



HELPFUL HINTS FOR NAVIGATING THROUGH THE HOLIDAYS



CONFIDENTIALITY

Enjoy 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.



EACH DAY COUNTS

- Focus on all the days in between the holidays.
- Don't let one day derail you
- Set your goal BEFORE the holidays are here

KNOW YOUR LIMITS

Ask yourself:

- Does this fit in my day?
- Is this something I HAVE to do?
- Know that it is ok to say “no”
- Ask for help!
- This happens every year





CHANGE YOUR MINDSET

- What can you control?
- Are you being realistic?
- Plan ahead
- Figure out what is going to make **YOU** happy

SLIDE RIGHT ON THROUGH

- Focus on certain foods
- How much is enough
- Back to basics
- Get moving!
- Stay on track



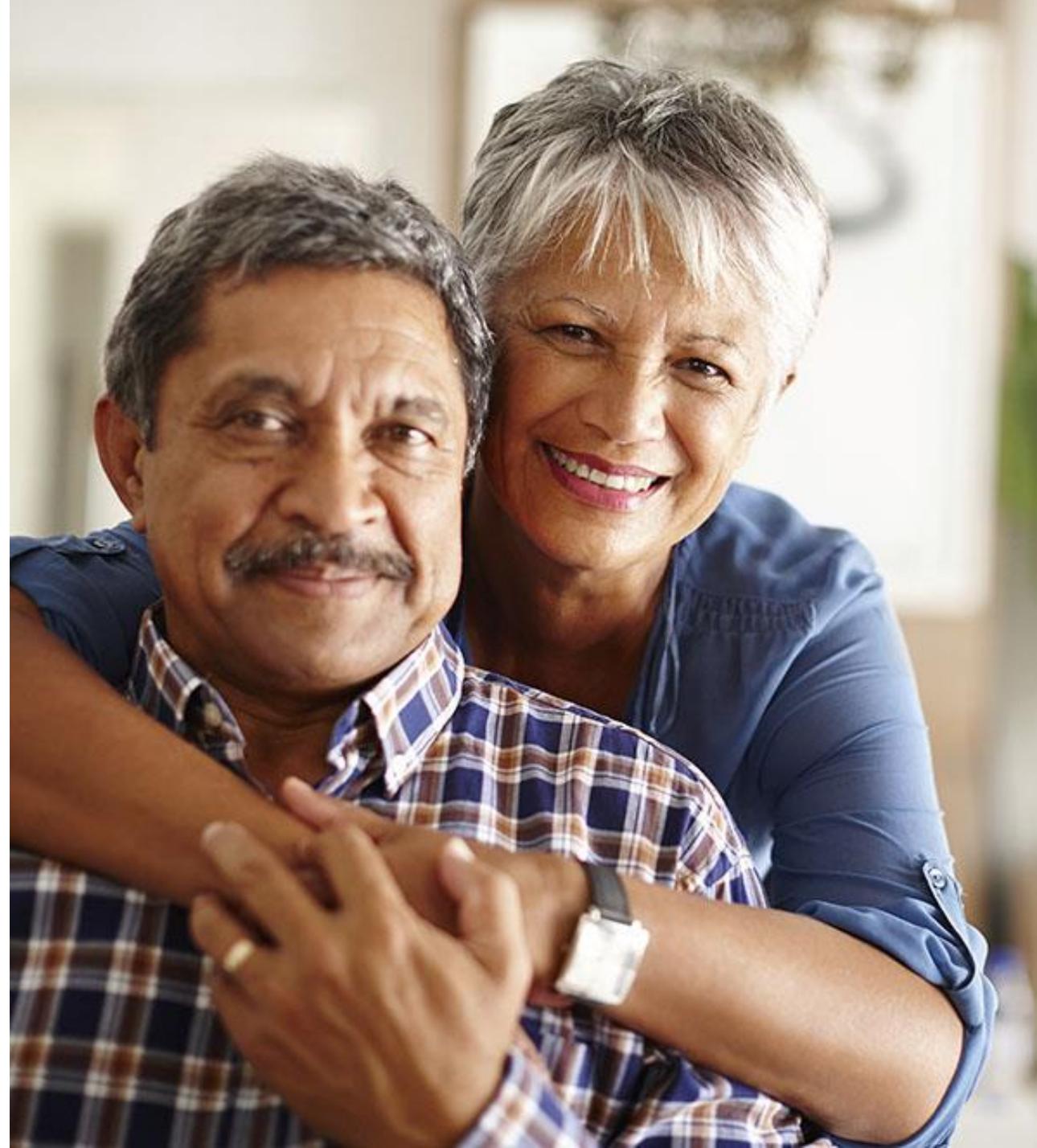


COMMON HOLIDAY STRESSORS

- Weight gain
- Chaotic schedules
- Memories of lost loved ones
- Crowded stores, restaurants, roads, etc.
- Strained familial relationships
- Fatigue
- Lowered immune defense
- Financial concerns

FINANCIAL FOCUS

- Decide how much
- Put into perspective with monthly budget
- Explain to your children
- Consider less-expensive gifts options
 - Donate to a charity in someone's name
 - Give homemade gifts
 - Start a family gift exchange
 - Events vs. items



THE OHIO EMPLOYEE ASSISTANCE PROGRAM

Mission

To assist employees and their dependents in resolving personal and work-related problems by providing quality services, support and solutions that enhance the emotional, behavioral health and overall productivity of employees in a confidential and professional manner



Information & Assistance:

1-800-221-6327 (6EAP)

or 614-644-8545 (Franklin County only)

ohio.gov/eap

OEAP@das.ohio.gov

Optum Behavioral Solutions:

1-800-852-1091

OPTUM BEHAVIORAL HEALTH FAMILY SUPPORT PROGRAM

- The Family Support Program is available to all State employees who carry State of Ohio insurance
- Aims to help families who have children that are using and abusing drugs, up to age 25
- Phone access to licensed clinicians who will assess, educate, support and manage cases of children or adult dependents with substance use disorders (alcohol or drugs).

877-229-3440

liveandworkwell.com | Access Code: 00832

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

HEALTH COACHING

What is it?

- Working with a health coach provides personalized support to help set goals, 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

OTHER WELL-BEING PROGRAM OFFERINGS

Tobacco Cessation Program

- Quitnet: provides access to specialized tobacco cessation coaches and 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

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, or Submit the Physician Form, which is to be completed by your physician	100 Points

Level 2: Take Action, Earn up to \$200 per person

(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

