

Take Charge | Live Well

# PHONE COACHING



## Support is just a phone call away.

It can be tough to manage your health goals all by yourself.

That's why we offer free access to dedicated health coaches who can talk to you on the phone and help you make a plan for getting healthier.

Whether you're looking to improve your eating habits, quit using tobacco, or manage a health issue like diabetes, our health coaches are here for you. They're only a phone call away.

Sign up now: [join.virginpulse.com/stateofohio](https://join.virginpulse.com/stateofohio)

Already a member? Visit [das.ohio.gov/wellness](https://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](https://das.ohio.gov/wellness) and click the **The Hub** tile to get started.
- Step 2** Choose the **Programs** tab. You'll see the coaching tile. Select **Start Now** to see a list of all phone coaching topics available to you.
- Step 3** Scroll down and choose the topic you're interested in.
- Step 4** Find a date with available times on the calendar and choose the time that fits your schedule.

### Schedule a call to:

- Talk to a health and well-being expert
- Get confidential one-on-one sessions to discuss your goals
- Discover new motivation and get personal guidance — all at no cost to you

Our health coaches are available when it's most convenient for you. Whether it's during the week, in the evening, or on a Saturday, you can find the time that works for you.

### Coaching can help you:

- Eat healthy, nutritious foods
- Get more physical activity
- Improve your sleep
- Quit smoking
- Reach a healthy weight
- Reduce stress
- Understand your medications

Do you have a health concern that's new to you or impacts your daily well-being? Our coaches are experienced in helping people manage:

- Anxiety
- Arthritis
- Depression
- Pregnancy
- GERD
- IBS
- Migraine
- Hypothyroidism
- Insomnia
- Alcohol misuse
- Opioid misuse
- Infertility

### What to expect

The first session lasts 30 to 45 minutes and will help you build a meaningful relationship with your coach. Then you'll work with your coach to find the small steps you can take to make progress toward your goal.

During your follow-up 15-minute sessions, you'll update your coach on your progress and plan other steps to help you stay on track.

### Earn rewards

#### Get rewarded for managing your health goals!

- Earn \$25 per lifestyle or condition-management coaching appointment (once a month).
- Earn \$100 for completing tobacco cessation coaching (4 coaching appointments).

