



## 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.



# Rewards



# The Basics

## Eligibility

Employees and spouses  
Covered under the State of  
Ohio medical plan

## Website

**Sign up now:**

[join.virginpulse.com/stateofohio](https://join.virginpulse.com/stateofohio)

## Already a member?

[das.ohio.gov/wellness](https://das.ohio.gov/wellness)

Click the "Hub" tile

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

*\* All biometric screening events are subject to change, based on COVID-19*



# How to Earn

## Know Your Numbers and Healthy Measurements

Do Healthy Things	Earn Rewards
Complete the Health Check Survey	\$50
Complete a biometric screening <small>Via onsite event, Physician Form, or Quest Patient Service Center</small>	\$100
<b>Healthy weight biometrics</b> <ul style="list-style-type: none"><li>Your BMI between 18.5 &amp; 29.9, <u>OR</u></li><li>You have a 5% weight loss from FY20 biometrics, <u>or</u></li><li>You complete the reasonable alternative<ul style="list-style-type: none"><li>Complete all 5 of the <i>Getting Active</i> or all 5 <i>Healthy Eating Journeys</i></li></ul></li></ul>	\$200

Enrolled employees and spouses may earn up to \$550 each by taking steps to improve their health



# How to Earn

## Additional Activities (capped at \$200)

Do Healthy Things	Earn Rewards
Complete tobacco-cessation coaching (4 coaching appointments)	\$100/completion
Complete a coaching appointment (1 x per month)	\$25/appointment
Participate in a company challenge (up to 3x per year)	\$25 each
Complete preventative care appointments (1x per month)	\$25 each
Participate in wellness events (1x per month)	\$10 each
Participate in financial well-being activities or courses (1 x per month)	\$10 each
Participate in community events (1x per month)	\$10 each
Engage in fitness activities with Wellbeats (complete 10 classes)	\$50

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

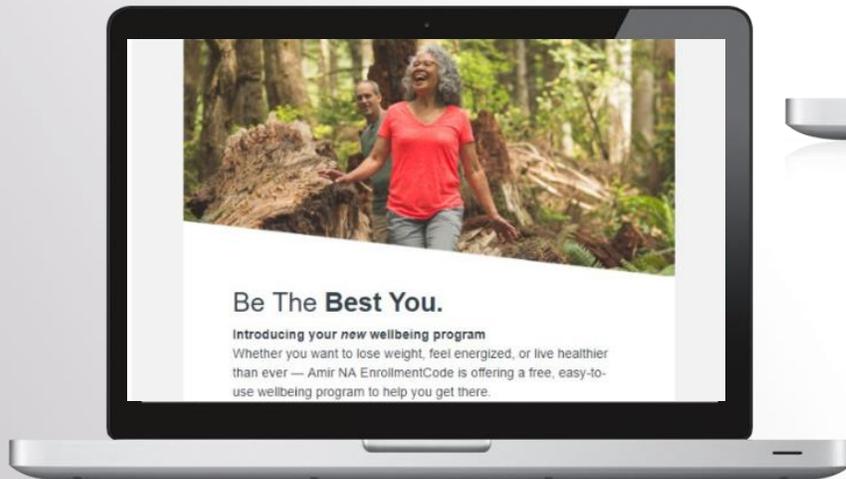
- All reward-eligible activities must be complete by June 30, 2021
- Rewards earned by the State employee and his or her spouse, if applicable, will be reflected on the State employee's paycheck after the completed activity has been processed.
- Taxes: Rewards earned by the State employee and his or 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**.



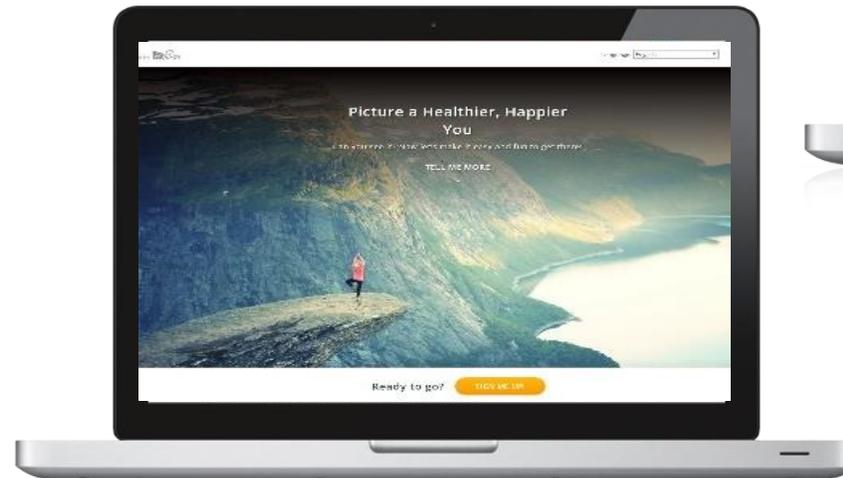
# How to Enroll

- 3 step process is fast, easy and engaging

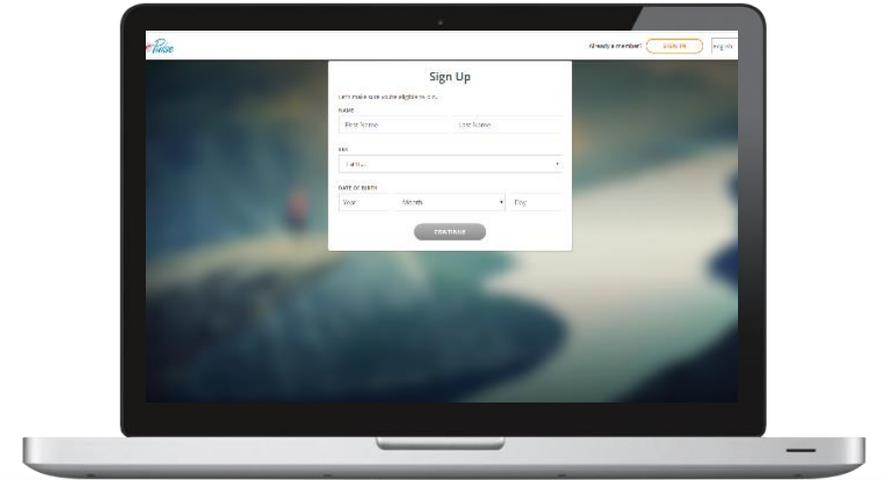
## 1 Enrollment email



## 2 Enrollment landing page



## 3 Sign up form



Note: all images are samples

# How to Enroll

- [join.virginpulse.com/stateofohio](https://join.virginpulse.com/stateofohio)

**TAKE CHARGE LIVE WELL**

Already a member? [SIGN IN](#) English

## Sign Up

Let's make sure you're eligible to join.

**NAME**

First Name Last Name

**DATE OF BIRTH**

Year Month Day

**COUNTRY**

United States

**STATE OF RESIDENCE**

CONTINUE

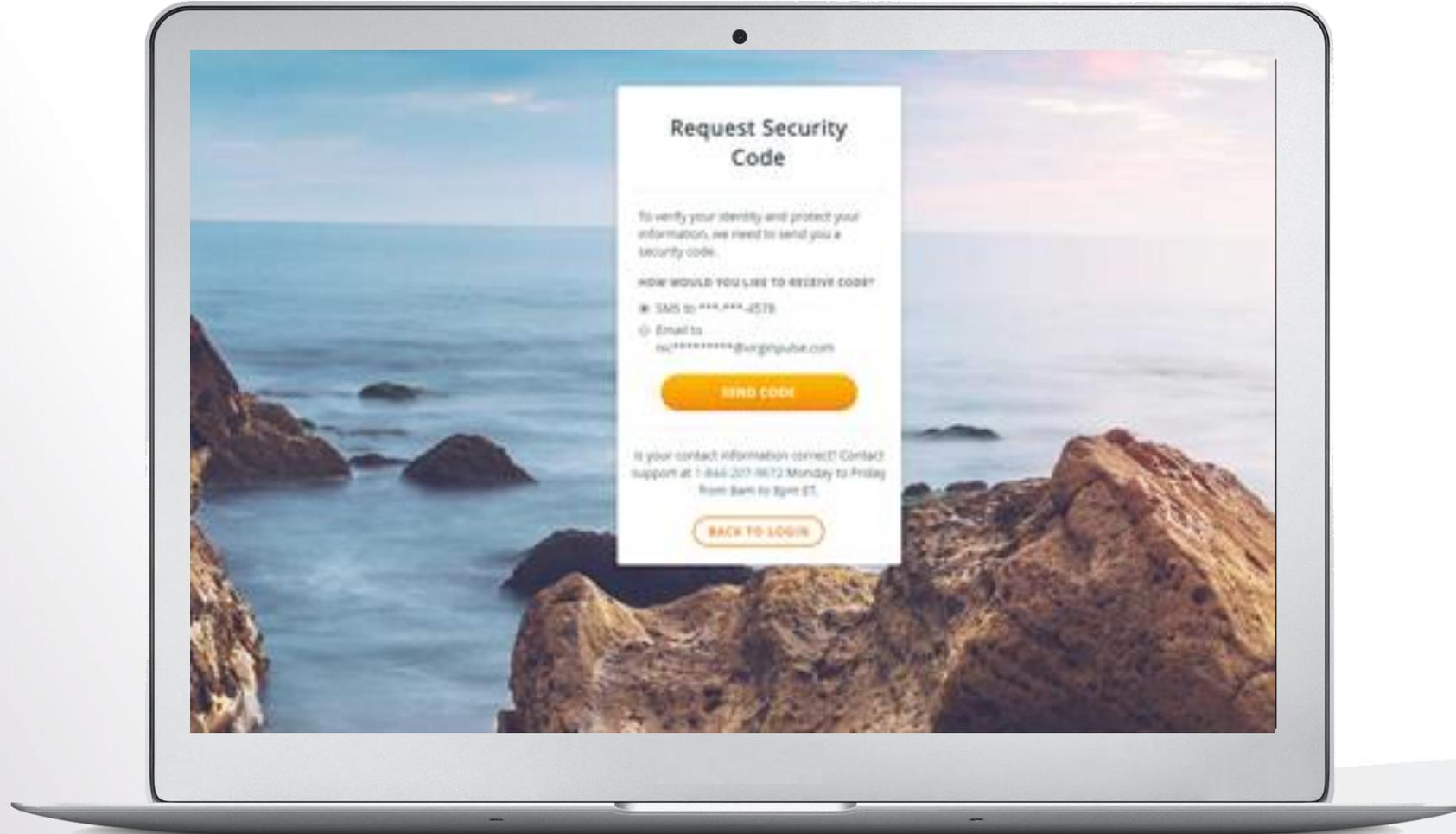
Support

**TAKE CHARGE LIVE WELL**



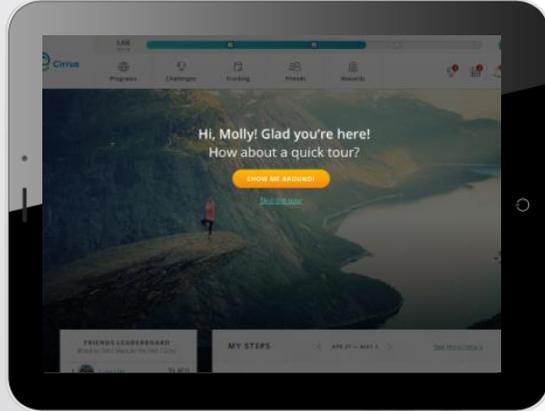
# How to Enroll

- One time authentication for new devices

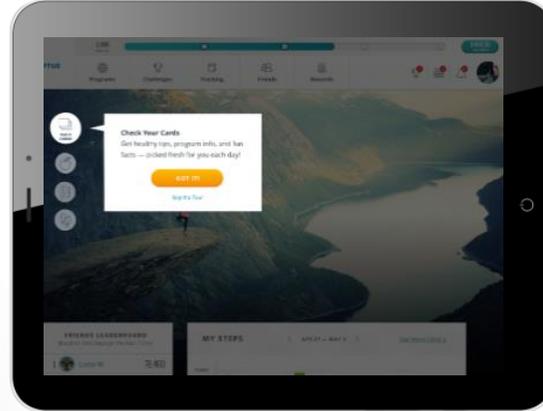


# Getting Started

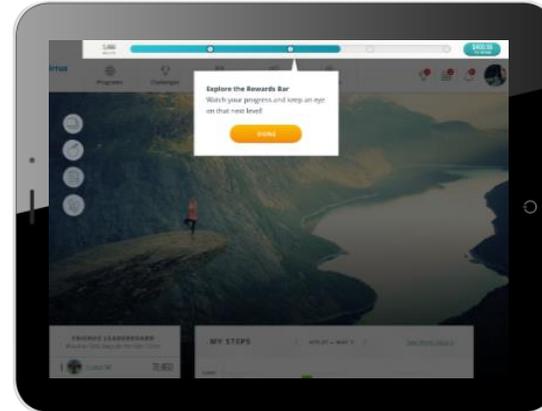
- Simple onboarding tips to guide through the homepage



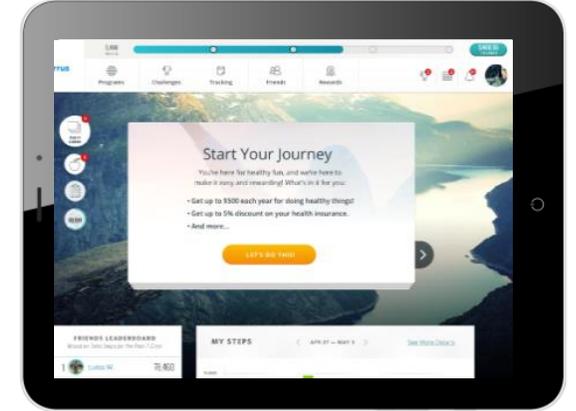
1 Home page tutorial



2 Left navigation



3 Progress bar to show additional rewards



4 Cards with more information on how to get started!





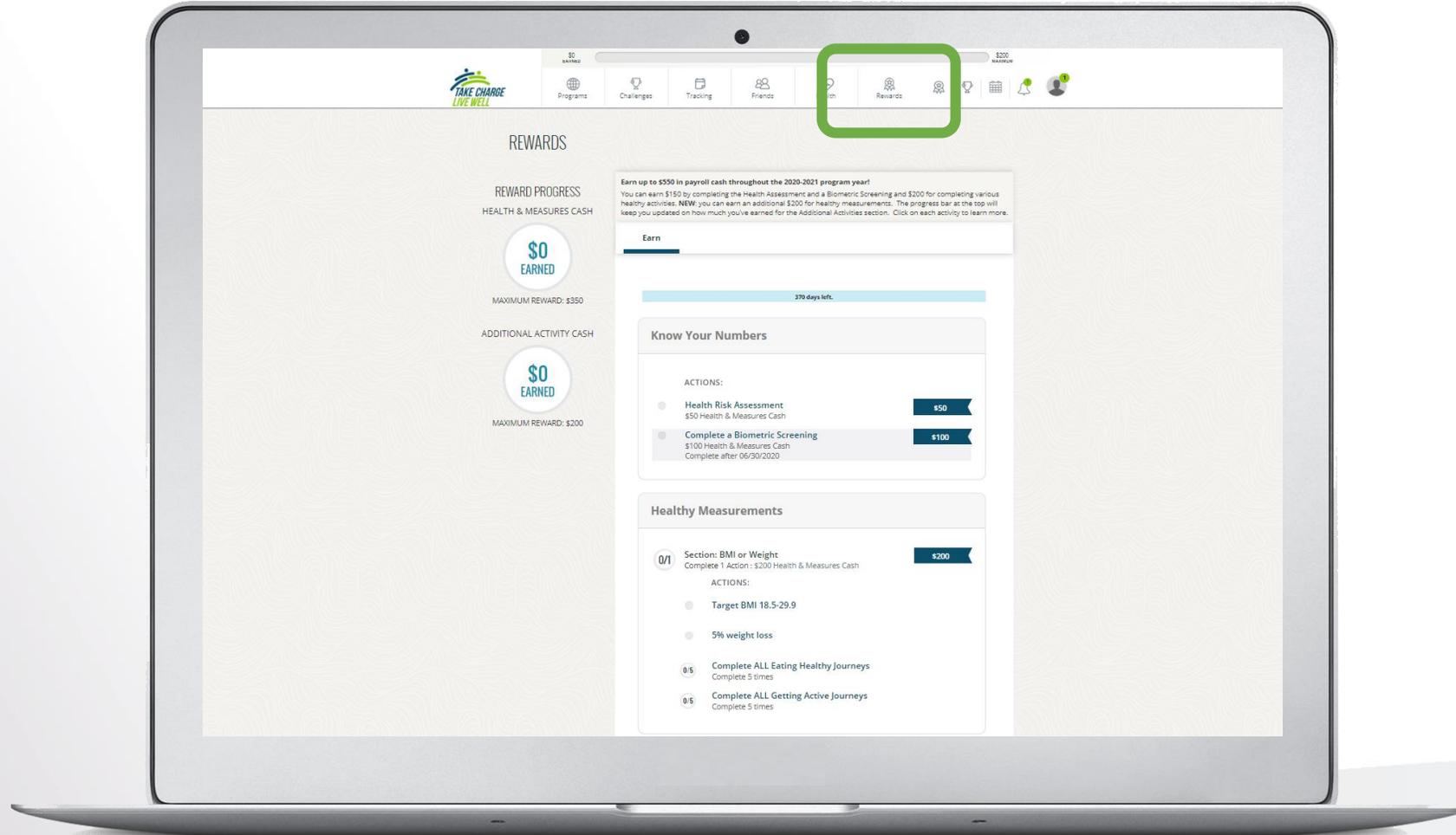
# Programs Page

- Discover the benefits the State offers



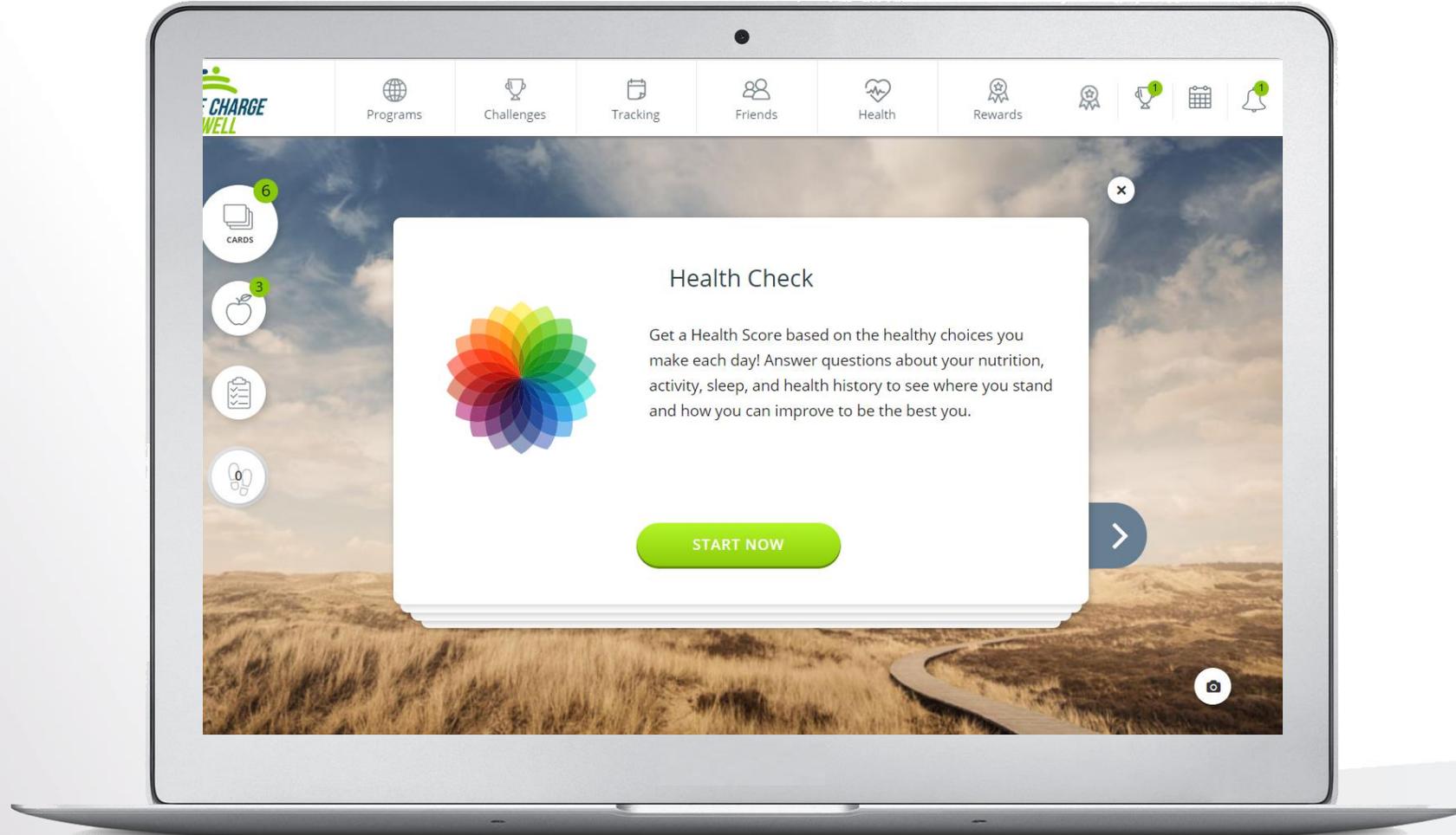
# Rewards Tab

- How to view your available rewards



# Health Check Survey

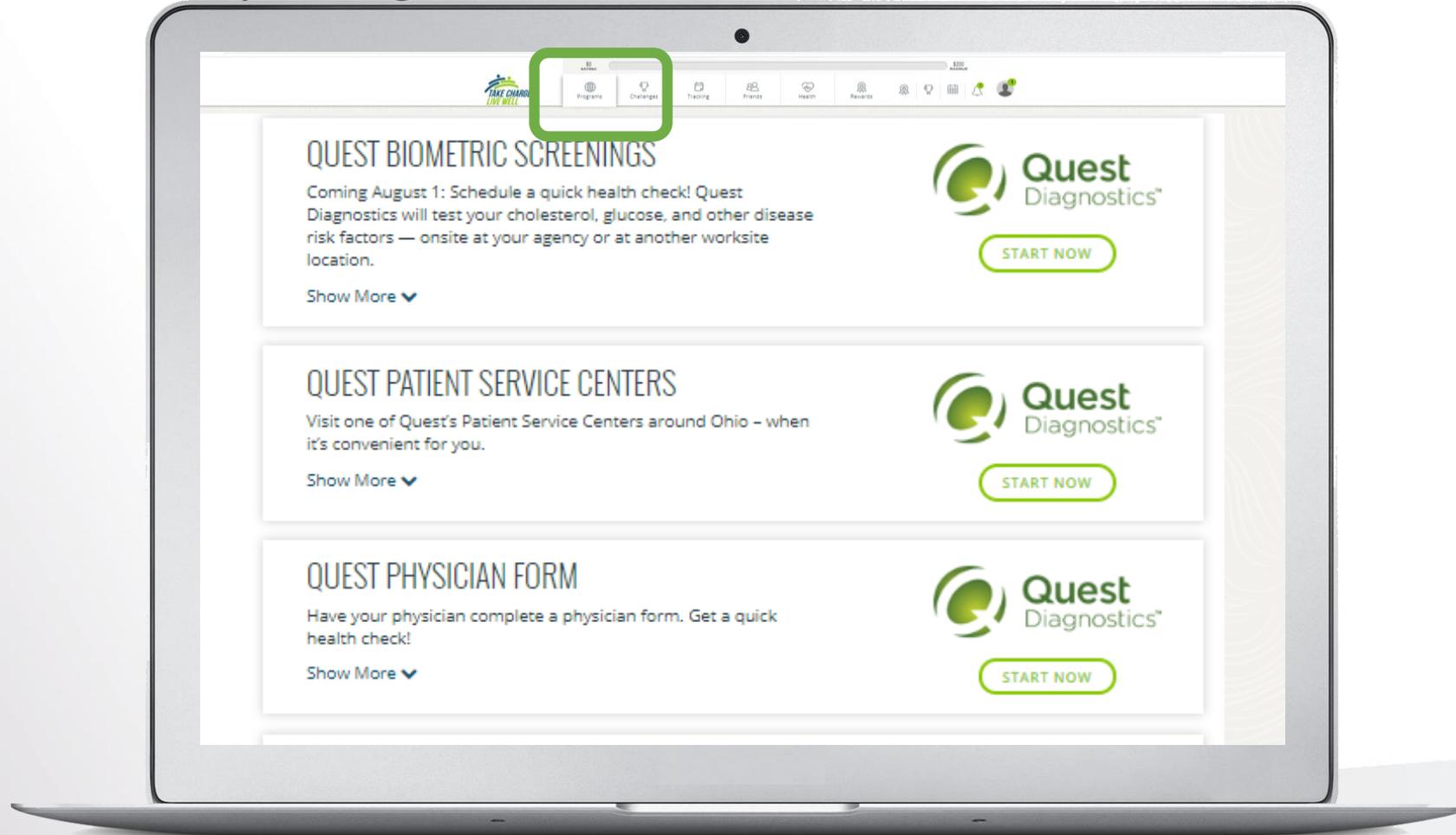
- Earn \$50 for completing



# Screening Options: Patient Service Center, Onsite Event, Physician Form



- Earn \$100 for completing



# NEW!



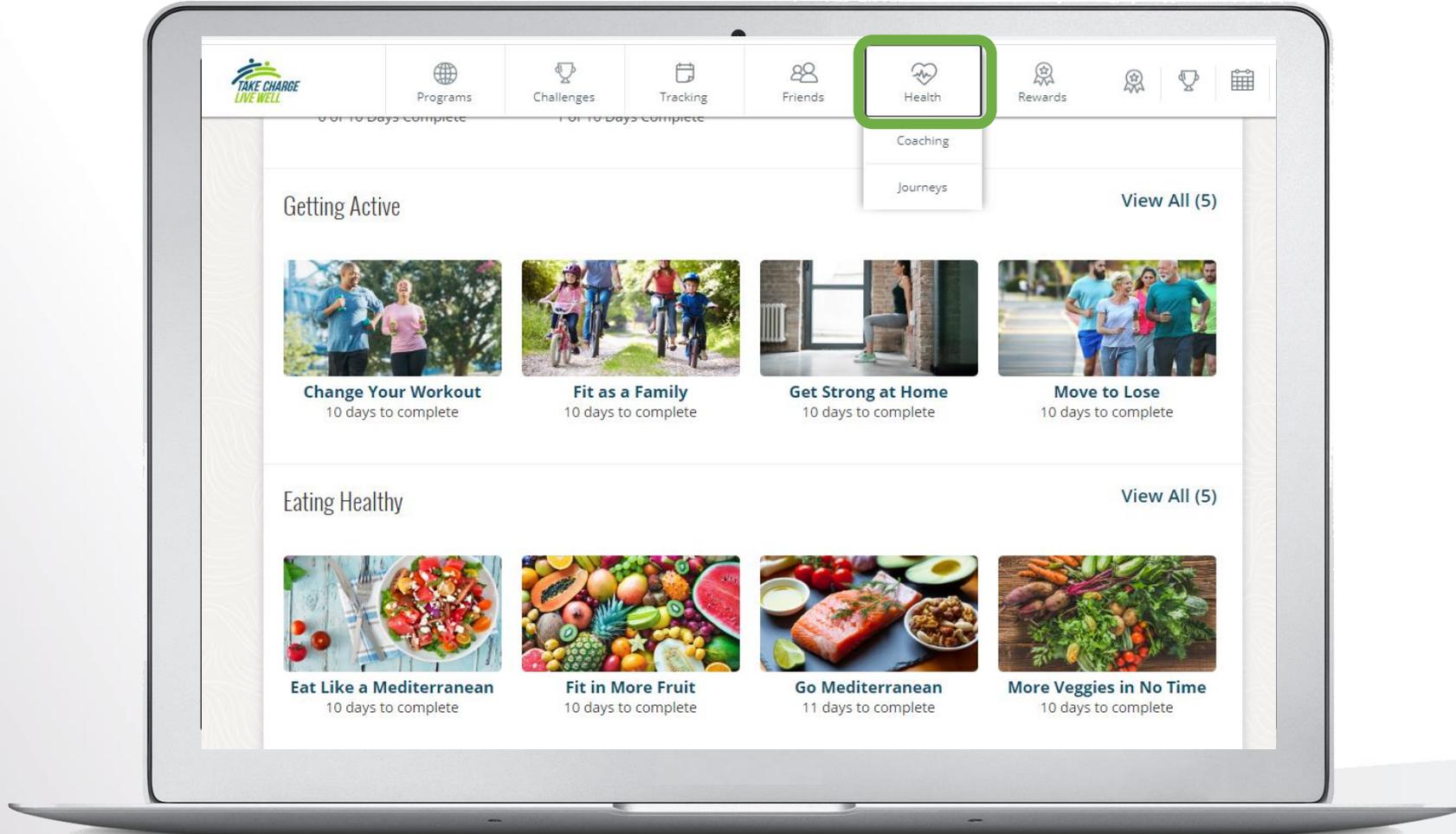
- Earn \$200 Healthy Biometrics Reward

- 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



# Journeys



**More Veggies in No Time**

**Sources**

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**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

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**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.

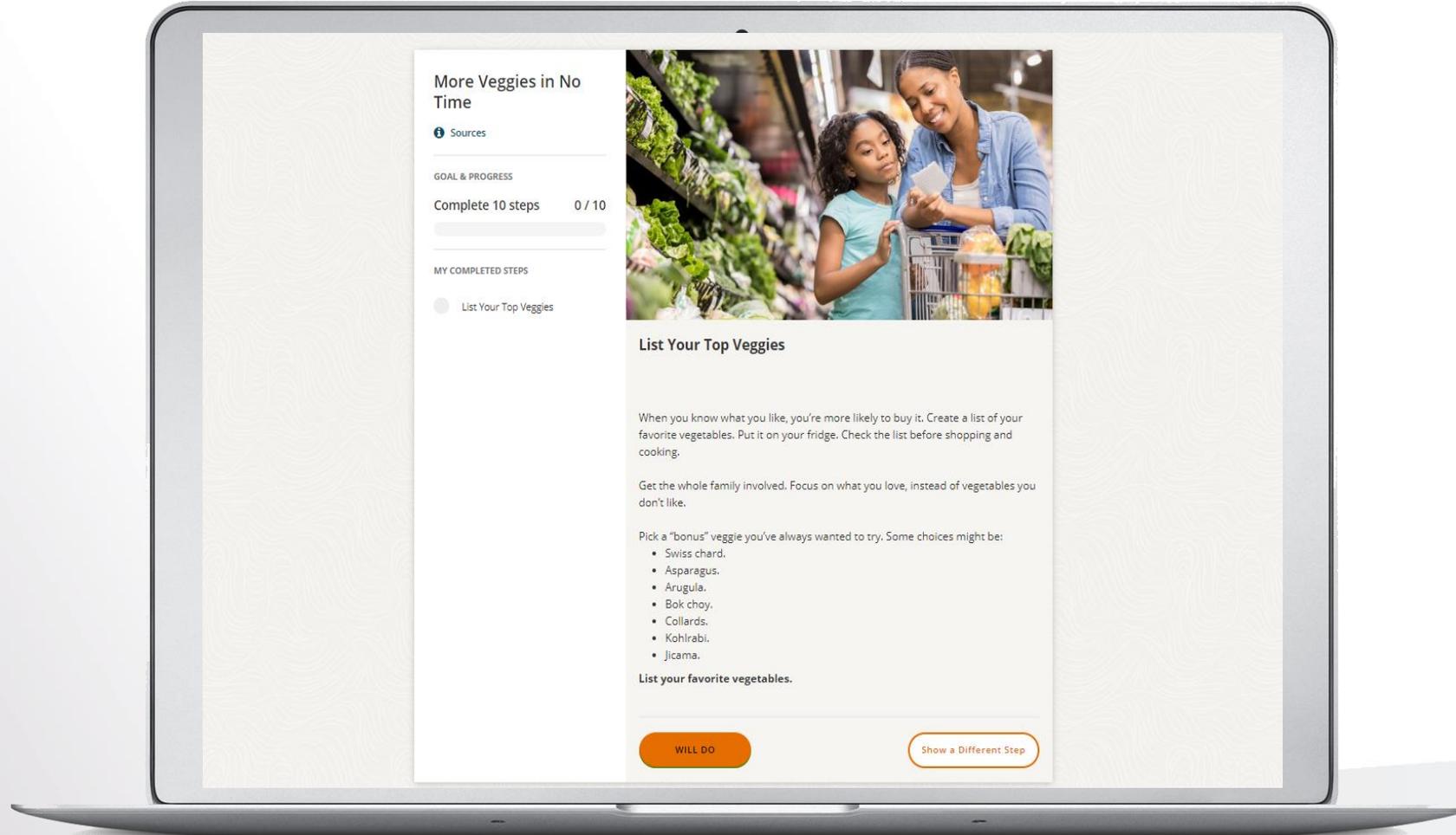
**ABOUT THIS JOURNEY**

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**



# Journeys



## More Veggies in No Time

[Sources](#)

### GOAL & PROGRESS

Complete 10 steps 0 / 10

### MY COMPLETED STEPS

List Your Top Veggies



### 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 "bonus" veggie you've always wanted to try. Some choices might be:

- Swiss chard.
- Asparagus.
- Arugula.
- Bok choy.
- Collards.
- Kohlrabi.
- Jicama.

List your favorite vegetables.

WILL DO

Show a Different Step





# Rewards Tab

- How to view your additional activity rewards

Complete a coaching call  
Complete once per month

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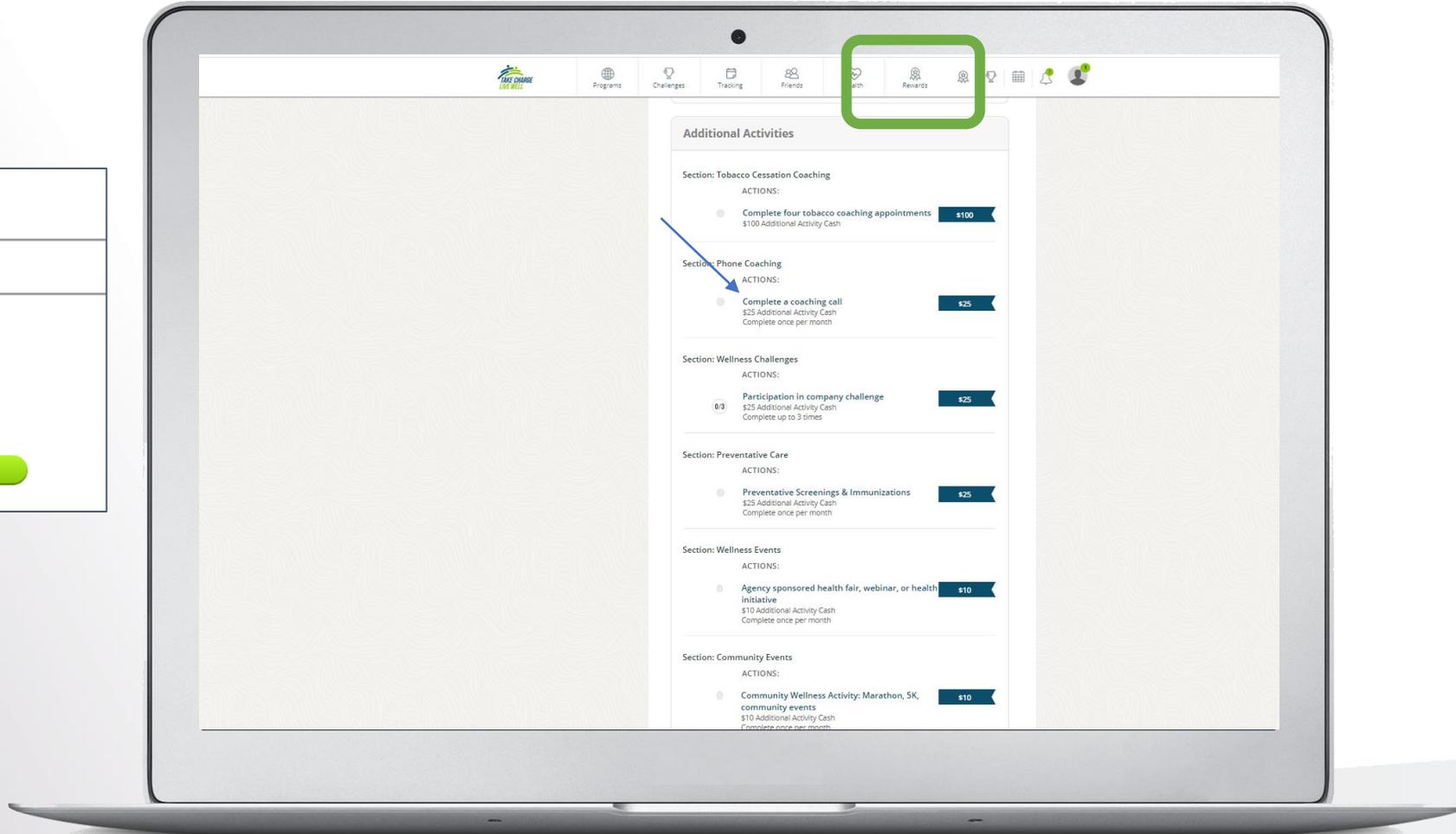
\$25 Additional Activity Cash

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• Time Remaining: 5 days

[TAKE ME THERE](#)

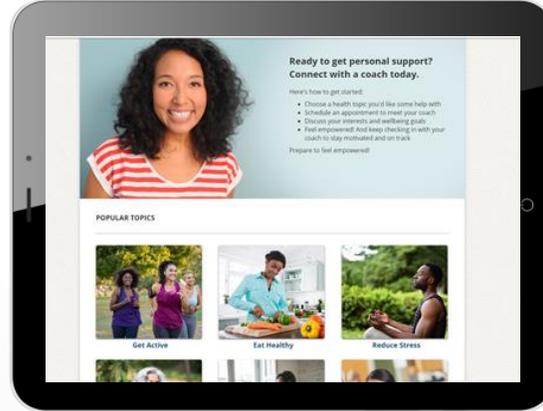
[View Full Statement](#)



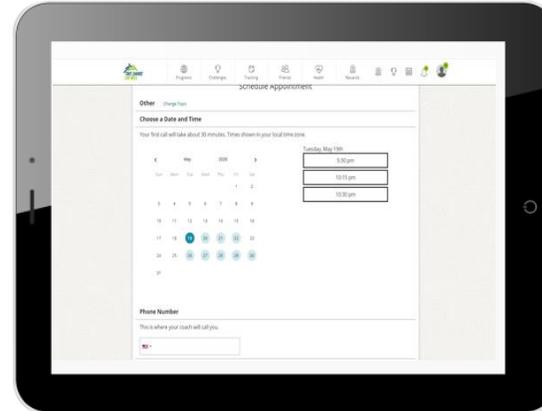
# How to Schedule Coaching



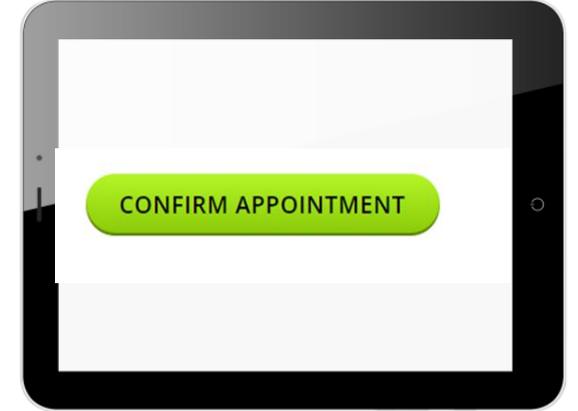
1 Click Health  
Then Coaching



2 Choose from topics



3 Pick Date / Time  
Input Phone number



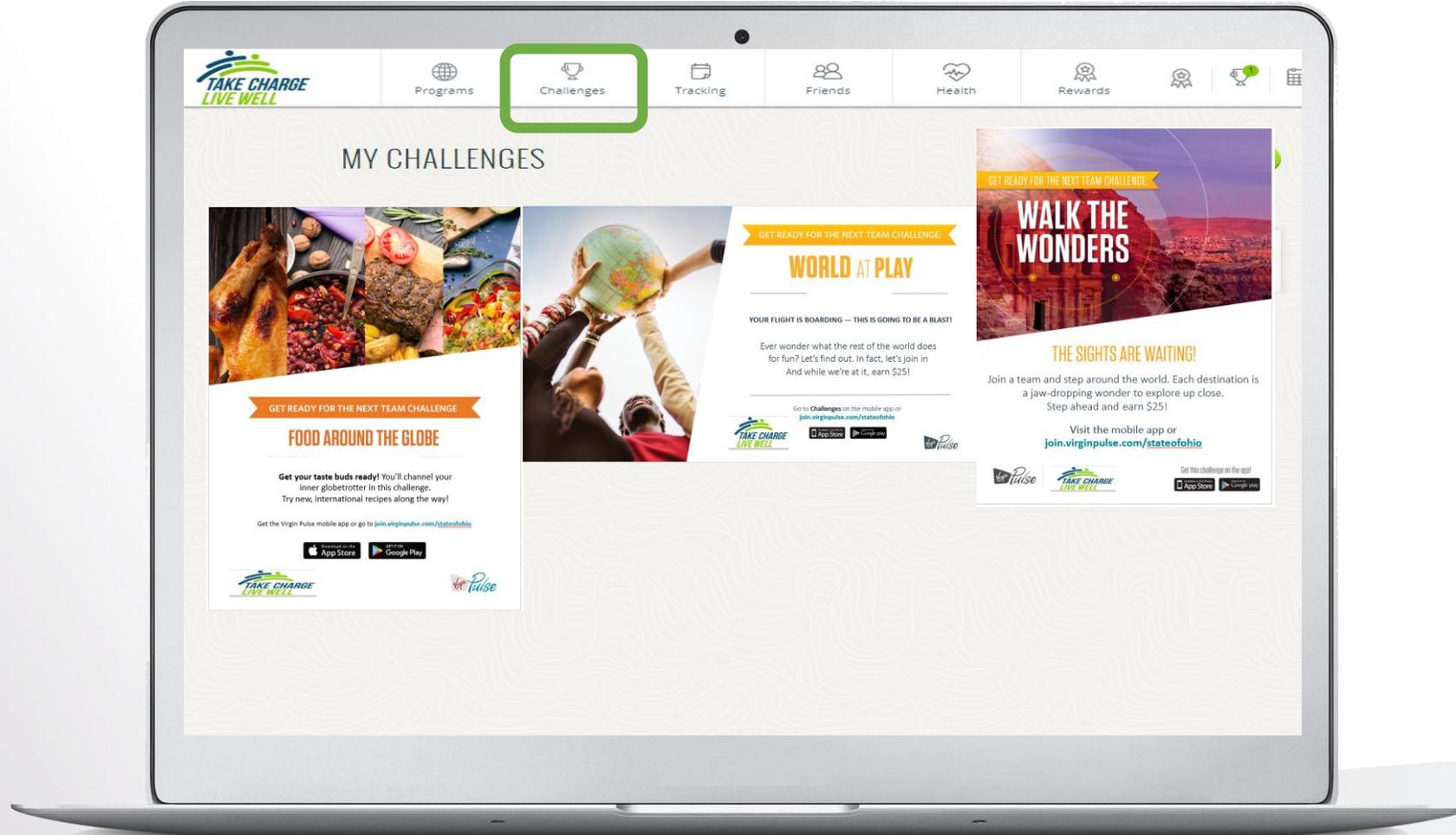
4 Confirm appointment



# Company Challenge



- Earn \$25 up to 3 times a year



# Preventative Screenings & Immunizations

- Earn \$25 one time per month

## PREVENTATIVE SCREENINGS & IMMUNIZATIONS

Use Attestation form to submit for completion.



START NOW

## Preventative Screenings & Immunizations

First Name \*

John

Last Name

Smith

Please list the preventative screening type or immunization received. \*

Select One under Screening OR one under Immunization \*

Date of screening or immunization

\* By clicking the box, I confirm

Screenings:

Screenings:

Clinical breast exam  
Colonoscopy  
Dental Exam  
Flexible sigmoidoscopy  
Glucose  
Gynecological exam  
Hemoglobin, hematocrit or CBC  
Lipid profile or total and HDL cholesterol  
Mammogram  
Pre-natal office visits  
Stool for occult blood  
Urinalysis  
Vision Exam  
Well-baby, well-child exam  
Well-person exam

Immunizations:

Human Papillomavirus (HPV)  
Influenza

## Preventative Screenings & Immunizations

First Name \*

John

Last Name

Smith

Please list the preventative screening type or immunization received. \*

Select One under Screening OR one under Immunization \*

Screenings:

Date of screening or immunization

06-26-2020

\* By clicking the box, I confirm that all of the information provided is correct and truthful.

SUBMIT



# Wellness Events

- Earn \$10 one time per month

## WELLNESS EVENTS

Use attestation form to submit for completion. Example activities include health fairs, webinars, learning events, EAP and Behavioral Health Services utilization.

START NOW

### Wellness Events

First Name \*

Last Name \*

If other, please enter event type here. \*

Wellness Event Type \*

Date of Wellness Event \*

\* By clicking the box, I confirm that all of the information provided is correct and truthful.

SUBMIT

### Wellness Events

First Name \*

Last Name \*

If other, please enter event type here. \*

Wellness Event Type \*

Date of Wellness Event \*

\* By clicking the box, I confirm that all of the information provided is correct and truthful.

SUBMIT



# Financial Well-Being Activity or Course

- Earn \$10 one time per month

## FINANCIAL WELL-BEING

Use attestation form to submit for completion. Example activities include retirement planning, opening new account, contribution to HSA accounts, and financial education courses.

START NOW

## Financial Well-Being

First Name \*

Last Name \*

If other, please describe. \*

Options: \*

Date of event or activity related to financial well-being. \*

\* By clicking the box, I confirm that all of the information provided is correct and truthful.

SUBMIT

## Financial Well-Being

First Name \*

Last Name \*

If other, please describe. \*

Options: \*

Date of event or activity related to financial well-being. \*

\* By clicking the box, I confirm that all of the information provided is correct and truthful.

SUBMIT



# Community Events & Regional Activities

- Earn \$10 one time per month

## COMMUNITY EVENTS & REGIONAL ACTIVITIES

START NOW

Use attestation form to submit for completion. Example activities include volunteer activities, regional fitness activities (marathons, 5K's) or community events.

## Community Events & Regional Activities

First Name \*

John

Last Name \*

Smith

Enter event details or other activity here. \*

Event or Activity Type \*

Regional fitness events (Local Race, Marathon, Bicycling, Triathlon) ▾

Date of Regional Event or Activity \*

Regional fitness events (Local Race, Marathon, Bicycling, Triathlon)

Volunteer or Charitable Activities (Red Cross blood drive, Combined Charitable Campaign)

Community Events

Other

\* By clicking the box, I confirm that all of the information provided is correct and truthful.

SUBMIT

## Community Events & Regional Activities

First Name \*

John

Last Name \*

Smith

Enter event details or other activity here. \*

Event or Activity Type \*

Regional fitness events (Local Race, Marathon, Bicycling, Triathlon) ▾

Date of Regional Event or Activity \*

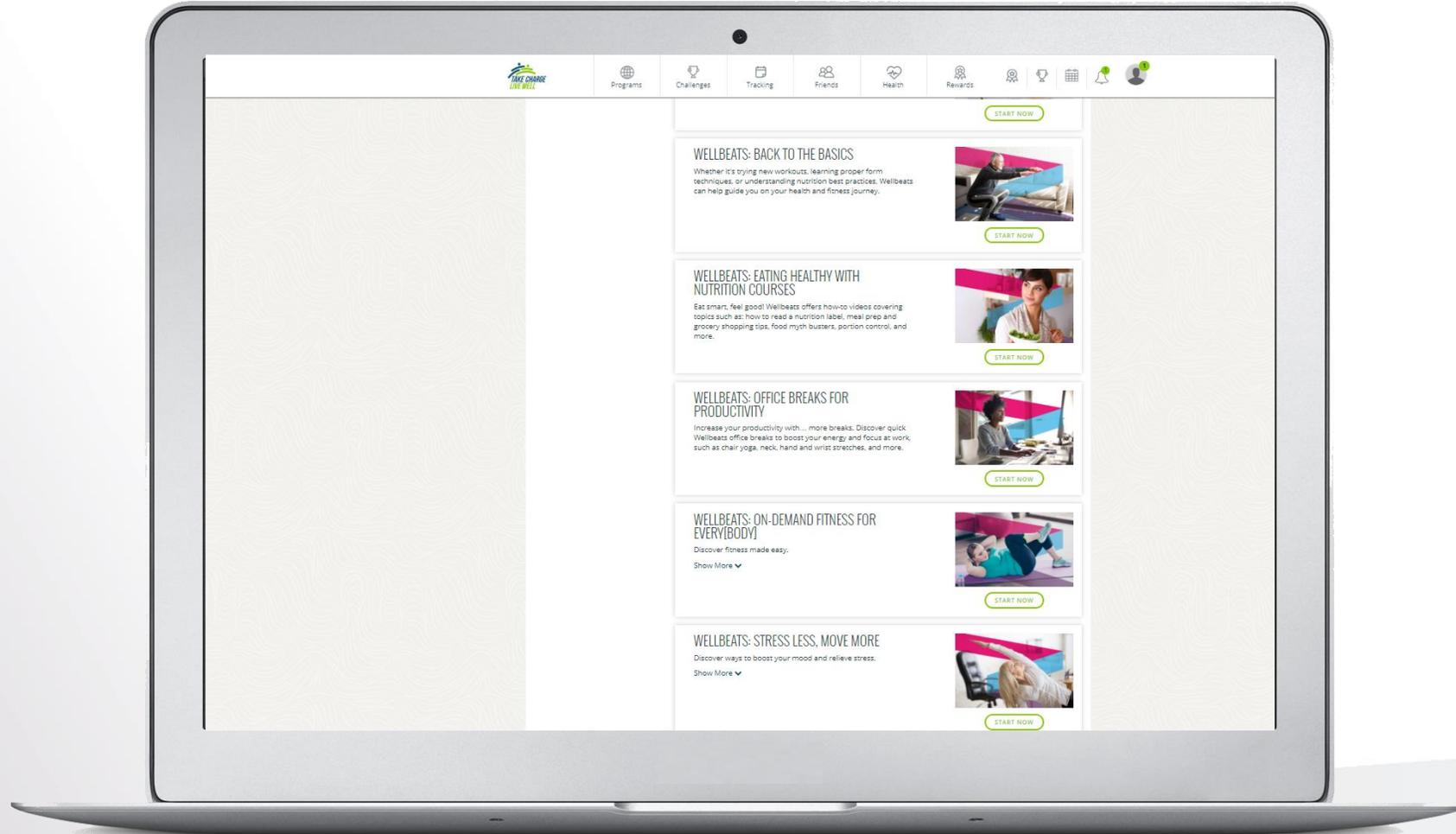
06-26-2020

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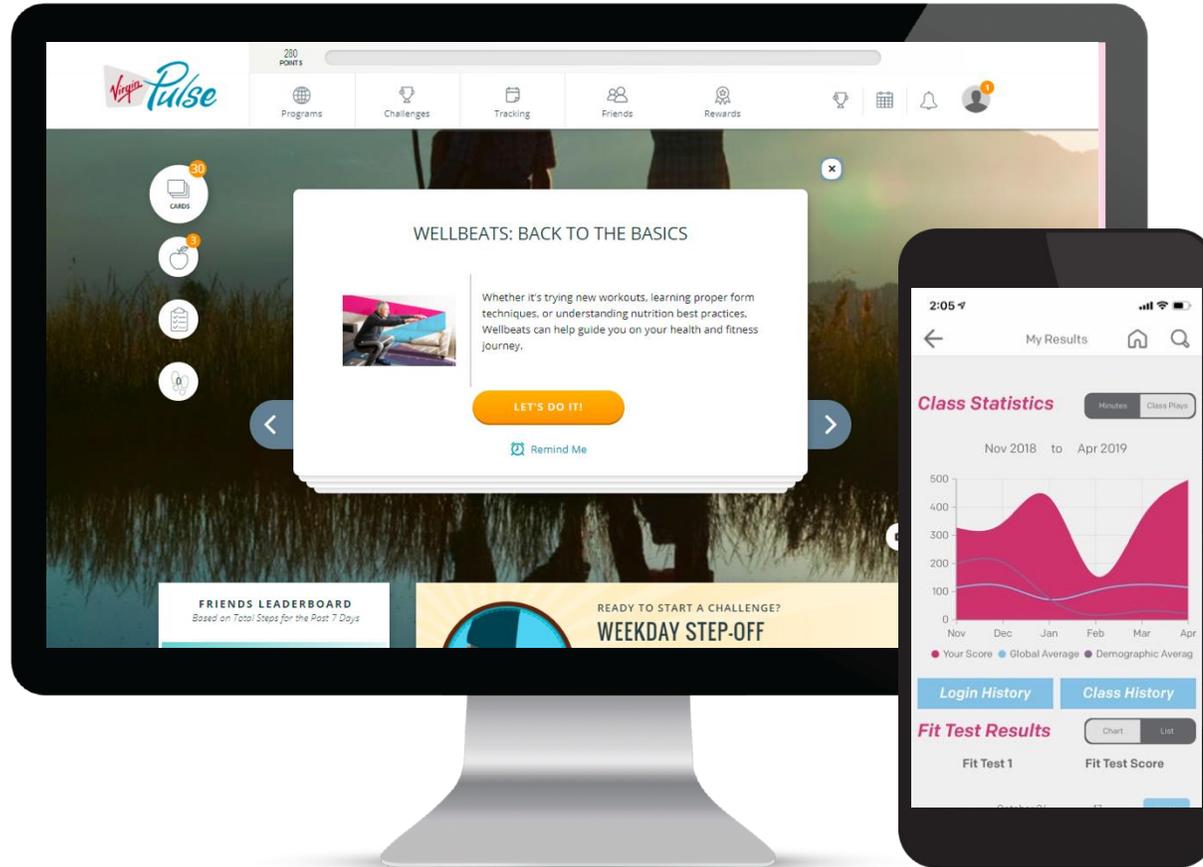
SUBMIT

# WellBeats: New!

- Earn \$50 for completing 10 classes



# Wellbeats™ | WORKOUTS

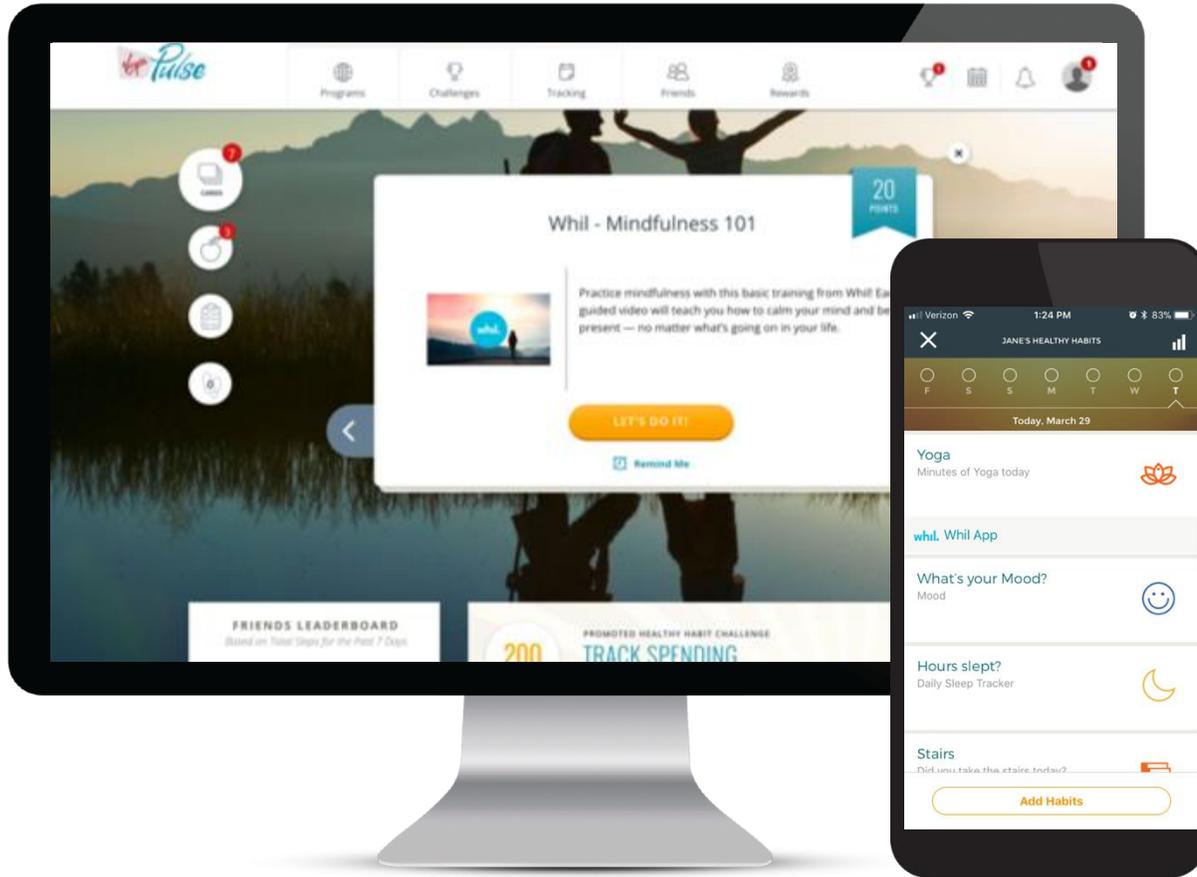


- Hundreds of virtual fitness classes for every age, stage and ability, so you can work out however, whenever and wherever you like.
- Classes are recommended based on your profile and behavior in the app.
- Offers goal-based workout plans and content for mental wellbeing and healthy eating.

# Additional Offerings



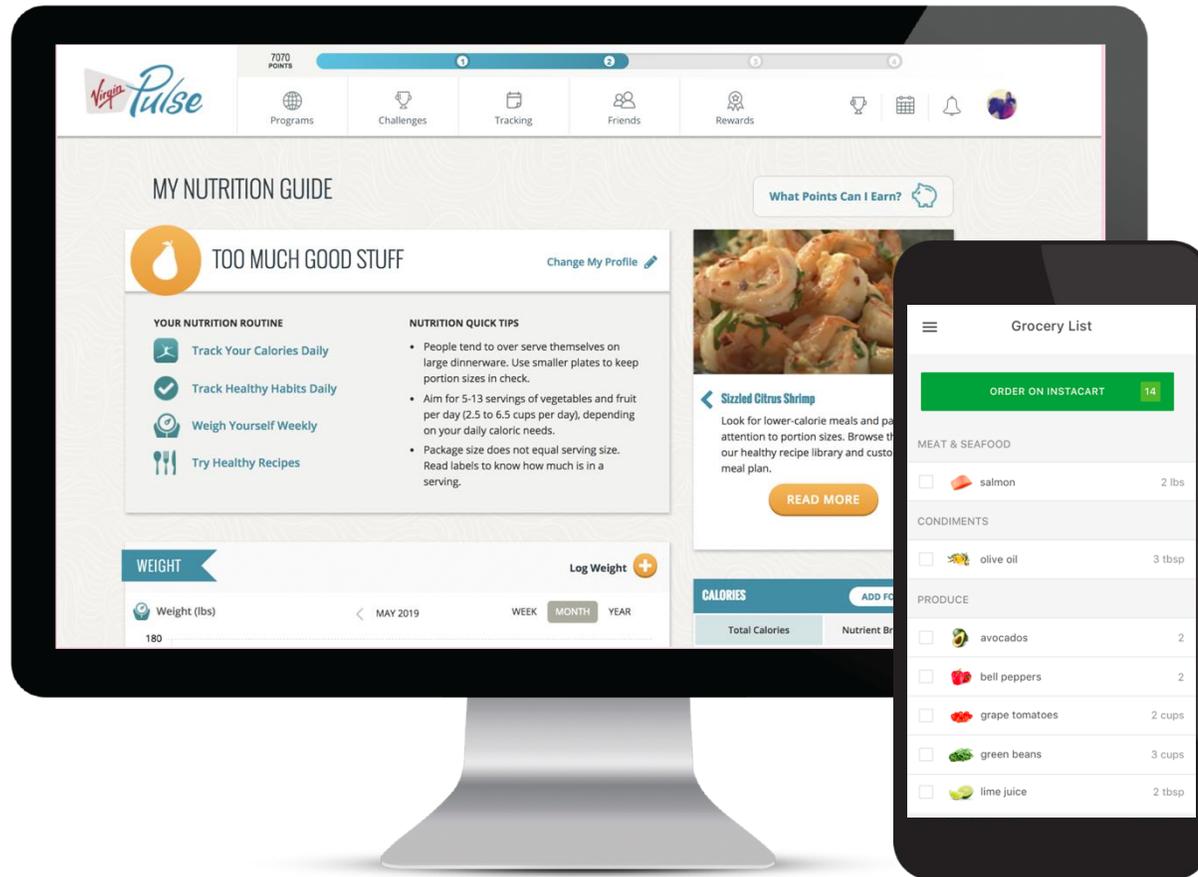
# whil. | STRESS & RESILIENCE



## *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.

# zipongo | NUTRITION



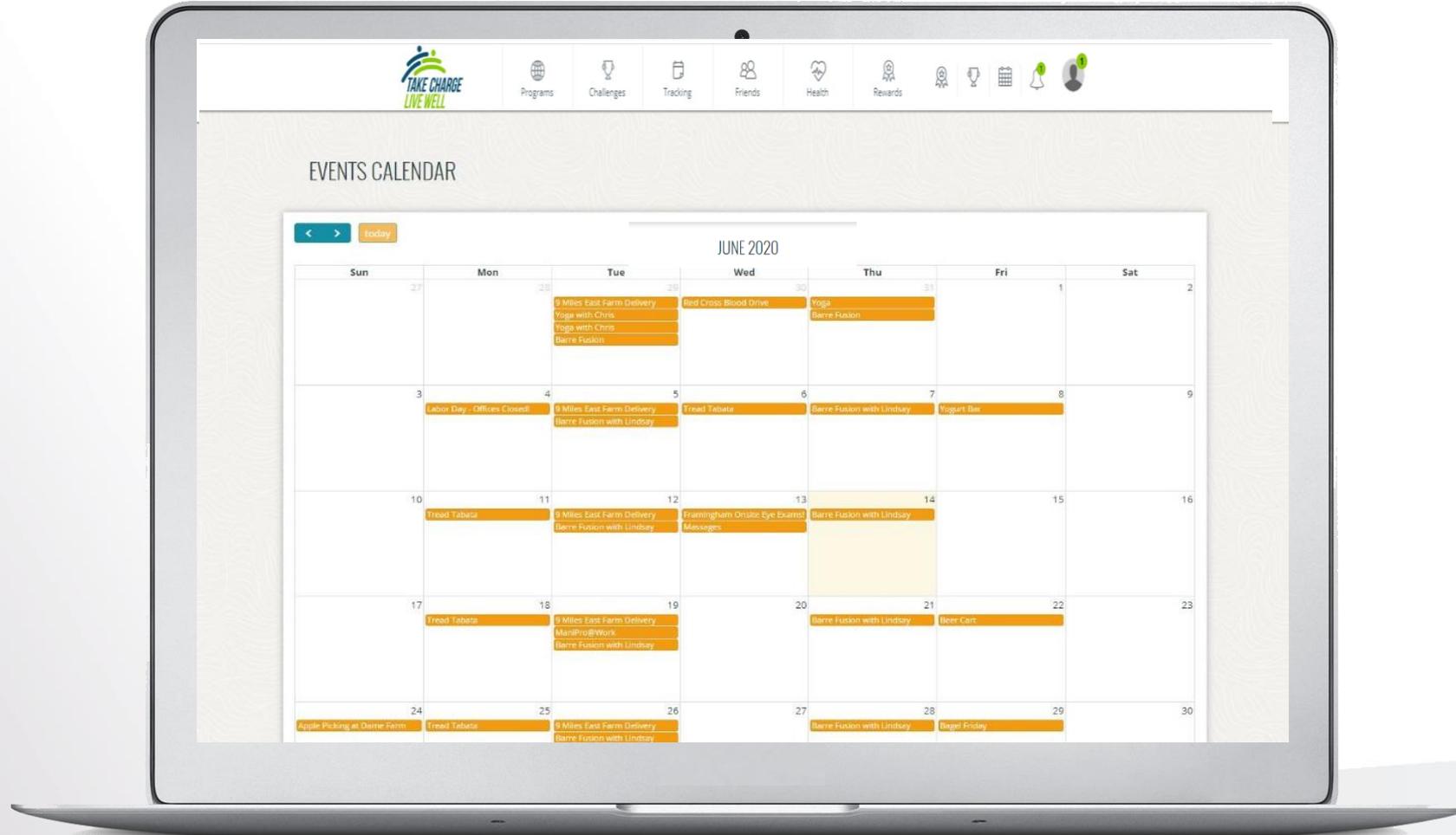
***Personalized guidance for employees to make healthier food decisions, change eating behaviors, and prevent and treat chronic disease***

- 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.



# 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](mailto:tclw.support@virginpulse.com)



## PHONE

833-977-2074