Take Charge | Live Well

MINDFULNESS

Reduce daily stress.

Breathe. Your personal stress-reliever is here. Let us introduce you to Whil, a leader in mindfulness, yoga and meditation training. Learn to feel calm, build resilience, and live better than ever while improving your emotional well-being, relationships, and sleep.

Sign up now: **join.virginpulse.com/stateofohio**
Already a member? Visit **das.ohio.gov/wellness** and click **The Hub** tile.

Download on the App Store

GET IT ON Google Play

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.

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Ready to get started?
Follow these easy steps:

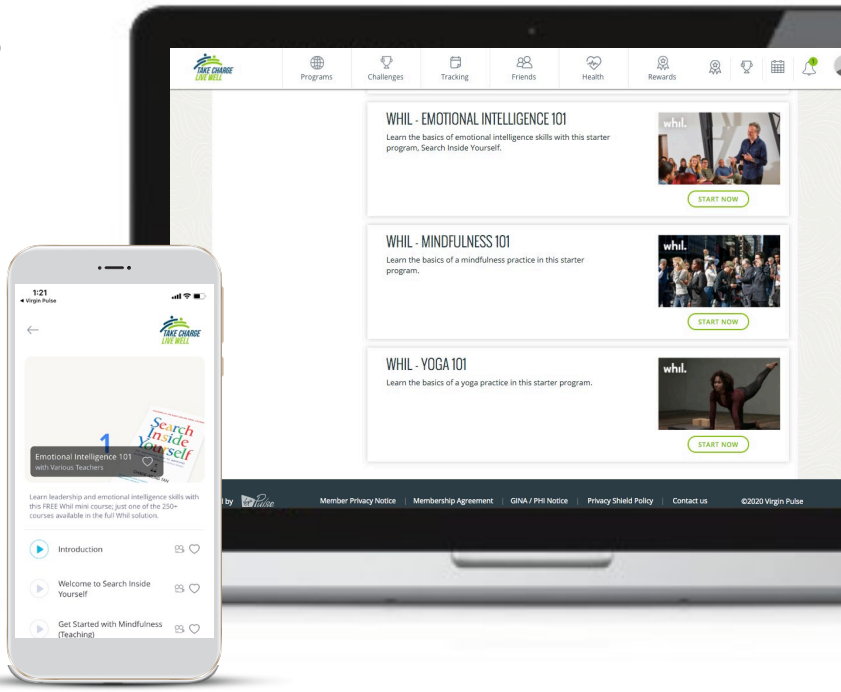
Step 1 Visit **das.ohio.gov/wellness** and click **The Hub** tile to get started.

Step 2 Choose the **Programs** tab. You'll see three Whil programs available: Emotional Intelligence 101, Mindfulness 101, and Yoga 101. Select **Start Now** to get started.

Step 3 Before you can begin, you will be taken to an authorization page. Once you select **Confirm and Continue**, you'll be directed to Whil's site.

Step 4 Accept Whil's Terms and Conditions.

Step 5 Select the Introduction session to get started.



Programs

Emotional Intelligence 101:

Learn the basics of emotional intelligence with the starter program, *Search Inside Yourself.*
(11 sessions)

Mindfulness 101:

Learn the basics of a mindfulness and meditation practice in this starter program.
(7 Sessions)

Yoga 101:

Learn the basics of a yoga practice in this beginner movement program.
(9 Sessions)

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