FY21 Program Overview
Confidentiality
Enjoy all the benefits knowing your privacy is protected

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.
The Basics

Eligibility
Employees and spouses
Covered under the State of Ohio medical plan

Website
Sign up now:
join.virginpulse.com/stateofohio

Already a member?
das.ohio.gov/wellness
Click the "Hub" tile

<table>
<thead>
<tr>
<th>Date</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 1, 2020</td>
<td>Program launch!</td>
</tr>
<tr>
<td>Aug. 1, 2020</td>
<td>Biometric Screening Scheduler launch*</td>
</tr>
<tr>
<td>Sept. 14, 2020</td>
<td>Onsite biometric screening events begin</td>
</tr>
<tr>
<td>May 31, 2021</td>
<td>Biometrics must be submitted</td>
</tr>
<tr>
<td>June 30, 2021</td>
<td>End of Program Year</td>
</tr>
</tbody>
</table>

* All biometric screening events are subject to change, based on COVID-19
# How to Earn

<table>
<thead>
<tr>
<th>Do Healthy Things</th>
<th>Earn Rewards</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complete the Health Check Survey</td>
<td>$50</td>
</tr>
<tr>
<td>Complete a biometric screening</td>
<td>$100</td>
</tr>
<tr>
<td>Via onsite event, Physician Form, or Quest Patient Service Center</td>
<td></td>
</tr>
<tr>
<td>Healthy weight biometrics</td>
<td>$200</td>
</tr>
<tr>
<td>• Your BMI between 18.5 &amp; 29.9, <strong>OR</strong></td>
<td></td>
</tr>
<tr>
<td>• You have a 5% weight loss from FY20 biometrics, <strong>or</strong></td>
<td></td>
</tr>
<tr>
<td>• You complete the reasonable alternative</td>
<td></td>
</tr>
<tr>
<td>• Complete all 5 of the <em>Getting Active</em> or all 5 <em>Healthy Eating Journeys</em></td>
<td></td>
</tr>
</tbody>
</table>

*Enrolled employees and spouses may earn up to $550 each by taking steps to improve their health*
## How to Earn

### Do Healthy Things

<table>
<thead>
<tr>
<th>Activity</th>
<th>Earn Rewards</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complete tobacco-cessation coaching (4 coaching appointments)</td>
<td>$100/completion</td>
</tr>
<tr>
<td>Complete a coaching appointment (1 x per month)</td>
<td>$25/appointment</td>
</tr>
<tr>
<td>Participate in a company challenge (up to 3x per year)</td>
<td>$25 each</td>
</tr>
<tr>
<td>Complete preventative care appointments (1x per month)</td>
<td>$25 each</td>
</tr>
<tr>
<td>Participate in wellness events (1x per month)</td>
<td>$10 each</td>
</tr>
<tr>
<td>Participate in financial well-being activities or courses (1 x per month)</td>
<td>$10 each</td>
</tr>
<tr>
<td>Participate in community events (1x per month)</td>
<td>$10 each</td>
</tr>
<tr>
<td>Engage in fitness activities with Wellbeats (complete 10 classes)</td>
<td>$50</td>
</tr>
</tbody>
</table>

### Additional Activities (capped at $200)

For additional information on each activity, visit How to Earn under the Rewards tab on the site- or Program Details on the mobile app.
Reward Details

• All reward-eligible activities must be complete by June 30, 2021

• 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 reward will read **TCLW rewards 2021**.
How to Enroll

• 3 step process is fast, easy and engaging
How to Enroll

• join.virginpulse.com/stateofohio
How to Enroll

• One time authentication for new devices
Getting Started

- Simple onboarding tips to guide through the homepage

1. Home page tutorial
2. Left navigation
3. Progress bar to show additional rewards
4. Cards with more information on how to get started!
Programs Page

• Discover the benefits the State offers
Rewards Tab

• How to view your available rewards
Health Check Survey

• Earn $50 for completing
Screening Options: Patient Service Center, Onsite Event, Physician Form

- Earn $100 for completing
NEW!

- Earn $200 Healthy Biometrics Reward

- Your BMI is between 18.5 & 29.9, or
- You have a 5% weight loss from FY20 biometrics, or
- You complete the reasonable alternative:
  Complete all five Journeys within either the Getting Active or Eating Healthy category to earn your healthy biometrics reward.
Journeys
More Veggies in No Time

Sources

HEALTHY HABIT GOAL:

More Veggies Today

Did you add vegetables to your meals and snacks today?

The steps in this journey will help you prepare and practice for tracking this habit.

Time To Build The Habit: 10 Days

How to Get There:

1. **Check in each day for your next step.** It only takes a minute.
2. **Often, your daily step will ask you to do something**, but sometimes, all you need to do is read the step.
3. **Once you’ve done enough steps, we’ll prompt you to add the habit above.** Try to track this habit every day, and keep coming back to this journey for supportive steps.

ABOUT THIS JOURNEY

Looking for a quick addition to meals and snacks? Go for one filled with fiber, nutrients, vitamins and minerals. That’s vegetables. With so many different choices and easy prep, you can be a veggie master in no time.

START

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More Veggies in No Time

Complete 10 steps 0 / 10

List Your Top Veggies

When you know what you like, you’re more likely to buy it. Create a list of your favorite vegetables. Put it on your fridge. Check the list before shopping and cooking.

Get the whole family involved. Focus on what you love, instead of vegetables you don’t like.

Pick a “fun” veggie you’ve always wanted to try. Some choices might be:
• Swiss chard
• Asparagus
• Arugula
• Bok choy
• Collards
• Kale
• Jicama

List your favorite vegetables.
Rewards Tab

• How to view your additional activity rewards
How to Schedule Coaching

1. Click Health
   Then Coaching
2. Choose from topics
3. Pick Date / Time
   Input Phone number
4. Confirm appointment
Company Challenge

- Earn $25 up to 3 times a year
Preventative Screenings & Immunizations

• Earn $25 one time per month
Wellness Events

- Earn $10 one time per month
Financial Well-Being Activity or Course

• Earn $10 one time per month
Community Events & Regional Activities

• Earn $10 one time per month
WellBeats: New!

• Earn $50 for completing 10 classes
• Hundreds of virtual fitness classes for every age, stage and ability, so you can work out however, whenever and wherever you like.

• Classes are recommended based on your profile and behavior in the app.

• Offers goal-based workout plans and content for mental wellbeing and healthy eating.
Additional Offerings
Leading digital training solution for wellbeing, resilience and performance integrated seamlessly into Virgin Pulse

- Helps employees reduce stress, increase resilience and improve mental wellbeing and performance.
- Provides daily 5-minute sessions and 250+ mini-courses covering 12 aspects of wellbeing including mindfulness, resilience, sleep, emotional intelligence, yoga and more.
- 30+ of the top MDs, PhDs, and certified experts deliver over 2,000 video & audio training sessions on-demand.
- Personalized Whil program recommendations mapped to Virgin Pulse data and recommendation engine
- Real-time healthy habit integration, tracking and rewards to reinforce daily success.
NUTRITION

• NutriQuiz, an easy survey of eating habits, provides a nutrition baseline and drives personalization and engagement.

• MyCafe helps employees find healthy food options at worksite café.

• Restaurant guidance nudges employees towards healthy meals at their favorite restaurants.

• Makes it easy, tasty and affordable to eat at home with recipes, meal planning, grocery list, grocery ordering, meal kits and deals.

Personalized guidance for employees to make healthier food decisions, change eating behaviors, and prevent and treat chronic disease
Events Calendar

• Keep track of all the great things happening in Ohio
Support

WEB
Click the green support button on the right side of your home page

EMAIL
tclw.support@virginpulse.com

PHONE
833-977-2074