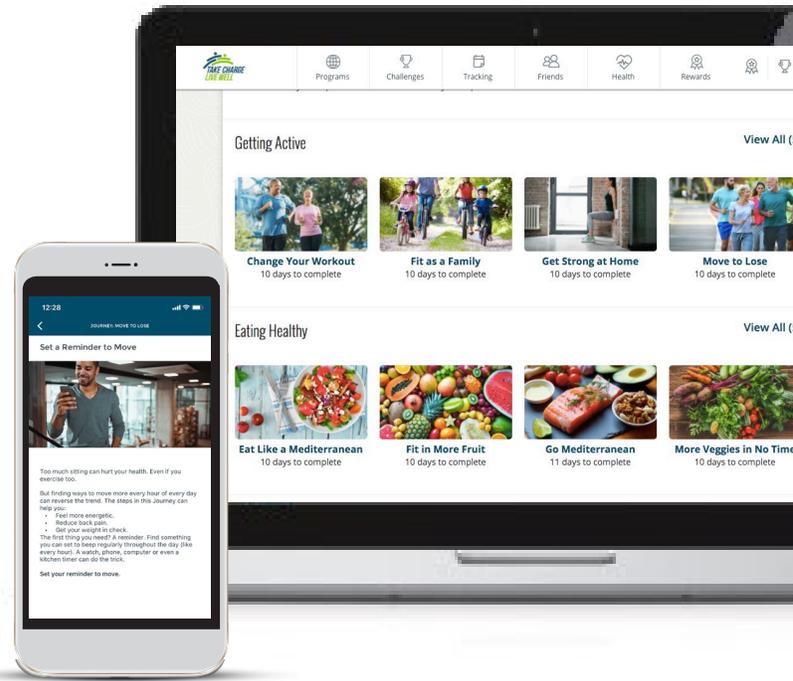
The State of Ohio's Take Charge | Live Well program contracts with Virgin Pulse to manage wellness resources, activities, and Take Charge | Live Well program rewards for employees and spouses enrolled in the State of Ohio medical plan. Personal health information provided is not shared with the State.



Ready to get started?

Follow these easy steps:

- Step 1** Visit das.ohio.gov/wellness and click the **The Hub** tile to get started.
- Step 2** Choose the **Programs** tab. If you don't see Journeys listed, select **All Programs** from the navigation menu.
- Step 3** Click **Start Now** to see the full list of available Journeys.
- Step 4** Scroll through the available Journeys and find the *Getting Active* and *Eating Healthy* categories. Explore the topics and choose the category that aligns with your health goals. Begin one of the Journeys within your desired category.



Please note: you will need to complete all five Journeys within either the Getting Active or Eating Healthy category to earn your healthy biometrics reward. Be sure to get started early, since each Journey takes 2–4 weeks to complete. See below for additional details.

Earn Rewards

To earn, your BMI falls within 18.5 and 29.9, or you have a 5% weight loss (based on your Fiscal Year 2020 biometric screening values). If you do not meet the BMI or weight loss standard, you may complete one of the reasonable alternatives (either ALL 5 Getting Active Journeys, OR, ALL 5 Eating Healthy Journeys) to earn this reward. You will not be rewarded for these Journeys until you complete a biometric screening.

Journeys

Reaching a personal health goal starts with a single step. Journeys are daily, self-guided courses designed to help you build healthy habits. Get started with one of the following topics in either category below:

Getting Active

- Change Your Workout
- Fit as a Family
- Get Strong at Home
- Move to Lose
- Walk Your Way to Fitness

Eating Healthy

- Eat Like a Mediterranean
- Fit in More Fruit
- Go Mediterranean
- More Veggies in No Time
- Smart Proportions

