



# STARTING THE NEW YEAR OFF ON THE RIGHT FOOT

## A "HOW TO" GUIDE



# OBJECTIVES

This is the year for YOU. Take control of all your health-related goals. This presentation will provide you with inspiration to take charge, suggestions for healthy goals, and the tools to tackle them.

- Identifying the right goals for you
- Setting S.M.A.R.T Goals
- Tips and Resources for Achieving your Goals

# 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.

# CHOOSING YOUR HEALTH GOAL

## Where to Start

- What is your Wellness Vision?
  - What are your values?
- What results are you looking for?
  - What energizes you?
- What would you like to see your life that is currently missing?

Physical Activity

Nutrition

Stress

Emotional Well-Being

Spiritual Well-Being

Financial Health

Preventive Care

Cholesterol

Blood Pressure

Blood Glucose

Tobacco Cessation

Condition Management



“I \_\_\_\_\_

so that I am

\_\_\_\_\_”

# Using the Sharecare Portal & your RealAge® to Identify Goals

## CHOOSING YOUR HEALTH GOAL

The screenshot displays the Sharecare RealAge portal interface. On the left is a navigation sidebar with icons for Home, Track, Discover, Achieve, and You. The main content area is titled "You" and features a "RealAge Report" section. This section shows the user's RealAge as 07Y 00M younger, with a comparison to their calendar age of 45Y 09M, last updated on 7/18/19. Below this, there are two buttons: "VIEW FULL REPORT" and "UPDATE MY REALAGE". A "RealAge Tips" section follows, listing various health recommendations such as controlling blood pressure, maintaining cholesterol levels, sticking to a sleep schedule, and taking aspirin. The interface is clean and modern, with a teal and white color scheme.

**You**

Your RealAge

**RealAge Report**

RealAge Program

Health Profile

Allergies

Biometrics

Care Team

Conditions

Immunizations

Medications

Procedures

**Your RealAge is 07Y 00M younger**

45Y 09M	52Y 09M	7/18/19
Your RealAge	Calendar Age	Last Updated

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.

**VIEW FULL REPORT** **UPDATE MY REALAGE**

**RealAge Tips** RealAge History

- Keep controlling your blood pressure.** Tight control of your blood pressure has made your body as young as it can be, given t...
- Maintain cholesterol levels.** Congrats! Keep your cholesterol levels healthy. You have healthy HDL and total cholest...
- Stick with your sleep schedule.** Stick with your sleep schedule. You may be getting the amount of nightly sleep that's ri...
- Sit in the nonsmoking section.** Because you are rarely, if at all, exposed to passive smoke, your RealAge is younger. He...
- Maintain your healthy attitude.** Your RealAge is younger because you feel your overall health is excellent compared wit...
- Appreciate your mate.** Kiss your spouse! Being happily married is good for your mental and physical health an...
- Keep on top of stress.** Keep a good handle on your stress level. Try relaxation techniques to minimize the inte...
- Keep your finances in order.** Sounds like you have a good handle on your financial situation. Smart planning now ca...
- Keep stress in check.** A year without any major life-disrupting events is a good year, in terms of stress. Keep l...

- Stop putting off that check-up.** If you're like most men, you've probably skipped your last physical (or two). It's time to ...
- Take an aspirin.** Ask your doctor whether taking a daily aspirin is right for you and, if so, how much you...
- Vary your veggies.** Fill your plate with colorful veggies. Most adults should have 2 1/2 to 3 cups of vegetabl...
- Watch your weight.** Follow a weight-loss program you can stick with. Although your waist size of 25 is withi...

# PHYSICAL ACTIVITY GUIDELINES\*

- Adults should move more and sit less throughout the day.
- Some activity is better than none.

**For  
substantial  
health  
benefits,  
adults should  
do at least:**

**150-300 minutes  
a week of  
moderate  
intensity activity**

or:

**75-150 minutes  
of vigorous  
intensity aerobic  
activity a week**

**or a  
combination  
of moderate  
and vigorous  
activity**

Adults should also do muscle strengthening activities of moderate or greater intensity that involve all major muscle groups 2 or more days a week.

\*Always consult your physician or other health care professional before starting this or any other fitness, nutrition and/or weight management program to determine if it is right for your needs appropriate and safe for you.



# CHOOSING A HEALTH GOAL

## Nutrition Guidelines

**Fruits** – Whole fruits

**Vegetables** – Variety of colorful vegetables, accounting for half your plate

**Protein** – Variety including seafood, legumes, eggs, soy products, and lean meats

**Whole Grains** – Half of all grains

**Healthy Fats** – Choose oils over solid fats

**Saturated Fats** - Less than 10% of daily calories

**Added Sugar** – Less than 10% of daily calories

**Salt** – Less than 2,300 milligrams of sodium per day

“I chose a health goal  
I would like to work  
toward and achieve.  
Now what?”

# SETTING A S.M.A.R.T. GOAL

Components of a Goal Should be S.M.A.R.T.

- **Specific** – What will you do to achieve your goal?
- **Measurable** – How will you track success?
- **Attainable** – Is your goal too easy or too challenging?
- **Relevant** – Does your goal align with your values and wellness vision?
- **Time-Limited** – Do you have a realistic deadline for your goal?

# SETTING A S.M.A.R.T. GOAL

## Physical Activity Examples

I will complete aerobic exercise 3 days per week

I will complete 2 muscle strengthening activities per week

I will walk for 10 minutes at lunch every day

I will attend a fitness class with a friend once a week for the next month





# SETTING A S.M.A.R.T. GOAL

## **Nutrition Examples**

I will pack my lunch 4 days of the week

I will incorporate more healthy fats into my diet by eating seafood twice per week

I will eat my recommended amount of fruits and vegetables each day

I will decrease my intake of added sugar by reading food labels at the grocery store each week

# SETTING A S.M.A.R.T. GOAL

## Emotional & Financial Well-Being Examples

I will spend 1 hour each night away from technology with my family

I will meditate for 10 minutes, 3 times per week to help reduce my stress

I will create a plan to pay down my credit card debt by the end of the year

I will create a monthly budget and monitor my success each month





## SETTING A S.M.A.R.T. GOAL

### Health & Condition Management Examples

I will attend a preventive care visit in the next 3 months

I will follow my nutrition and exercise plan to lose 15 pounds in 6 months

I will track my blood sugar daily for the next month to understand how the food I eat affects my blood sugar levels

I begin coaching sessions and quit completely on my set quit day

# ACHIEVING YOUR GOAL

## Tips to Achieve Your Goals



Write out an action plan to achieve your goal



Break your goal into smaller tasks or milestones



Use a well-placed visual reminder of your goal



Refine your goal as needed to remain motivated



Take advantage of available resources



Ask for support from a family member, friend, or coach

# WELL-BEING PROGRAMS

## RESOURCES FOR ACHIEVING GOALS

**Achieve**

**Challenges**  
Keep motivated by joining challenges

**Rewards**  
Get rewarded for staying healthy

**Programs**  
Get the help you need to be healthier

**Programs**

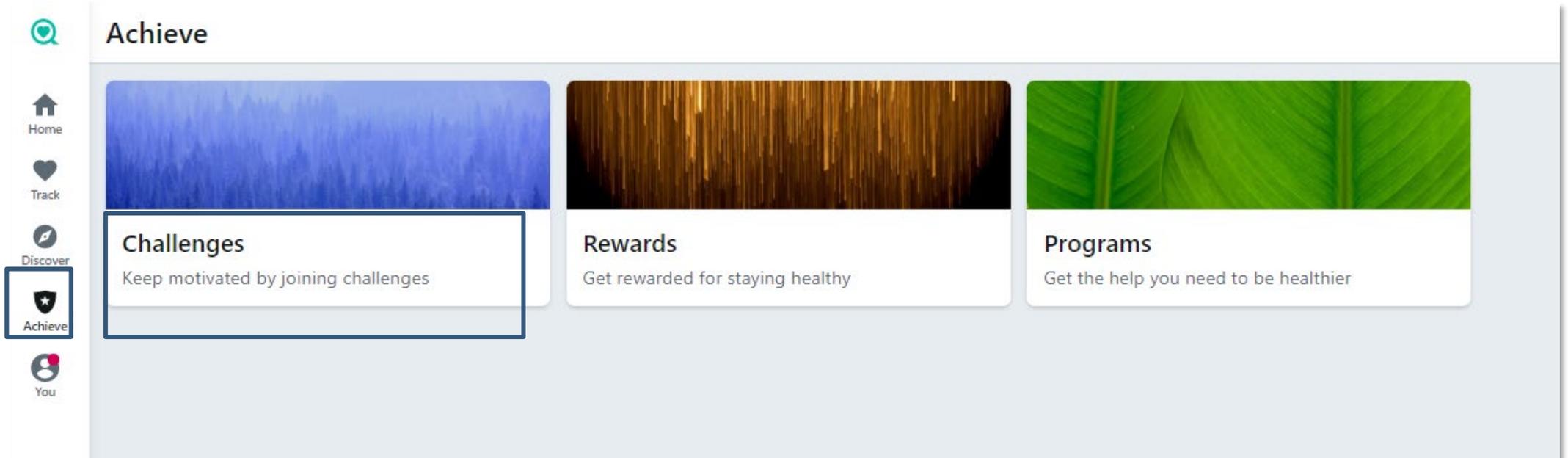
Get the help you need to be healthier

**Financial Well-Being**  
Financial Well-Being

**Stop Smoking**  
Quitnet

# MONTHLY CHALLENGES

## RESOURCES FOR ACHIEVING GOALS



- Reward available through the *Take Charge! Live Well!* program
- Participants must track their activities for at least 21 days of the month-long challenge to earn the reward
- Participants must enroll in the challenge to earn the reward
- Back tracking is allowed for 7 days during the challenge. Once the challenge ends, back tracking will not count toward active participation

# MONTHLY CHALLENGES

## RESOURCES FOR ACHIEVING GOALS

**Challenges**

Home  
Track  
Discover  
Achieve  
You

Challenges ^

**Active**

Upcoming  
Past

Enrolled Available ←

**Active Autumn Steps Ch...**

Steps Challenge  
7285 participants • In Progress

**Challenges**

Home  
Track  
Discover  
Achieve  
You

Challenges ^

Active  
Upcoming  
Past

**Active Autumn Steps Challenge**

Steps Challenge  
7285 participants

**Ends in 10 days**

Nov 1, 2019 Start Date  
Nov 30, 2019 End Date

**START TRACKING**

**Description**

Instead of taking a smokebreak, try a walk! Walk to your health this autumn and enjoy the crisp air, cooling temps, and beautiful colors of the season. This month, walk 147,000 steps -- that's 7,000 steps a day for 21 days-- to jump start your health journey!

**History**

Step Count

Date	Step Count
Nov 15	
Nov 17	
Nov 19	
Nov 21	

< Nov 15, 2019 - Nov 21, 2019 >

**Leaderboard**  
Last updated: 11/21/19 at 10:12 AM

[View full leaderboard](#)

**Progress**

**Goals**

1

45111 / 147000

Steps

Leaderboard Position  
5738

Today's Steps  
0

**50 Points**

**GO TO REWARDS**

# TRACKING GREEN DAYS

## RESOURCES FOR ACHIEVING GOALS

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 8 of 13 activities “in the green” (healthy range) that you completely fill up your green day heart.

The screenshot displays the 'Track' page in the Sharecare app. At the top, a navigation bar includes 'Track', a home icon, and a search icon. Below the navigation bar, a sidebar menu on the left contains icons for 'Home', 'Track' (highlighted with a red box), 'Discover', 'Achieve', and 'You'. The main content area features a calendar for November 2019, a 'Green Day Progress' section for November 21, 2019, showing 28 total green days and a '45Y 09M RealAge' metric. A red arrow points to a heart icon in the progress section. Below the calendar, a list of health metrics is shown, with 'Diet' highlighted by a red box. To the right, a summary of other metrics is displayed, including Cholesterol, Fitness, Blood Glucose, and Smoke. A 'Diet' modal form is open, showing options for meal type (Lunch), meal size (XS, S, M, L, XL), and meal quality (Excellent, Good, Average, Bad, Poor). A red arrow points to the 'SAVE CHANGES' button at the bottom of the modal.

# TELEPHONIC HEALTH COACHING

## RESOURCES FOR ACHIEVING GOALS

### 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.**

# PROGRAM OFFERINGS

## Step 1: Assess your health

### On-Site Biometric Screening (July – Nov 2019)

- On-site at State of Ohio agencies locations
- Free blood panel and other health measures
- Register at [das.ohio.gov/wellness](https://das.ohio.gov/wellness)

### Physician Form

- Completed with your healthcare provider
- Alternative to on-site screening
- Download form at [das.ohio.gov/wellness](https://das.ohio.gov/wellness)

### RealAge Test

- Online health assessment
- Personalized results and feedback provided at the end
- Access survey at [das.ohio.gov/wellness](https://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](https://das.ohio.gov/wellness)

Offered through partnership with Sharecare

# OTHER WELL-BEING PROGRAM OFFERINGS

## **Tobacco Cessation Program**

- The Take Charge! Live Well! program offers access to unlimited 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](https://das.ohio.gov/wellness)

Offered through partnership with Sharecare

# REWARDS

Enrolled employees and spouses may earn up to \$350 each by taking steps to improve their health.

<b>Level 1: Assess Your Health, Earn up to \$150 per person</b>	<b>Point Value</b>
Complete the RealAge® Test (starting July 15)	<b>50 Points</b>
Complete a Biometric Screening: <ul style="list-style-type: none"><li>• Complete a biometric screening at an on-site screening event held at a State facility, <b>or</b></li><li>• Submit the Physician Form, which is to be completed by your physician</li></ul>	<b>100 Points</b>
<b>Level 2: Take Action, Earn up to \$200 per person</b>	<b>Point Value</b>
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	<b>Earn 50 points</b> for each completed health coaching call, up to four calls
Well-Being Challenges	<b>Earn 50 points</b> for each completed challenge, up to four challenges *Must meet Active Participation requirement

## MORE DETAILS: REWARDS, CONTINUED

- 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

1-866-556-2288

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