



Take Charge! Live Well!

Program Guide

Fiscal Program Year 2019-2020

July 1, 2019 – June 30, 2020

Confidentiality

Enjoy all of 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.

The Basics

Eligibility

Employees and spouses covered under the State of Ohio medical plan

- Dependents are eligible for select program features, but not incentives.

Website

- das.ohio.gov/wellness

Customer Service & Health Coaching

- 1-866-556-2288

Date	Description
July 1, 2019	<ul style="list-style-type: none">• First day of program year• Physician Form available to download at das.ohio.gov/wellness• Health coaching calls for current program year begin
July 2019	<ul style="list-style-type: none">• On-site screening events begin
July 15, 2019	<ul style="list-style-type: none">• RealAge Test and Sharecare platform accessible via das.ohio.gov/wellness
November 2019	<ul style="list-style-type: none">• On-site biometric screening events end
June 30, 2020	<ul style="list-style-type: none">• Last day of program year.• Activities must be completed to receive a reward

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

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

Biometric Screening: On-Site Event

There are two ways available to you to complete your biometric screening; on-site or by using the Physician Form.

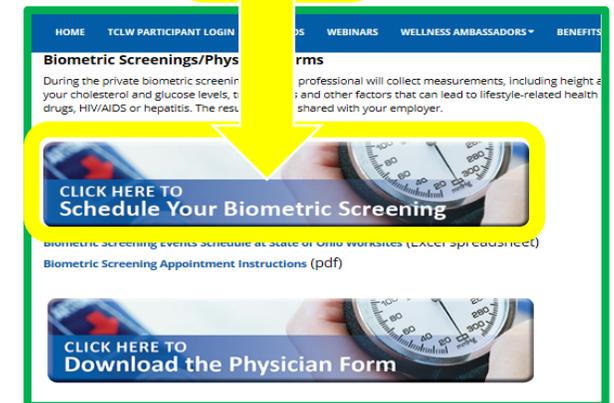
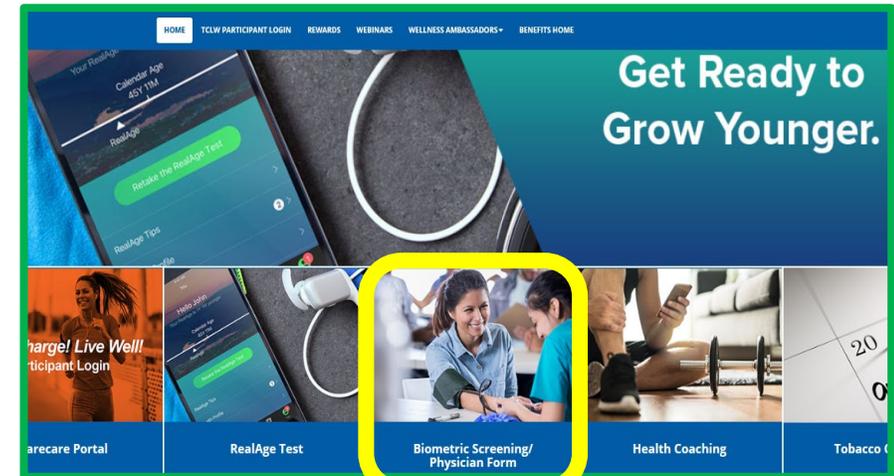
Biometric Screening Events are held each year from July through November at many state worksites. During the biometric screening, a health professional will collect measurements, including height and weight. A sample of your blood will be taken to determine your cholesterol and glucose levels, triglycerides and other factors that can lead to lifestyle-related health complications.

To register for a biometric screening appointment:

1. Go to das.ohio.gov/wellness and click the **Biometric Screening / Physician Form** button.
2. Register as a new user by entering your identifying information to verify your eligibility.
3. Select a screening location and an available appointment time.
4. Set a Microsoft Outlook reminder of your appointment (highly recommended).

As you prepare for your biometric screening:

- Fasting is required – no food or liquids other than water nine hours prior to the appointment. The fasting tests provide you with the most accurate account of your current health status;
- Drink plenty of water – this will make it easier to give a blood sample;
- Continue to take medication as prescribed the day of your biometric screening
- Arrive five minutes early to check-in and allow about 15 minutes in order to complete the screening process.



Biometric Screening: Physician Form

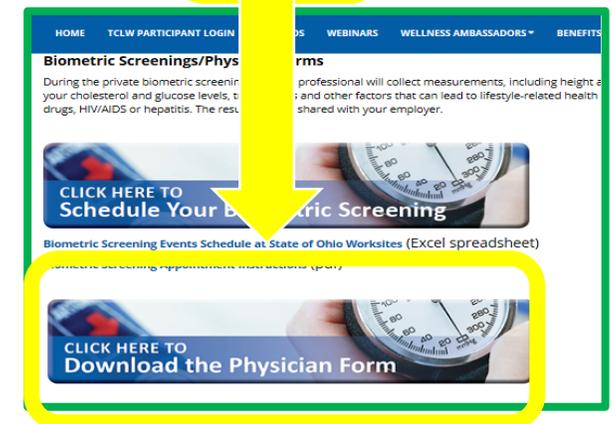
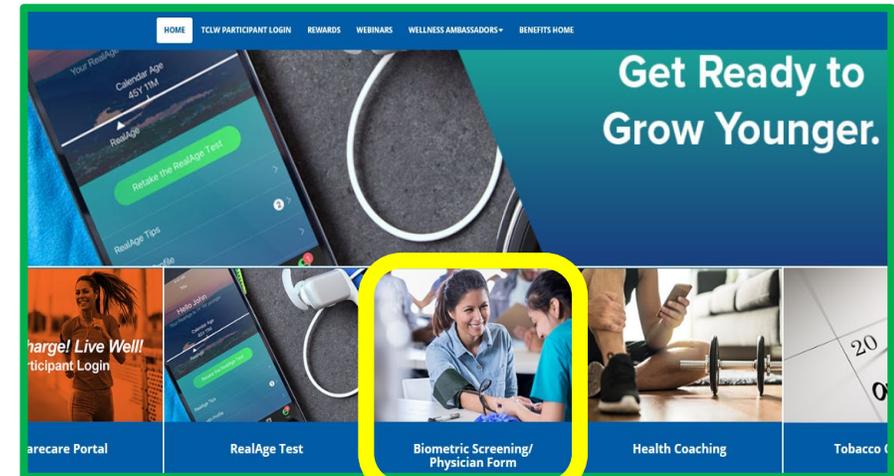
There are two ways available to you to complete your biometric screening; on-site or by using the Physician Form.

To access the Physician Form:

1. Go to das.ohio.gov/wellness and click on the **Biometric Screening / Physician Form** button;
2. Select the **Physician Form** link, and complete the registration instructions to generate, download and print your personalized form. Input your information exactly as it is listed in OAKS;
3. Complete the Form with your primary care provider; and
4. Submit your completed form via mail, fax or upload instructions listed on the document.

Lab results must be obtained between July 1, 2019 and June 30, 2020 to count towards current program year incentive credit. Forms and/or results obtained prior to June 30, 2019 will not be accepted for current program year credit.

One preventive physical is covered at 100 percent through the State of Ohio medical plan during each plan year.



Telephonic Health Coaching

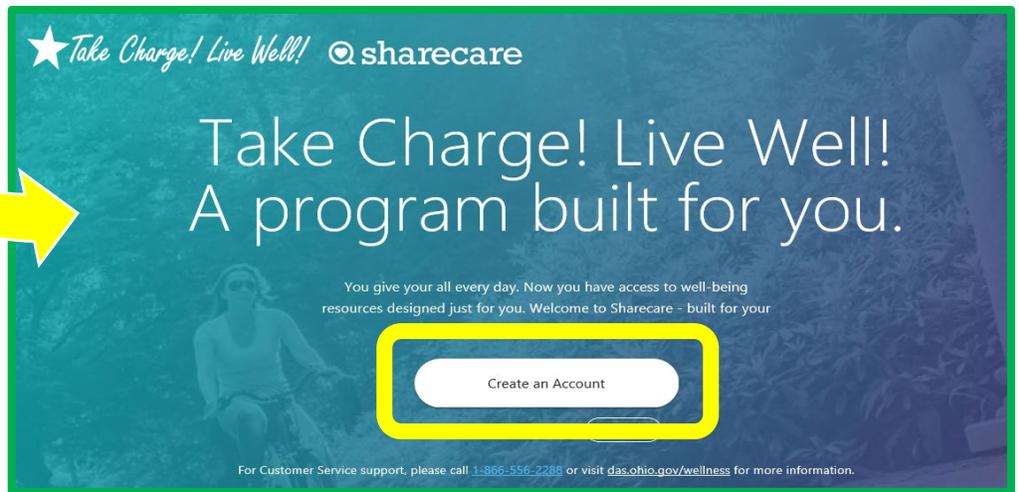
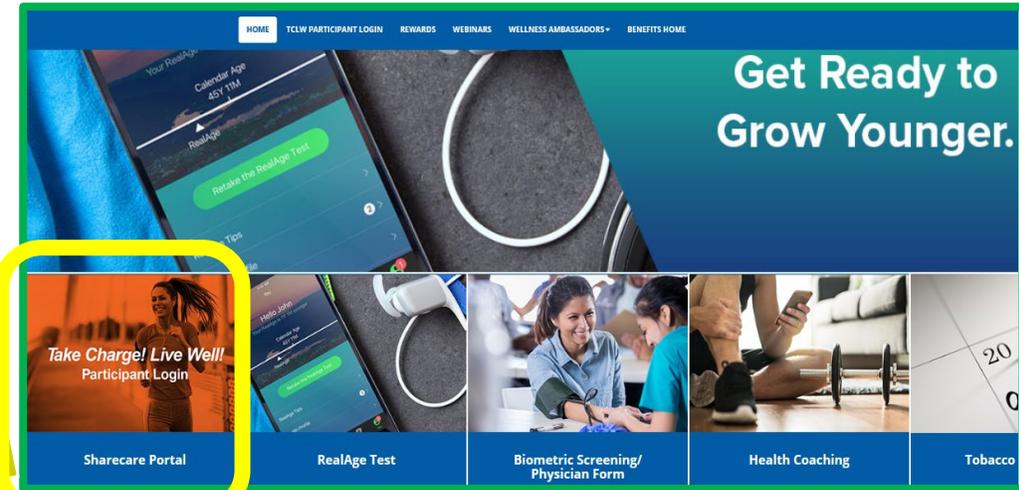
What is it?

- Working with a health coach provides personalized support to help 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.

Accessing the Sharecare Portal

- Starting on July 15th the Sharecare Portal and Sharecare App will be replacing Well-Being Connect.
- The Sharecare portal will be accessible via desktop and mobile devices.
 - Members will have to create an account on a desktop computer, tablet, or mobile phone before downloading the smartphone app.
- To get started go to das.ohio.gov/wellness and click on the “Sharecare Portal” tile. You will be taken to the portal where you can create an account.



Registering as a New User

- All members will need to create new accounts for this program year.
- Select “Create an Account” from the sign-in page, and then create an account by using your first and last name (as listed in OAKS,) gender, date of birth, ZIP code, and last 4 digits of your SSN, then pressing “Next”.
- On the following popup, input an email address (personal email is recommended), create a password, and press “Next”. Be sure to write down your email and password for future reference.

1  Take Charge! Live Well! @sharecare

Take Charge! Live Well!
A program built for you.

You give your all every day. Now you have access to well-being resources designed just for you. Welcome to Sharecare - built for your world, to go where you go.

Create an Account

Already a Sharecare User? [Sign In](#)

base call 1-866-556-2288 or visit das.ohio.gov/wellness for more information.

2

Create Your Sharecare Account

Create an account then take the RealAge Test to get an accurate measure of your overall health, and personalized recommendations on how you can improve it.

Already a Sharecare User? [Sign In](#)

A few details to customize your experience.

First Name

Last Name

Gender

Date of Birth (MM/DD/YYYY)

Postal Code

3

 Take Charge! Live Well! @sharecare

Choose Your Login Credentials

Note: If you have an existing account, you may sign in and we'll connect your accounts. If your password doesn't work: [Reset your password](#)

Account Info

Email

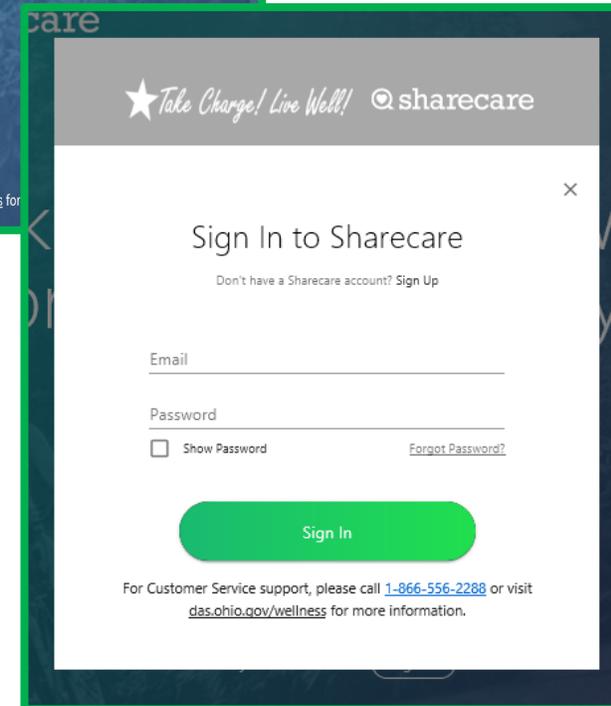
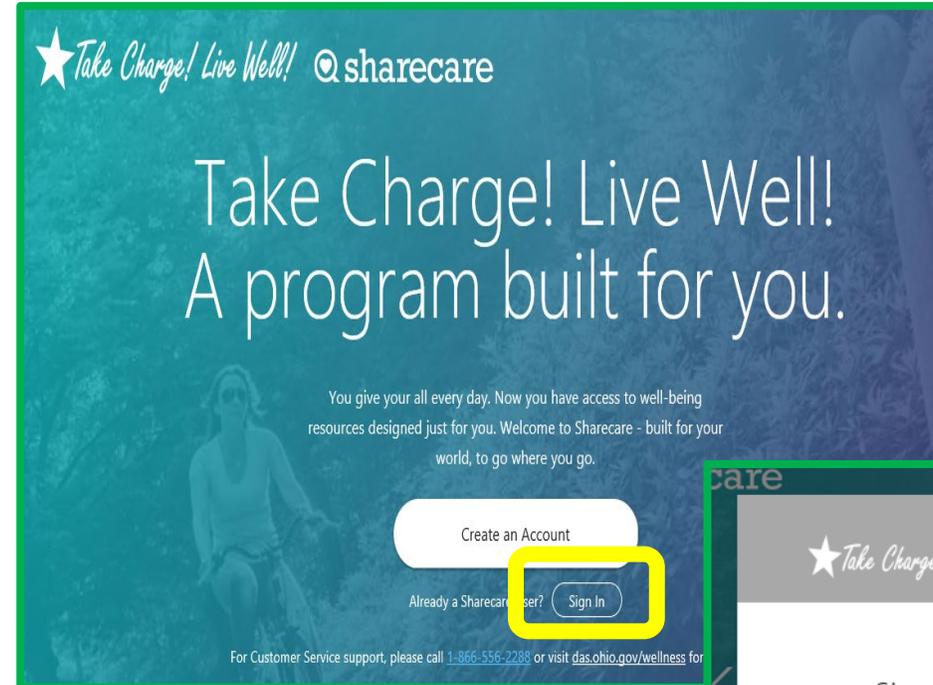
Password Show Password

Next

For Customer Service support, please call 1-866-556-2288 or visit das.ohio.gov/wellness for more information.

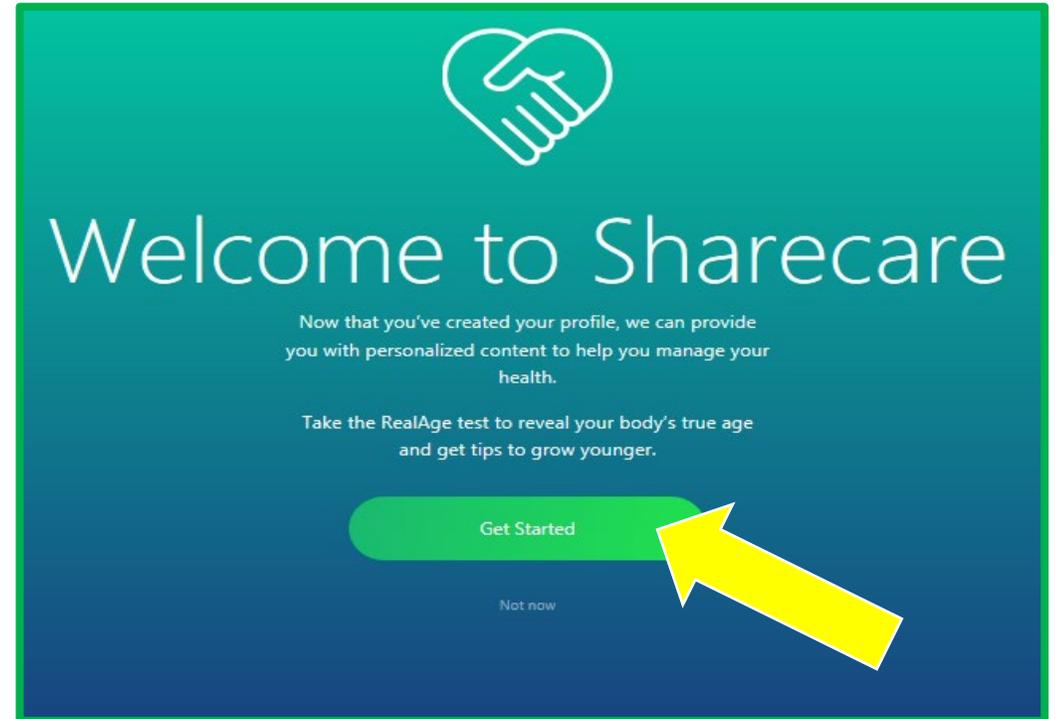
Returning Users

- After you have created an account you will return to the site as an existing user by clicking on **“Sign In”**.
- Passwords are case-sensitive.
- If you forget your sign-in credentials:
 - Use the **“Forgot Password?”** links above the **“Sign in”** button. The information will be sent to the email address that you entered when registering.
 - Or, contact Sharecare Customer Service at the number listed at the bottom of the page for direct assistance.



RealAge[®] Test

- Beginning July 15, members can access the RealAge[®] Test by visiting at das.ohio.gov/wellness and clicking on the **Sharecare portal** button.
- Once signed in, the screen to the right displays what someone will see to begin the RealAge[®] Test.
- The RealAge Test is replacing the Well-Being 5 Survey, and will be worth 50 points (the same value as the Well-Being 5 Survey)
- To begin the test, select the **Get Started** button.



RealAge® Test

- The survey includes a variety of question formats such as sliding scales, multiple choice and write-in responses. There is an option at the top of the page that allows you to quit and sign out at any time and return to complete the rest survey at a later time.
- Additional features of the survey include the option to select, “Don’t know.” Once you answer a question, it automatically moves to the next question for you, though you can move back at any time using the back arrow on the left.
- Your responses to this survey and any online activity are kept confidential from your employer.

RealAge
0%

Quit
Progress is saved automatically

How tall are you?

Feet

Inches

Back

Next

Detailed description: This screenshot shows the first question of the RealAge Test. The question is "How tall are you?". Below the question are two input fields: "Feet" and "Inches". There are "Back" and "Next" buttons on either side of the question. At the top right, there is a "Quit" button with the text "Progress is saved automatically" below it. The progress indicator at the top shows "RealAge 0%".

RealAge
1%

Quit
Progress is saved automatically

How would you rate your physical health compared with others your age?

Excellent

Very good

Good

Fair

Poor

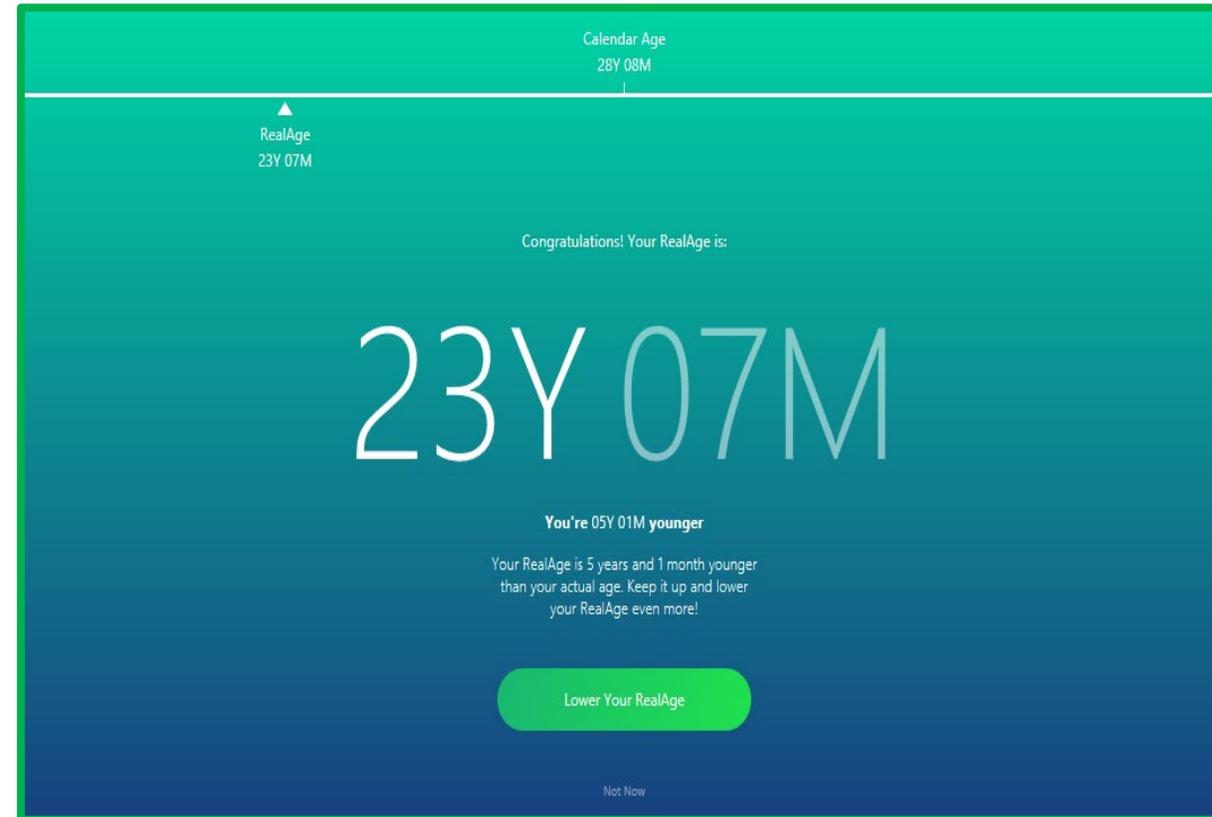
Back

Next

Detailed description: This screenshot shows the second question of the RealAge Test. The question is "How would you rate your physical health compared with others your age?". Below the question are five radio button options: "Excellent", "Very good", "Good", "Fair", and "Poor". The "Good" option is selected. There are "Back" and "Next" buttons on either side of the question. At the top right, there is a "Quit" button with the text "Progress is saved automatically" below it. The progress indicator at the top shows "RealAge 1%".

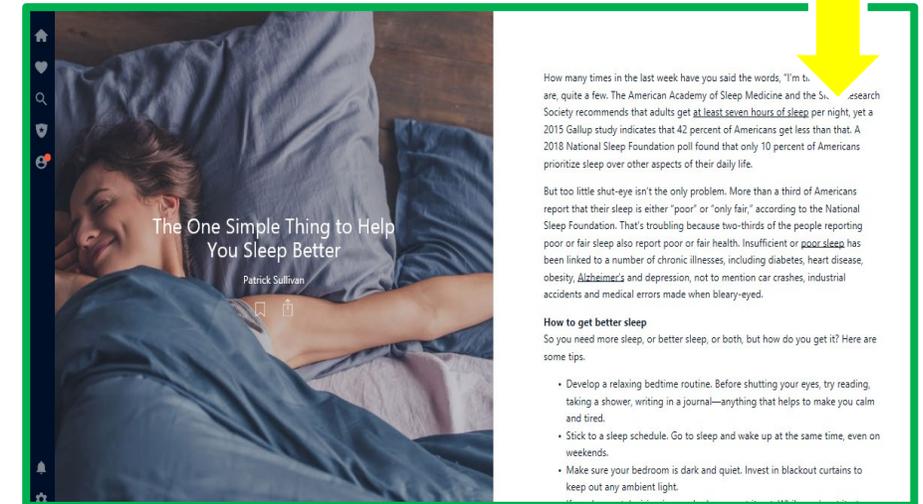
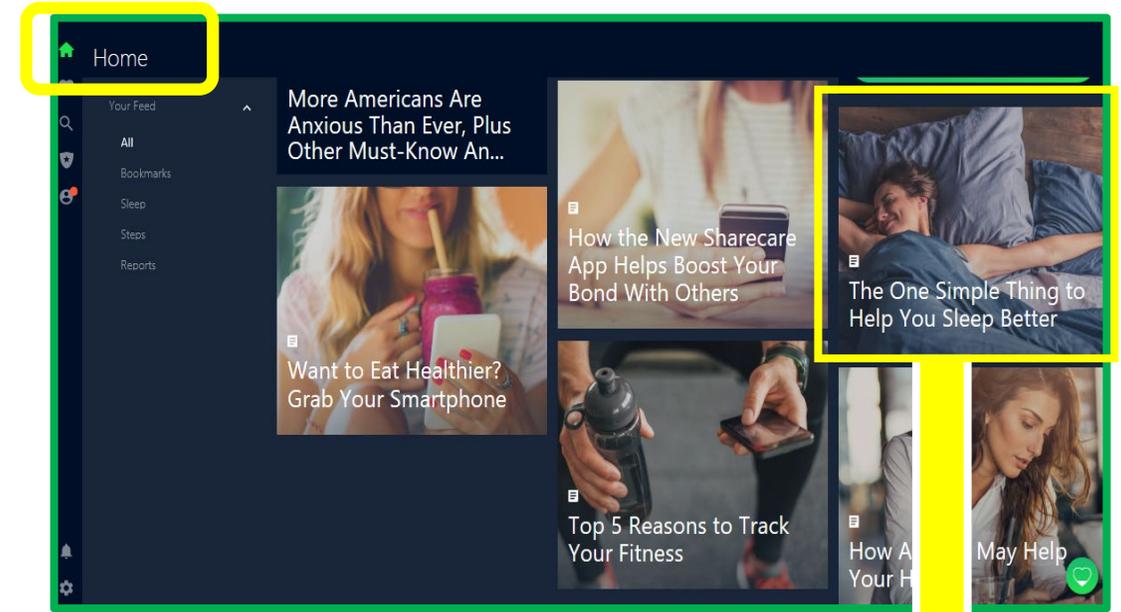
RealAge® Test Results

- Taken by more than 42 million people, this scientifically-based assessment shows you the true age of the body you're living in – the first step toward improving your well-being.
- The RealAge Test® assesses your eating, exercise, and sleep habits, along with family health history, behaviors, and existing conditions.
- At the conclusion of your test you will receive an RealAge in years and months based off your responses.



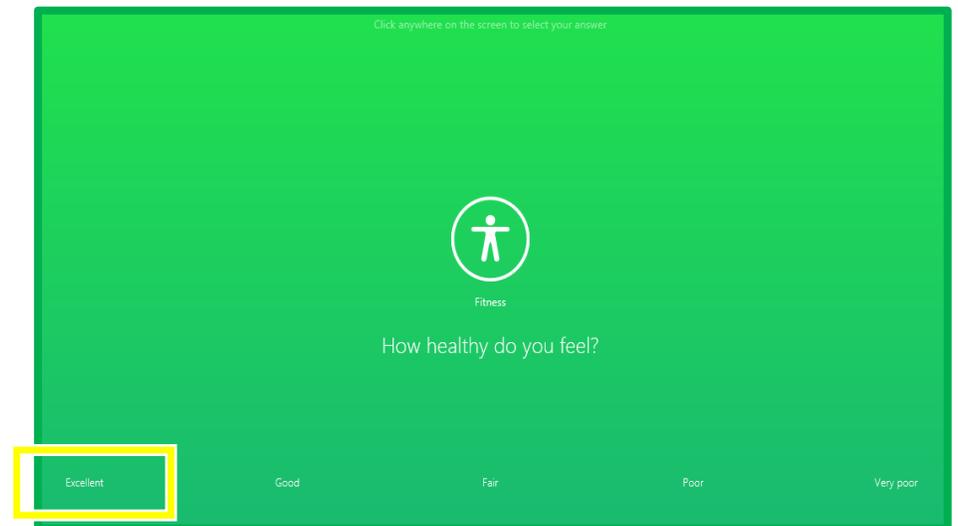
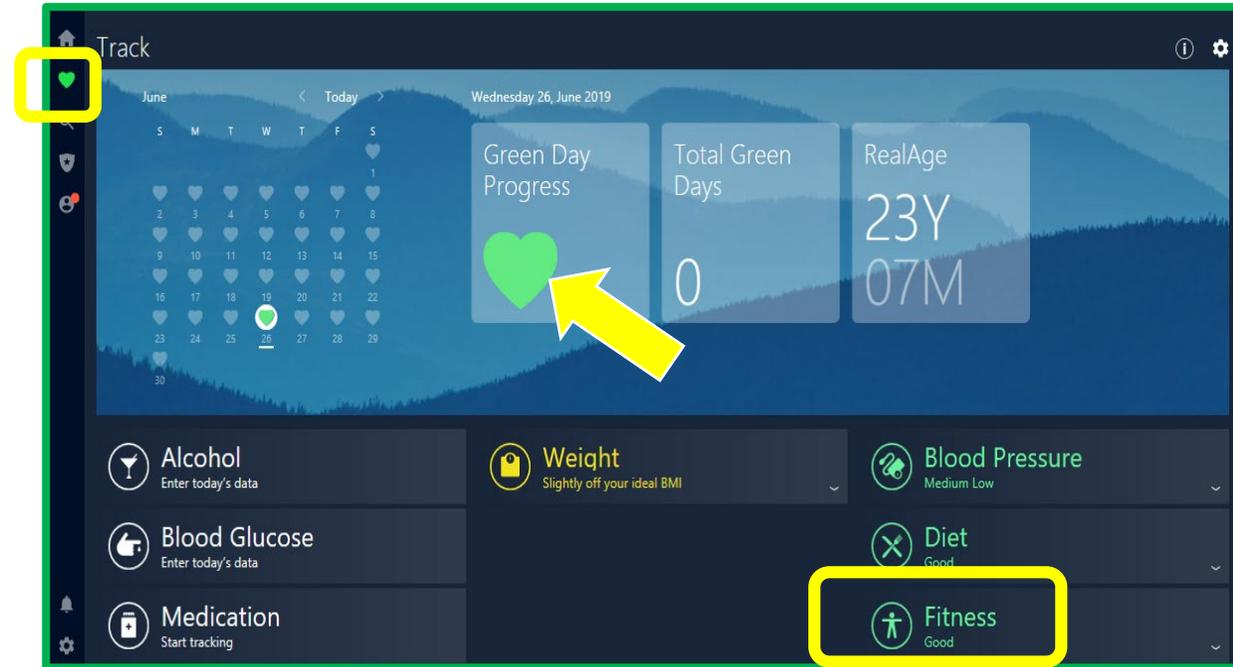
Home

- The homepage is the entry point into your portal, after you've completed the RealAge Test. It is signified by a house image in the upper left hand corner of the page.
- This page contains articles that are relevant to you based off your RealAge Test responses, biometric results, and subscribed-to health topics.
- These articles range in topics from eating, exercise, sleep habits, and more.



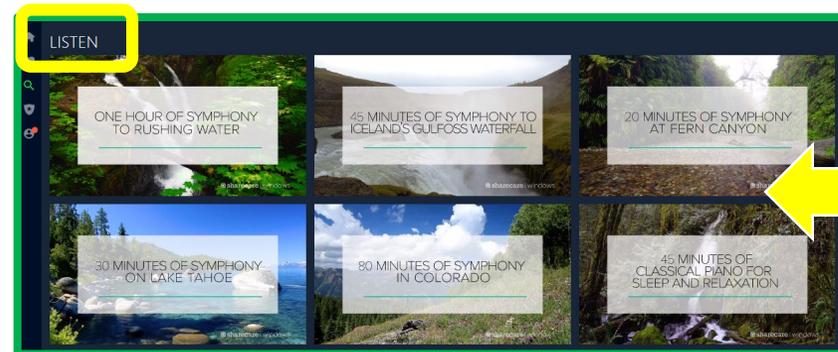
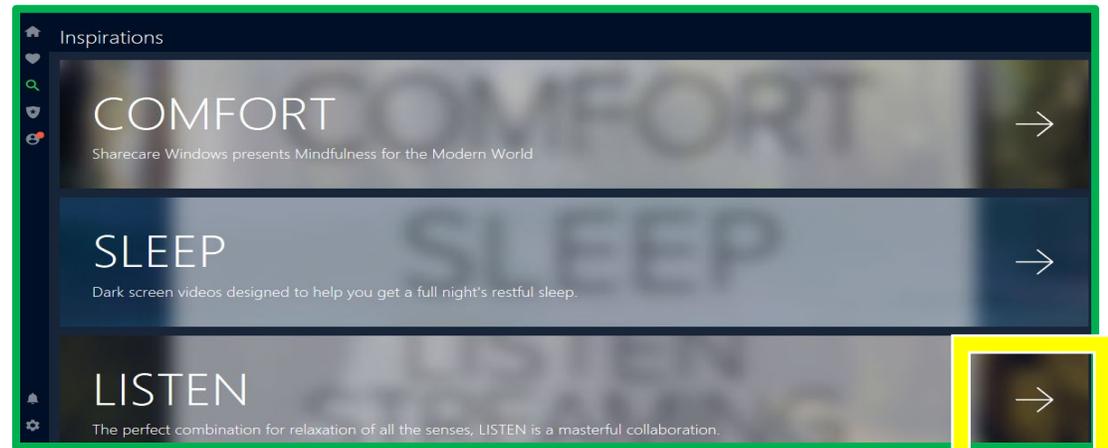
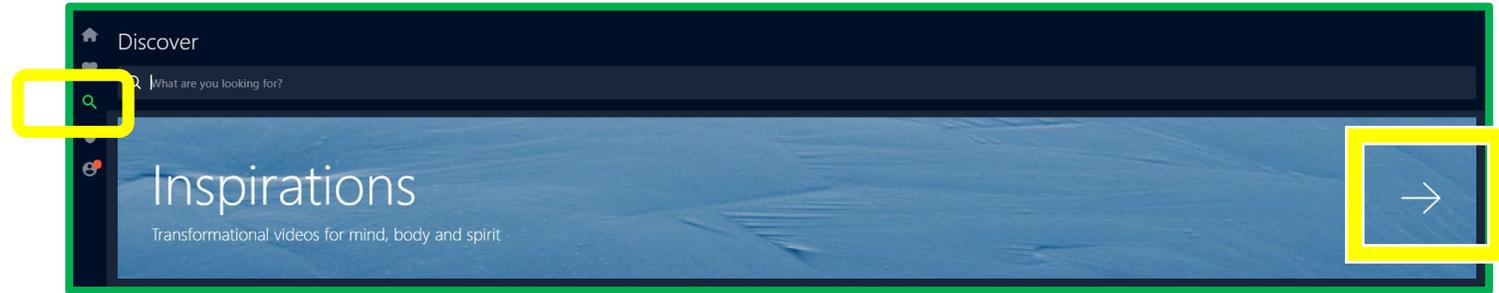
Tracking

- The *Track* page can be found by selecting the heart shape, under the homepage image of a house.
- The *Track* page is where you can track your diet, blood pressure, stress, and other daily behaviors.
- The goal is to track enough activities “in the green” (healthy range) that you completely fill up your green day heart.

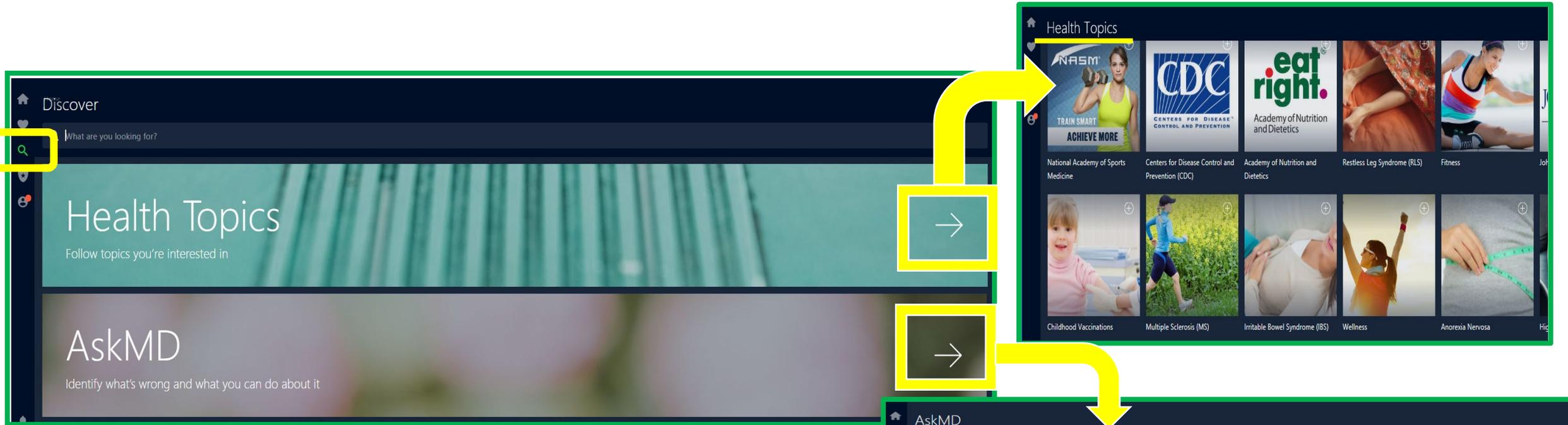


Discover: Inspirations

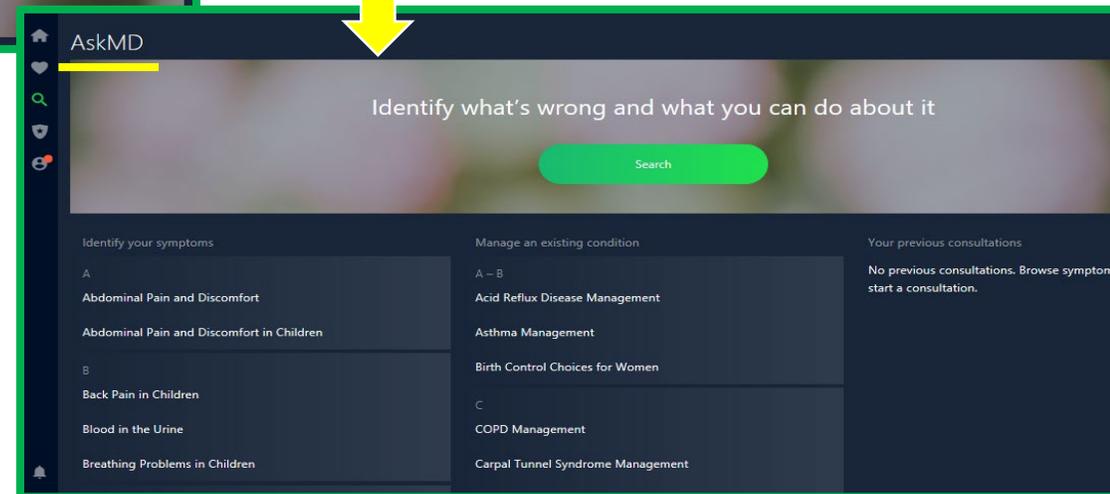
- Beneath the heart is a magnifying glass which signifies the *Discover* page.
- The *Discover* page houses Inspirations, Health Topics, and AskMD.
- Inspirations provides relaxation and wellness videos that empower users to find stillness and peace in their everyday life.



Discover: Health Topics & AskMD

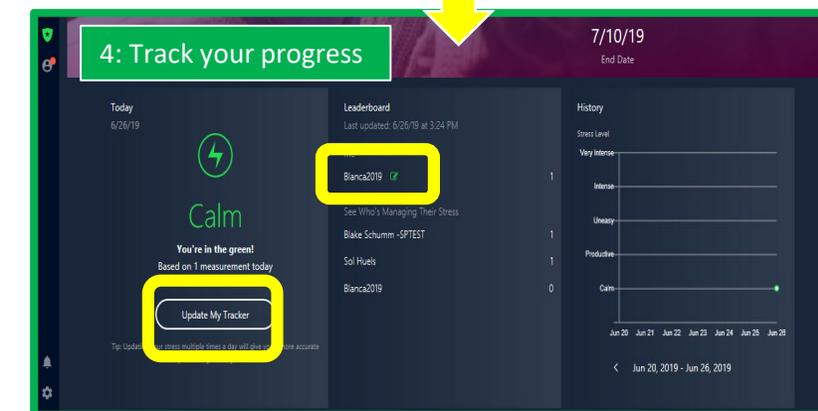
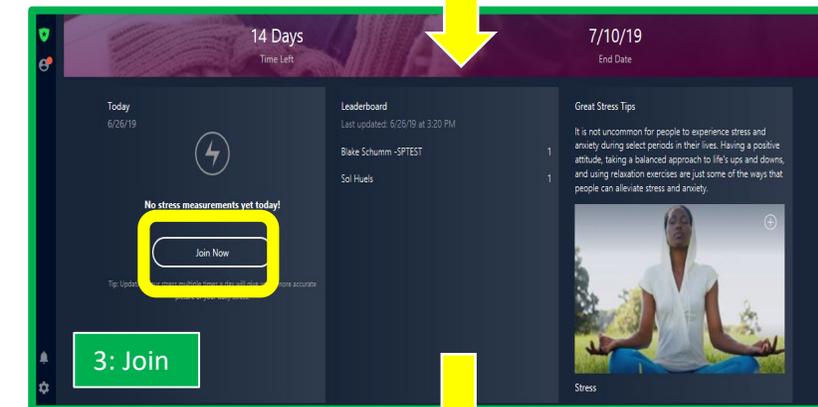
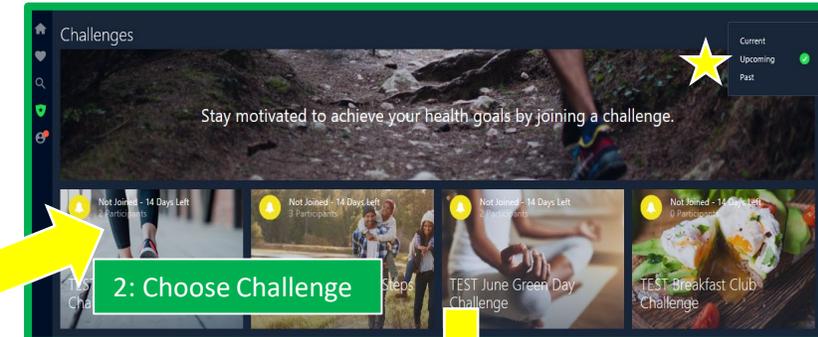
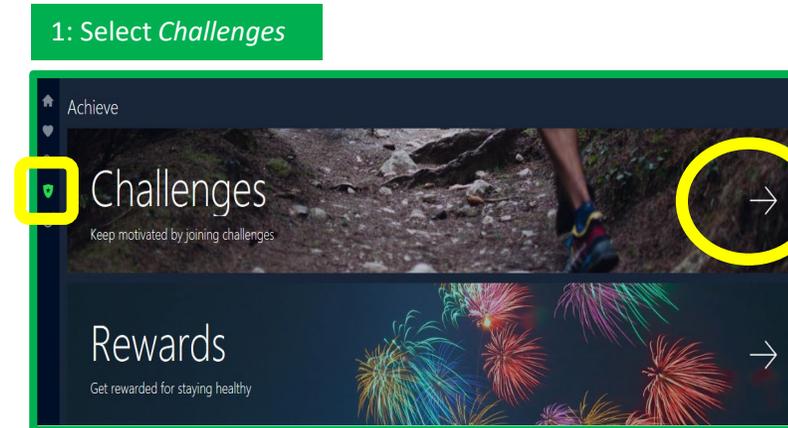


- **Health Topics** is a library of health and wellness information. Users can search for a wide variety of topics within this section, and subscribe to topics.
- **AskMD** is a personalized health consultation and comprehensive symptom checker that matches user answers against the latest clinical research to help members take ownership of their health and be better informed before visiting the doctor.



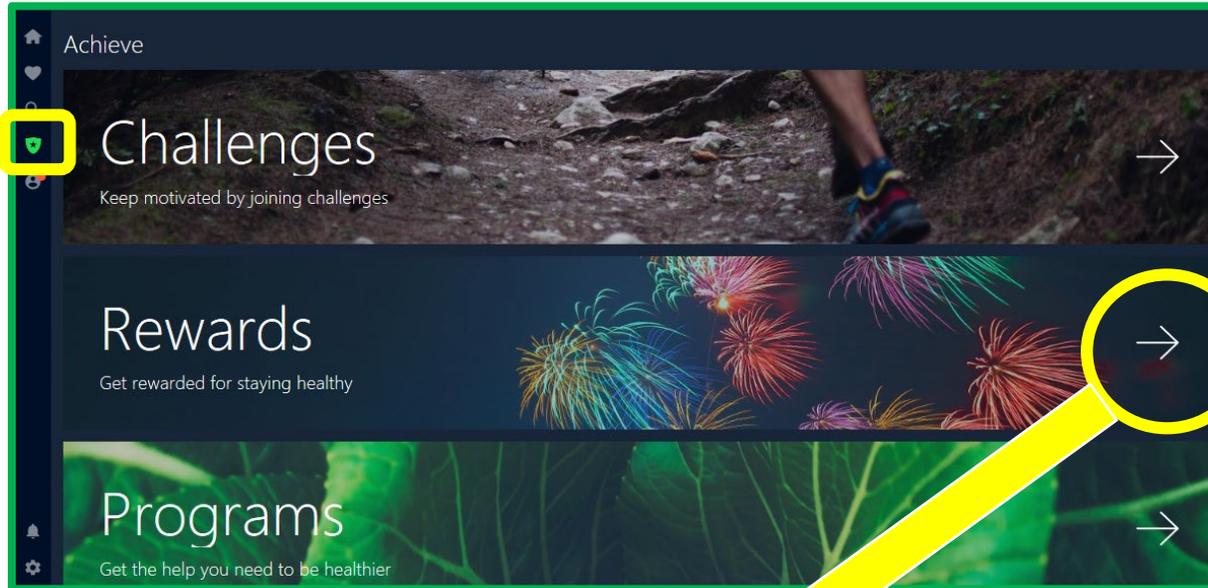
Achieve: Challenges

- Select the badge (under magnifying glass) which signifies the *Achieve* page.
- Members can participate in a monthly challenge to earn rewards.
 - Each challenge gives you the opportunity to earn 50 points (at a maximum of up to 200 points total)
- Participants must track their activities for at least 21 day of the month-long challenge to earn the reward.

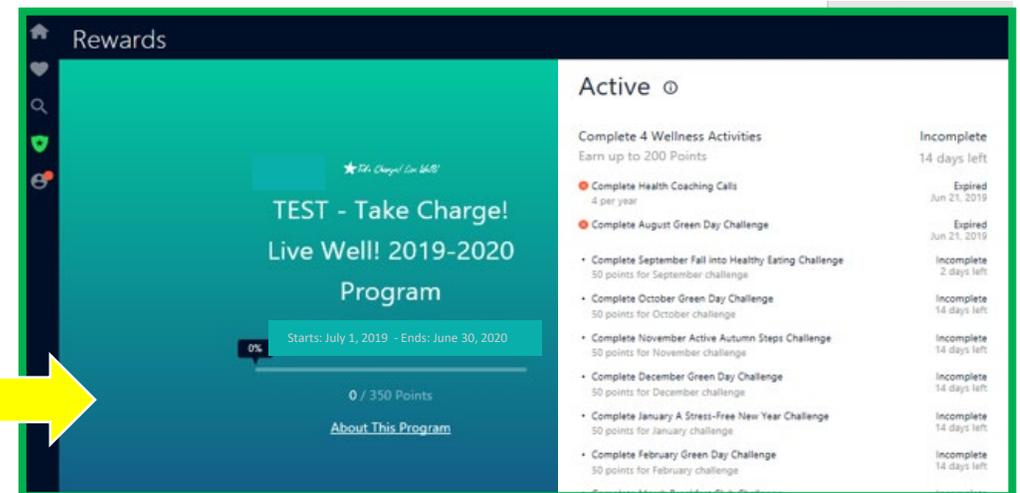
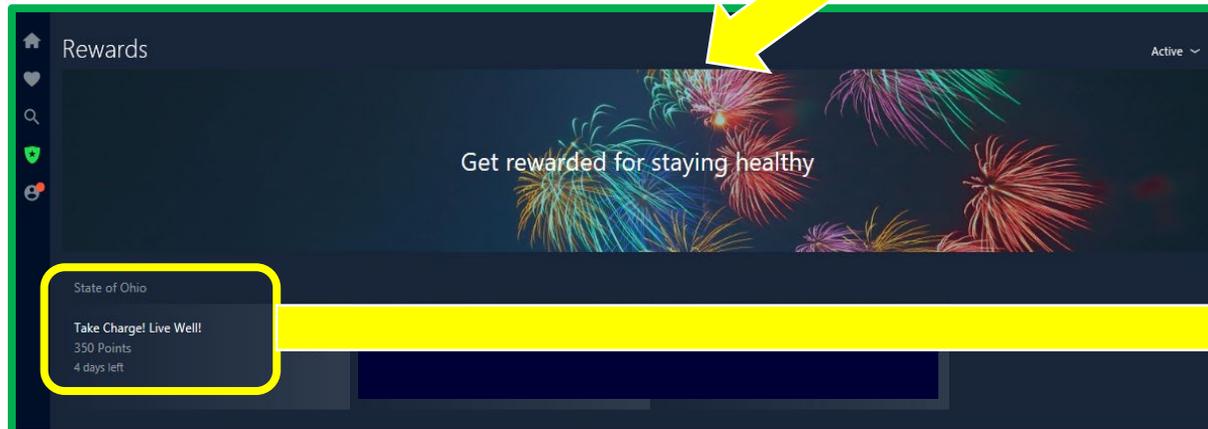


Note: These images are EXAMPLES, and not *Take Charge! Live Well!* challenges.

Achieve: Rewards

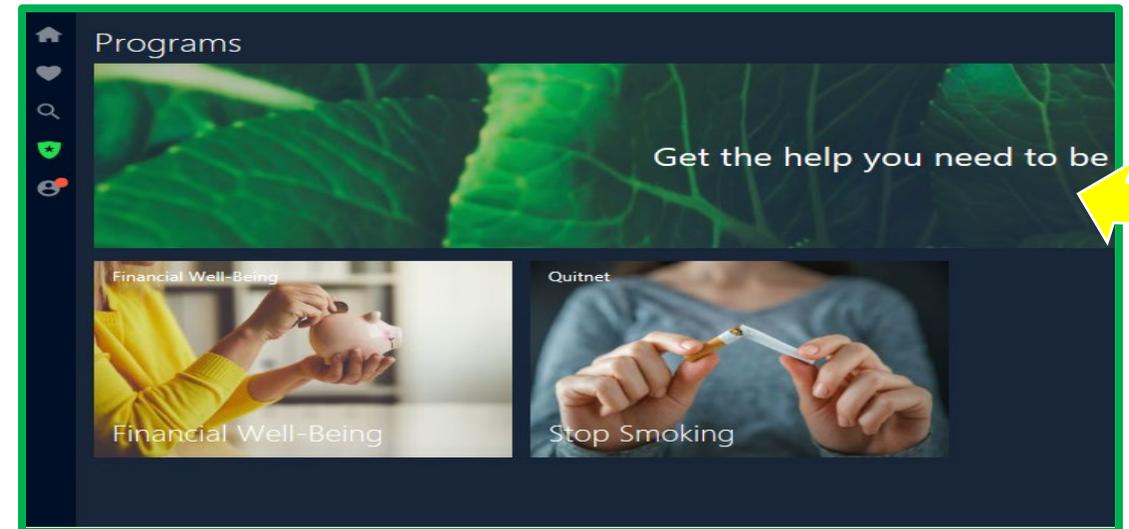
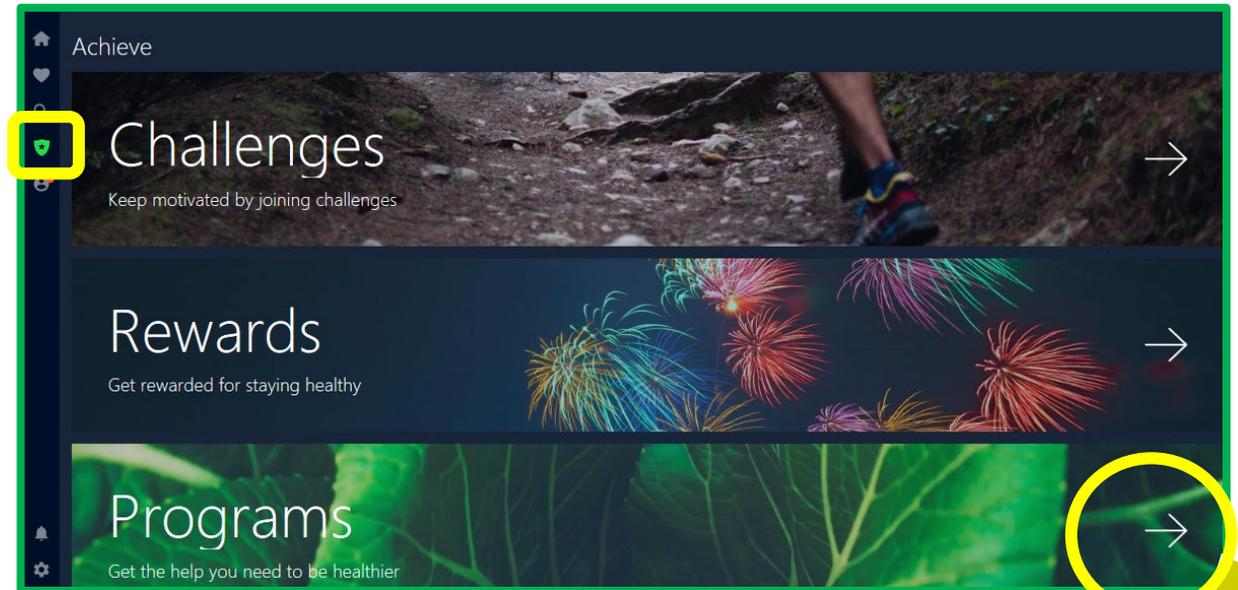


Within the Rewards section, you can review what activities you've completed, as well as all of the activities you're eligible to complete towards rewards.



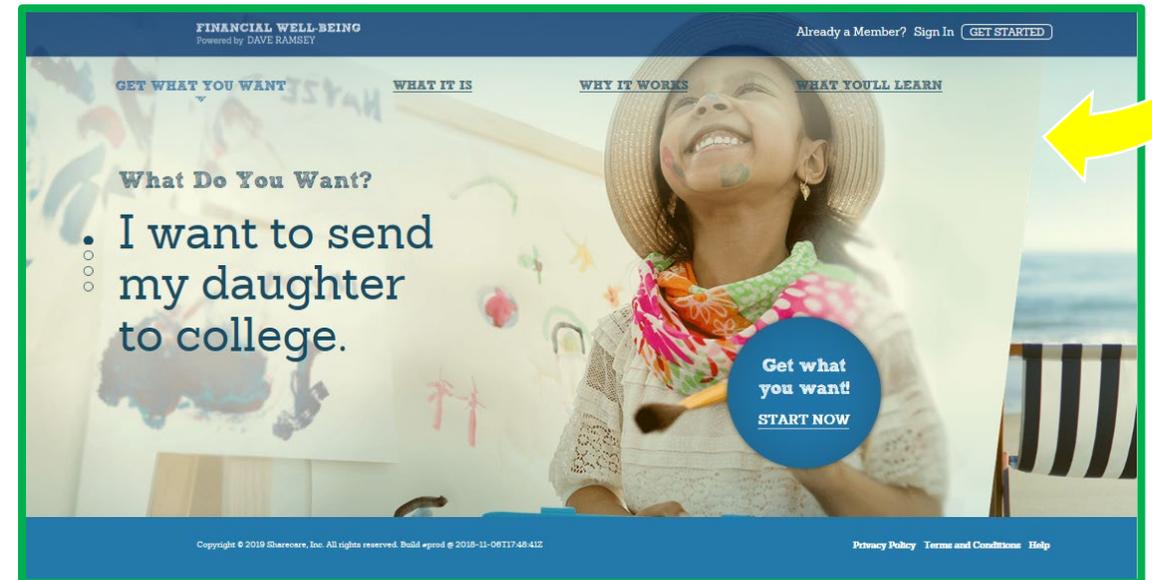
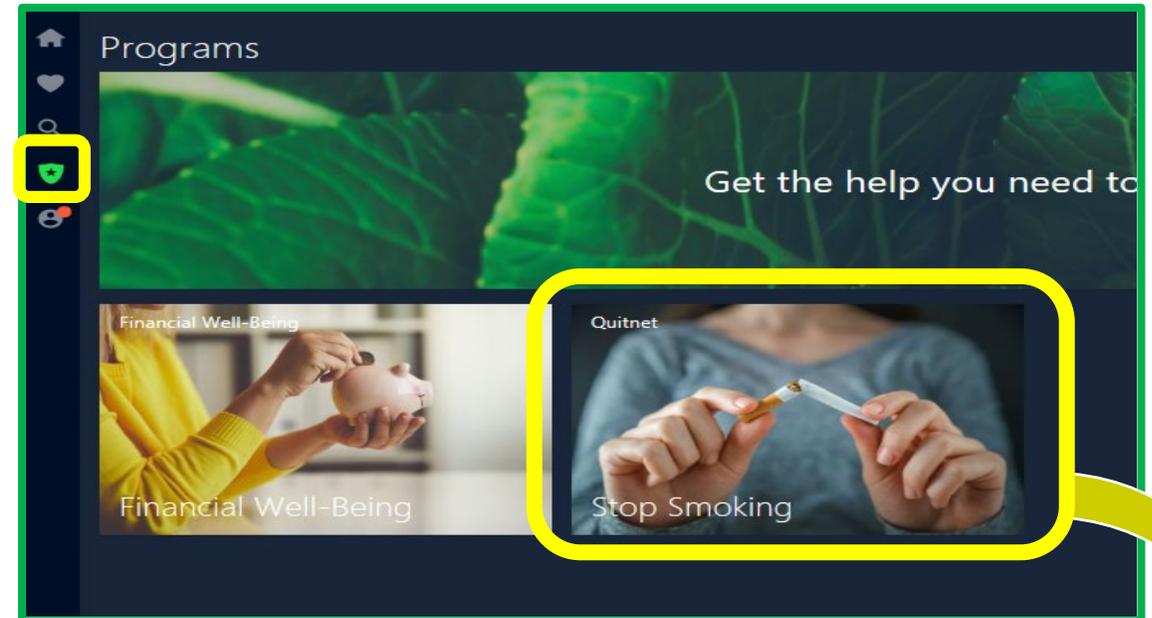
Achieve: Programs

- After selecting the *Achieve* button on the left, select *Programs*.
- The *Programs* section houses links to the Financial Well-Being program and Tobacco Cessation program.



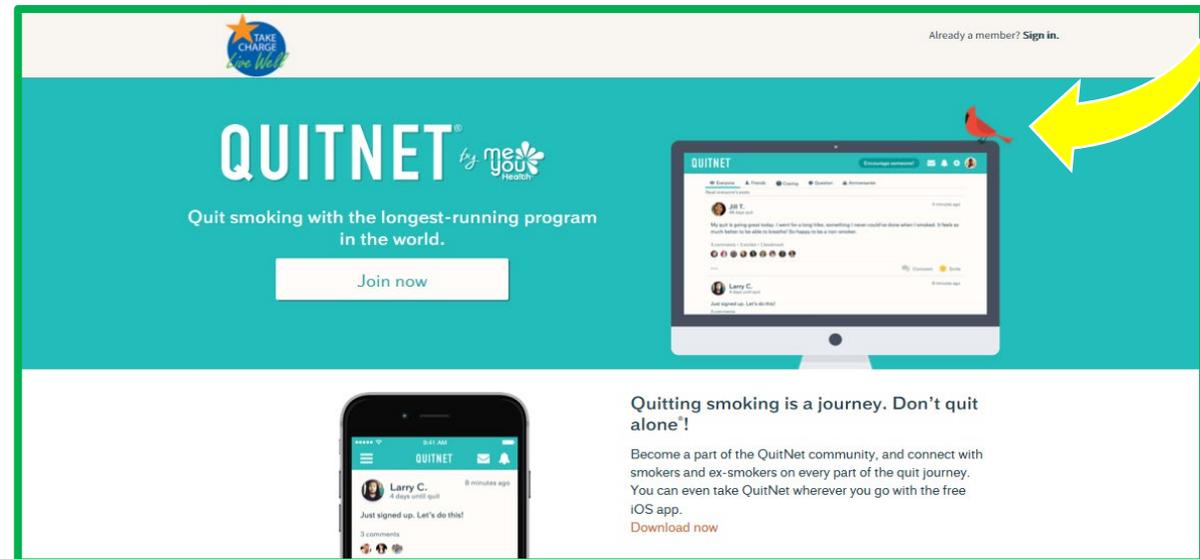
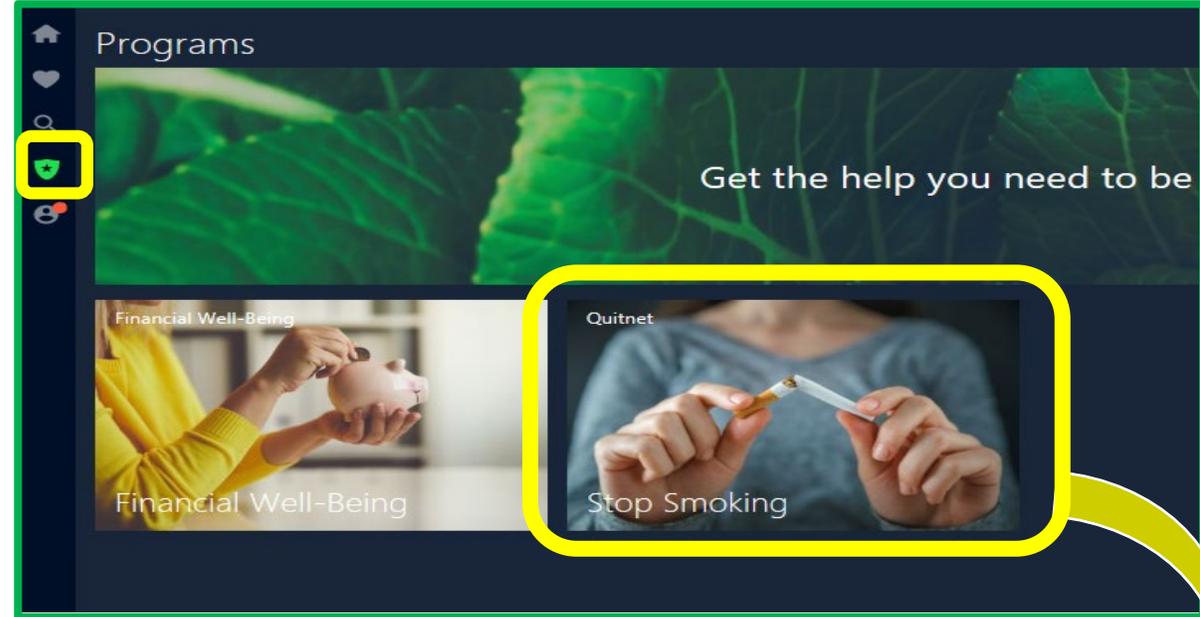
Financial Well-Being

- Financial Well-Being is a comprehensive online learning program that shows you how to take small steps toward big improvements in your financial situation.
- Explore a range of financial topics from debt consolidation and budgeting techniques to basic investing and planning for retirement.
- No longer incented within the *Take Charge! Live Well!* program



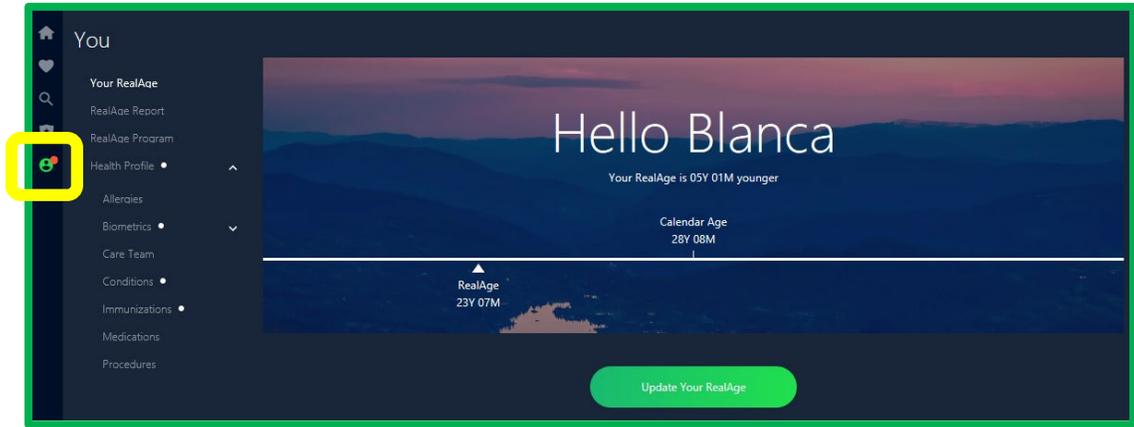
Tobacco Cessation

- Employees, spouses and dependents 18 years and older enrolled in the State of Ohio medical plan can join, at no cost.
- Members get 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 to you at no additional cost if you are actively working with a Sharecare health coach.
- To enroll in health coaching, call Sharecare: **1-866-556-2288.**



You: Your RealAge

- Under the *Achieve* badge, is an Icon for *You*.
- Review your survey report, update your RealAge, and view tips on improving your RealAge score.
- Find specific recommendations for improving your RealAge and ways to mitigate identified risk factors.



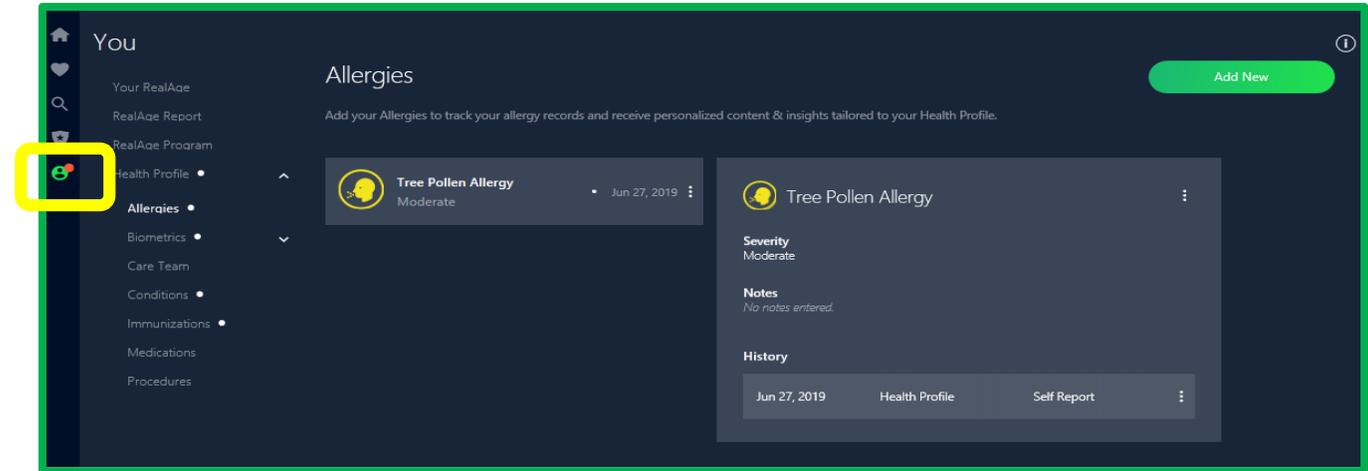
You: RealAge Report

A screenshot of the "RealAge Report" page. The left sidebar is identical to the previous screenshot, with a yellow box highlighting the same icon. The main content area is titled "RealAge Report" and includes a "Update My RealAge" button. Below the title, it states: "Below is a report of your latest RealAge Test results. Download and/or Print the PDF report containing your RealAge score history along with a historical view of your Biometric results." A summary card shows "Last Updated 6/10/19", "Calendar Age 33Y 08M", and "Your RealAge 23Y 04M" with the note "You're 10Y 04M Younger!". A green "View Full Report" button is present. Below the summary are three colored cards: "Making you younger" (green), "Staying on track" (teal), and "Making you older" (orange). Each card has a clock icon and a specific recommendation.

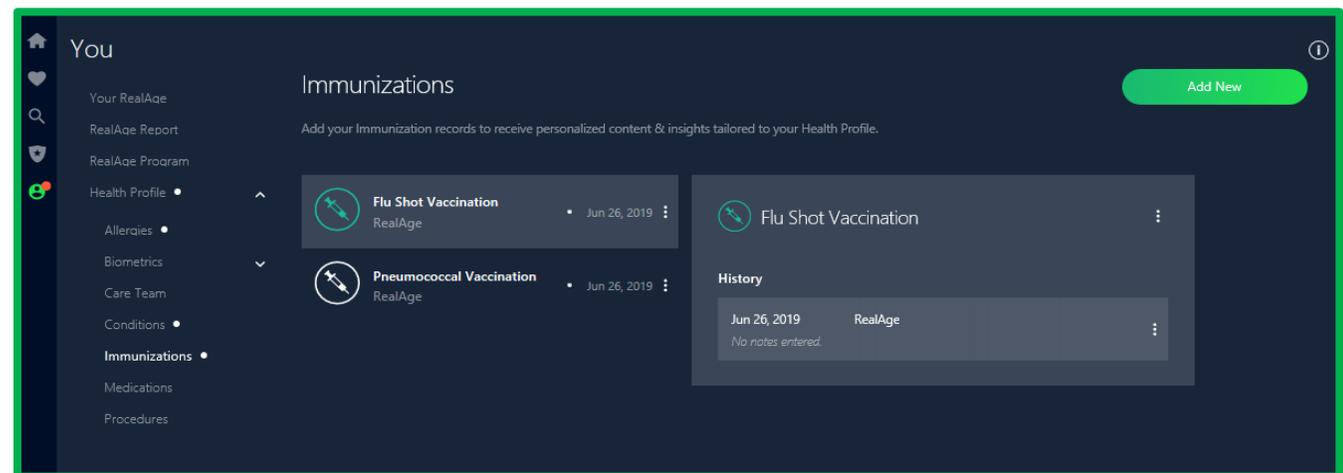
Category	Recommendation
Making you younger	Keep controlling your blood pressure. Tight control of your blood pressure has made your body as young as it can be, given the aging effects of high blood pressure. Monitor your blood pres...
Staying on track	Schedule regular screenings. Women's bodies are powerhouses, but with that power comes the responsibility of getting routine exams and screenings. Because you are between 26 and 3...
Making you older	Sit in the nonsmoking section. Reduce your exposure to secondhand smoke. Here's why: Secondhand smoke kills tens of thousands of people each year, and it makes your RealAge older...

You: Health Profile

- The *Health Profile* is a personal health record, serving as an evolving story of a your health.
- The *Health Profile* section allows you to track immunizations, conditions, medications, and procedures to maintain a comprehensive health history.



The screenshot shows the 'Allergies' section of the 'You: Health Profile' app. The left sidebar contains a list of menu items: 'Your RealAge', 'RealAge Report', 'RealAge Program', 'Health Profile', 'Allergies', 'Biometrics', 'Care Team', 'Conditions', 'Immunizations', 'Medications', and 'Procedures'. The 'Health Profile' item is highlighted with a yellow box. The main content area is titled 'Allergies' and includes an 'Add New' button. Below the title, there is a list of allergy records. The first record is 'Tree Pollen Allergy' with a severity of 'Moderate' and a date of 'Jun 27, 2019'. To the right of this record, there is a detailed view showing the 'Severity' (Moderate), 'Notes' (No notes entered), and 'History' (Jun 27, 2019, Health Profile, Self Report).



The screenshot shows the 'Immunizations' section of the 'You: Health Profile' app. The left sidebar contains a list of menu items: 'Your RealAge', 'RealAge Report', 'RealAge Program', 'Health Profile', 'Allergies', 'Biometrics', 'Care Team', 'Conditions', 'Immunizations', 'Medications', and 'Procedures'. The 'Immunizations' item is highlighted with a yellow box. The main content area is titled 'Immunizations' and includes an 'Add New' button. Below the title, there is a list of immunization records. The first record is 'Flu Shot Vaccination' with a severity of 'RealAge' and a date of 'Jun 26, 2019'. The second record is 'Pneumococcal Vaccination' with a severity of 'RealAge' and a date of 'Jun 26, 2019'. To the right of these records, there is a detailed view showing the 'History' (Jun 26, 2019, RealAge) and 'Notes' (No notes entered).

You: Biometrics

- The Biometrics section shows your biometric screening data.
- Beyond viewing your data, you can dive into individual components of your results.
- View articles or videos on specific topics, such as total cholesterol.

You

Your RealAge
RealAge Report
RealAge Program
Health Profile
Allergies
Biometrics
Height
Weight
Body Mass Index (BMI)
Waist Circumference
Systolic
Diastolic
Total Cholesterol
HDL Cholesterol
LDL Cholesterol
Triglycerides
VLDL Cholesterol

Biometrics

Your Health Profile manages your health history data reported within the Sharecare platform, such as data provided within RealAge assessments and AskMD consultations. Click any item to review your history, see trends, and update your biometric data.

Body Measurement

Height 68 in (5' 8")	Jun 26, 2019	Weight 165 lb	Jun 26, 2019
Body Mass Index (BMI) 25.09 kg/m ²	Jun 26, 2019	Waist Circumference 26 in (2' 2")	Jun 26, 2019

Blood Pressure

Systolic 114 mmHG	Jun 26, 2019	Diastolic 66 mmHG	Jun 26, 2019
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Cholesterol

Total Cholesterol 173 mg/dL	Jun 26, 2019
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You

Your RealAge
RealAge Report
RealAge Program
Health Profile
Allergies
Biometrics
Height
Weight
Body Mass Index (BMI)
Waist Circumference
Systolic
Diastolic
Total Cholesterol
HDL Cholesterol
LDL Cholesterol

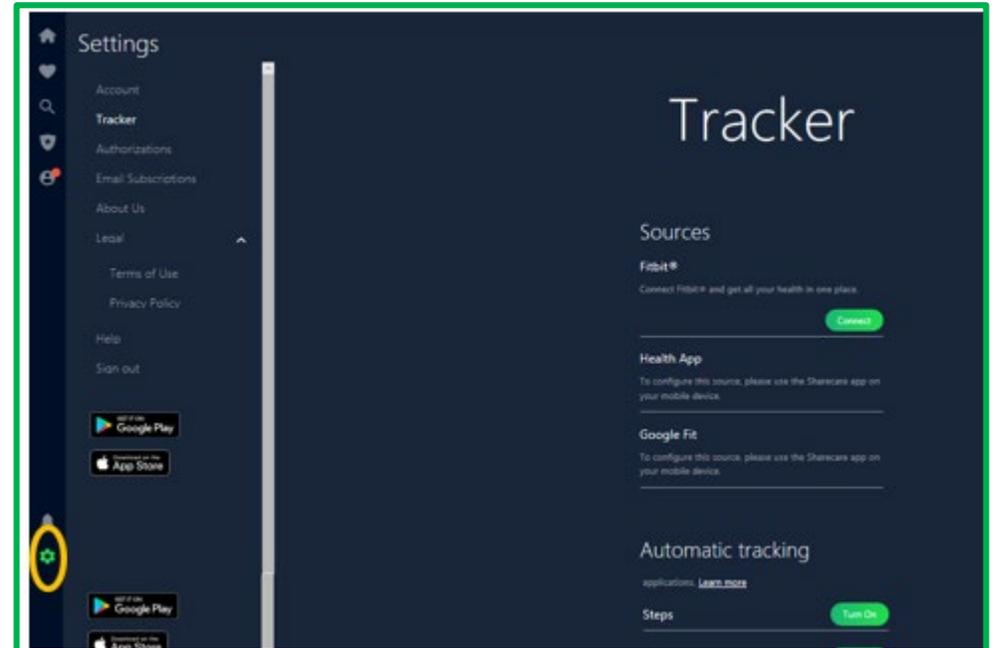
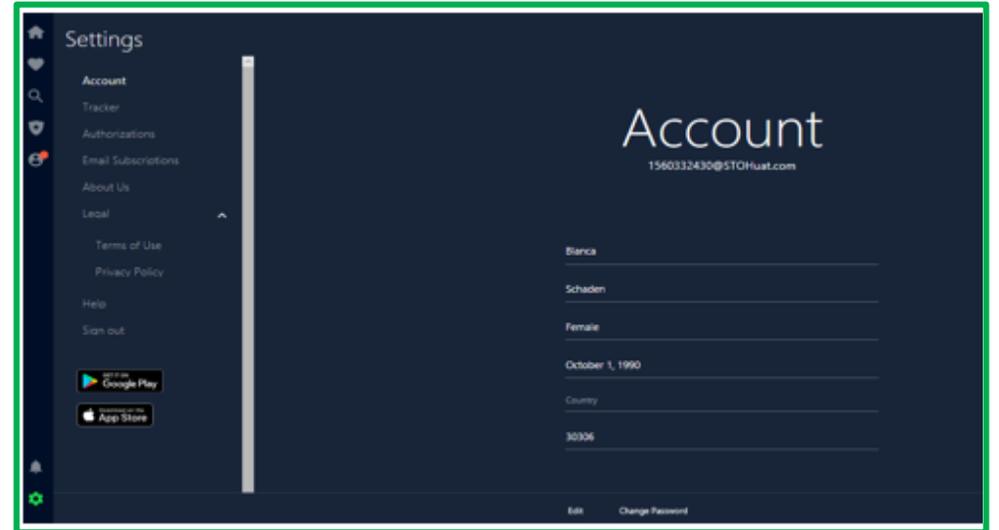
Total Cholesterol

History Trend Info Articles Videos Slideshows

What Does My Total Cholesterol Ratio Mean?	What Is More Important: Total Cholesterol or Cholesterol Ratio?	Total Body Training vs. Split Routines for Strength-Training Workouts	Should I Do Total-Body Exercises to Help Weight Loss?	10 Minute Total Body Workout
What Is Low-Density Lipoprotein (LDL) Cholesterol?	What Are Natural Treatments for High Cholesterol?	What Foods Can Help Lower Cholesterol?	What Should My HDL and LDL Cholesterol Levels Be?	How Can I Lower My Cholesterol?

Settings Section

- View personal data that was used to register your account
- Ability to link tracking from a Fitbit, Health App, and/or Google Fit
- Enable automatic trackers for steps and sleep



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, <u>or</u>• 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