



Wise Ways to Stay Healthy

We all know that going to a doctor's appointment can be stressful. In this presentation, we will cover things to help you take control of the appointment, questions to ask, and other ways to take control of your health.

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.

Overview

- **Topics of discussion:**
 - Spreading common illnesses
 - Proactive steps to preserve good health
 - Preventive benefits of vaccinations
 - State of Ohio preventive medical benefits
 - *Take Charge! Live Well!* resources





Prevention is Key

- Get **vaccinated** (flu, pneumonia)
- Avoid **close contact** with others
- **Protect others** (cover mouth and nose)
- Hand **Washing**
- **Avoid touching** your eyes, nose or mouth



Healthy Hand Washing

- Wet your hands with clean running water and apply soap.
- Lather your hands covering all surfaces (front, back, nails, and between your fingers).
- Scrub your hands for at least 20 seconds.
- Rinse your hands under clean running water.
- Dry your hands with a clean towel or air dry them.

Natural products for the cold and flu

- 20% of Americans will come down with the flu (Influenza) this year
- Prevention suggestions:
 - Flu Vaccination (Flu Shot)
 - Zinc may help to treat colds, but it may interact with other medications.
 - Vitamin C may only decrease the length and severity of the cold





How to Prepare for a Doctor's Appointment

- List your concerns
- Take information with you
- Consider bringing someone with you
- Be sure you can see and hear the information
- Let your doctor know how things are going

Why Asking Questions is Important

- Be proactive about your health!
- Asking questions will help you to:
 - Be more satisfied with the overall appointment
 - Increase chances of following the protocol
 - Receive a better quality of care
 - Get better overall results





Other Helpful Tips

- Create a file of your own health history (medications, surgeries, illnesses)
- Know your families health history
- Bring your medications with you, and request refills if needed.
- Follow-up with your doctor for results and interpretations

Recommended Immunizations

- Flu Shot:
 - All individuals age 6 months and older
- Pneumonia vaccine (two types):
 - Persons between the ages of 2 – 64 with a chronic health condition (i.e. asthma, COPD, diabetes or heart disease)
 - All persons aged 65 and older
 - Tobacco users, or those who have a lower resistance to infection
 - If doctor recommended for an individual situation
- **Talk to your health care provider about other immunizations such as tetanus, shingles, and others which may be appropriate for you.**



State of Ohio Flu Clinics

- Flu shots will start in September and run through November
- Contact your Wellness ambassador for exact dates for your clinic
- Flu shots are available to employees and spouses that are on the State of Ohio Medical plan
- Walgreens will be the provider for this years flu shots
- Clinics are walk-in only, no appointment is needed

**** You must have your Optum Rx pharmacy card to receive a vaccination.**



Live Health Online



Chat with a board certified doctor

Visit with a licensed therapist or board certified psychiatrist

Save time and money- Download the free app

Conditions covered:

- Flu • Allergies • Headache • Cold and fever • Sore throat • Tooth pain • Minor rash • Skin infection • Pink eye

State of Ohio Preventive Care Benefits

BENEFIT/SERVICE	COVERAGE LEVELS	
Chiropractic Care	<ul style="list-style-type: none"> Covered at 80% in-network; 60% out-of-network Unlimited visits (review required after 25 visits) 	80% after deductible in-network 60% after deductible out-of-network
Diagnostic, X-Ray and Lab Services	<ul style="list-style-type: none"> Covered at 80% in-network; 60% out-of-network 	80% after deductible in-network 60% after deductible out-of-network
Durable Medical Equipment	<ul style="list-style-type: none"> Covered at 80% in-network; 60% out-of-network 	80% after deductible in-network 60% after deductible out-of-network
Emergency Room	<ul style="list-style-type: none"> Covered at 80%; \$100 copay, which is waived if patient is admitted as inpatient; 60% out-of-network for non-emergency 	80% after deductible; 60% after deductible out-of-network for non-emergency
Immunizations	<ul style="list-style-type: none"> Most are covered at 100% in-network; 60% out-of-network 	Same as PPO
Maternity – Delivery	<ul style="list-style-type: none"> Covered at 80% in-network; 60% out-of-network 	80% after deductible in-network 60% after deductible out-of-network
Physical, Occupational and Speech Therapy	<ul style="list-style-type: none"> Covered at 80% in-network; 60% out-of-network Unlimited visits (review required after 25 visits) Includes coverage for Autism Spectrum Disorder 	80% after deductible in-network 60% after deductible out-of-network
Preventive Exams and Screenings³	<ul style="list-style-type: none"> Most preventive care covered at 100% in-network; 60% out-of-network Age restrictions may apply 	Same as PPO
Urgent Care	<ul style="list-style-type: none"> \$30 copay in-network; \$35 copay out-of-network Covered at 80% in-network; 60% out-of-network 	80% after deductible in-network 60% after deductible out-of-network

¹ Plan pays 60% of Ohio Med PPO and Ohio Med HDHP contracted allowable amount and you pay any remaining balance (subject to balance billing)

² If your out-of-network charge is greater than the contracted allowable amount, your out-of-pocket costs will be more

FREE EXAMS AND SCREENINGS

Clinical breast exam	1/plan year
Colonoscopy	Every 10 years starting at age 50
Flexible sigmoidoscopy	Every 10 years starting at age 50
Glucose	1/plan year
Gynecological Exam	1/plan year
Hemoglobin, hematocrit or CBC	1/plan year
Lipid profile or total and HDL cholesterol	1/plan year
Mammogram	1 routine and 1 medically necessary/plan year

Pre-natal office visits	As needed; based on physician's ability to code claims separately from other maternity-related services
Stool for occult blood	1/plan year
Urinalysis	1/plan year
Well-baby, well-child exam	Various for birth to 2 years; then annual to age 21
Well-person exam (annual physical)	1/plan year

FREE IMMUNIZATIONS

Diphtheria, tetanus, pertussis (DTap)	2/4/6/15-18 months; 4-6 years
Haemophilus influenza b (Hib)	2/4/6/12-15 months
Hepatitis A (HepA)	2 doses between 1-2 years
Hepatitis B (HepB)	Birth; 1-2 months; 6-18 months
Human Papillomavirus (HPV)	3 doses for 9-26 years
Influenza	1/plan year
Measles, mumps, rubella (MMR)	12-15 months, then at 4-6 years; adults who lack immunity

Meningococcal (MCV4)	1 dose between 11-12 years or start of high school or college
Pneumococcal	2/4/6 months; 12-15 months; annually at age 65 and older; high risk groups
Poliovirus (IPEV)	2 and 4 months; 6-18 months; 4-6 years
Rotavirus (Rota)	2/4/6 months
Tetanus, diphtheria, pertussis (Td/Tdap)	11-12 years; Td booster every 10 years, 18 and older
Varicella (Chickenpox)	12-15 months; 4-6 years; 2 doses for susceptible adults
Zoster (shingles)	1 dose for age 19 and older

Flu vs. Cold

Signs and Symptoms	Cold	Flu
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Unusual
Chills	Uncommon	Fairly common
Fatigue, Weakness	Sometimes	Unusual
Sneezing/Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Cough	Mild to moderate	Common
Headache	Rare	Common

Men's preventative health screenings

Most recommended screenings are included in your regular Physical Exam, such as:

- Height, weight, Body Mass Index (BMI)
- **Blood pressure:** Start screening at age 18, every 2 years (more often if doctor recommends)
- **Cholesterol Screening**
 - Every 5 years for men 35 and older
 - Start at age 20 for those at increased risk of coronary heart disease
- **Diabetes Screening:** Start at age 45, every 3 years
- **Colon Cancer Screening:** Start at age 50



Women's preventative health screenings

Most recommended screenings are included in your regular Physical Exam, such as:

- Height, weight, BMI
- **Blood pressure:** Start screening at age 18, at least every 2 years (more often if doctor recommends)
- **Cholesterol Screening:** Every 5 years for women starting at age 40 and older
- **Diabetes Screening:** Starting at age 45, every 3 years
- **Colon Cancer Screening:** Starting at age 50
- **Mammogram:** Over 40 (unless otherwise recommended by a doctor,) as well as annual screening and perform monthly breast self exams



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

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 <u>RealAge</u> ® 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	Point Value
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'.



📍 sharecare

Thank You!

1-866-556-2288

das.ohio.gov/wellness