

Take Charge | Live Well

FITNESS



Fitness that fits your life.

Feeling unmotivated, too busy, or not sure where to start when it comes to working out? Wellbeats can help — it's an easy-to-use fitness and well-being benefit that you can access anytime, anywhere. It includes personalized features, goal-based workout plans, work breaks, and more.

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 Hub** tile to get started.
- Step 2** Choose the **Programs** tab. From the navigation menu, select **All Programs**.
- Step 3** Choose the Wellbeats program that aligns with your goals and select **Start Now** to begin.
- Step 4** You'll be directed to Wellbeat's site where you can stream a class, take a fit test, or enroll in a challenge.

Programs

Fitness Classes & Channels:

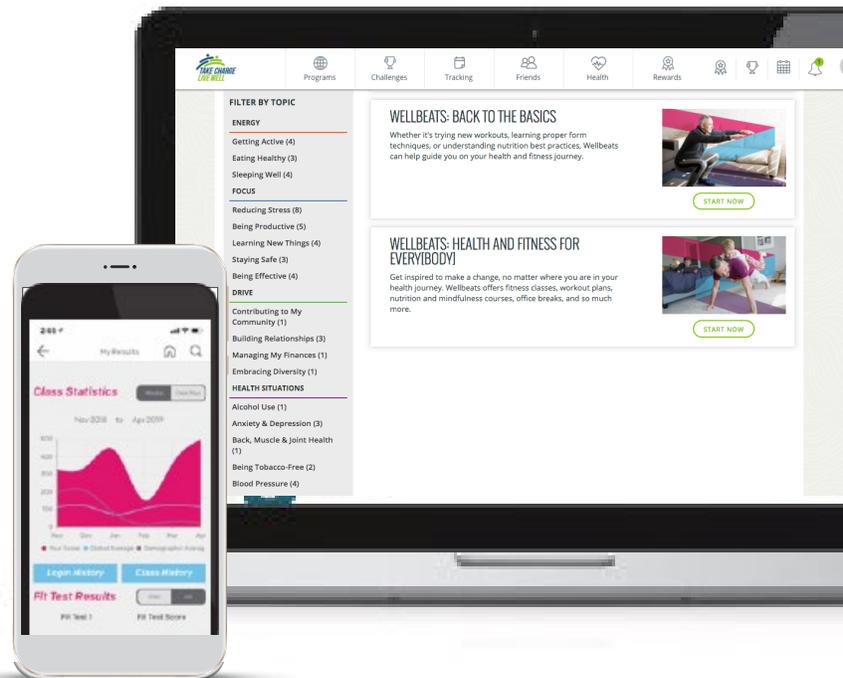
Wellbeats offers 30 channels and hundreds of virtual fitness classes with something for every age, stage, and ability. Filters make it easy to find exactly what you're looking for. Choose from Tutorial, Basic, and a variety of other classes, 1-60 minutes in length.

Challenges:

Goal-based challenges provide you a road map to reaching your fitness goals. Each plan is 2-8 weeks and guides you through daily workouts. Available plans include Lose Weight, Build Strength, Get Fit, and more.

Fit Tests:

You can benchmark and track your results with Wellbeat's Fit Tests. These 10-20 minute workouts incorporate timed activities from our various classes.



Earn Rewards:

Get rewarded for making healthy decisions!

Complete at least 10 fitness classes and earn \$50.

