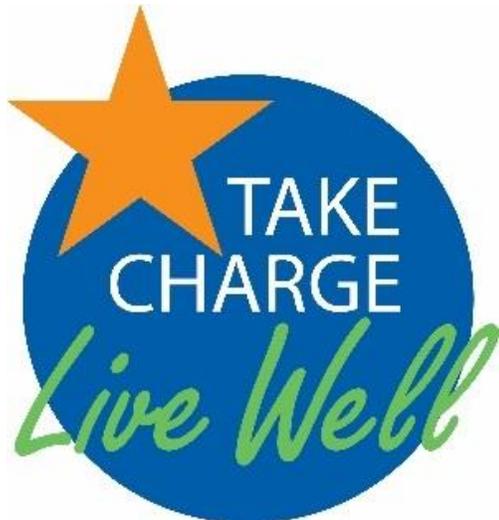


# *Take Charge! Live Well!*

Program Overview

Fiscal Program Year 2018-2019



July 1, 2018 – June 30, 2019

# The Basics

## Eligibility

Employees and spouses covered under a State of Ohio medical plan

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

## Website

- [ohio.gov/tclw](https://ohio.gov/tclw)

Customer Service, Health Coaching, 24-Hour Nurse Line

- 866-556-2288

# Program Timeline

Date	Description
July 1, 2018	<ul style="list-style-type: none"><li>• First day of program year</li><li>• Physician Form available to download at <a href="http://ohio.gov/tclw">ohio.gov/tclw</a></li><li>• Health coaching calls for current program year begin</li></ul>
July 10, 2018	<ul style="list-style-type: none"><li>• On-site screening events begin</li></ul>
July 16, 2018	<ul style="list-style-type: none"><li>• Well-Being Connect, Well-Being 5 Survey, and Financial Well-Being lessons accessible via <a href="http://ohio.gov/tclw">ohio.gov/tclw</a></li></ul>
November 2018	<ul style="list-style-type: none"><li>• On-site biometric screening events end</li></ul>
November 15, 2018	<ul style="list-style-type: none"><li>• Last day for reward card orders for 2018 delivery</li></ul>
June 30, 2019	<ul style="list-style-type: none"><li>• Last day of program year. Activities must be completed / Physician Form must be received to receive a reward</li></ul>

# Wellness Programs and Events

Wellness events and programs include:

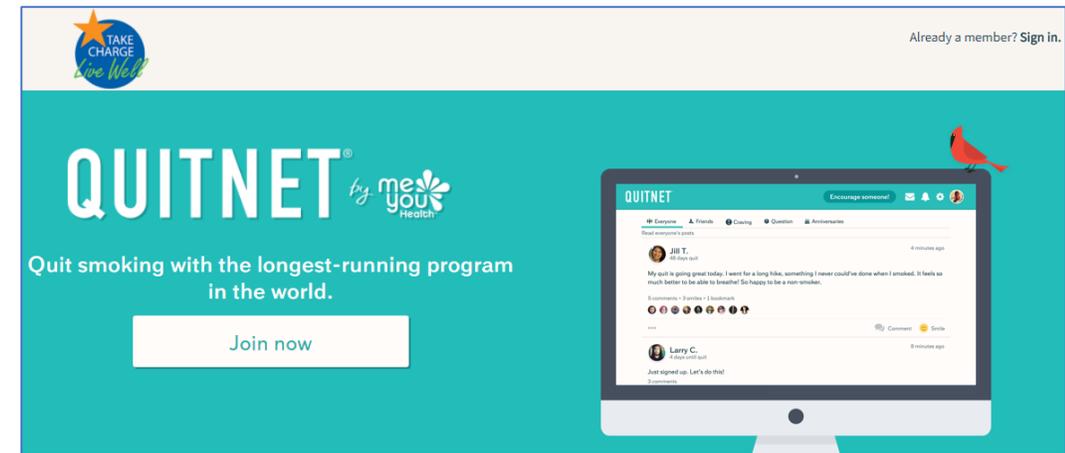
- On-site biometric screening events;
- On-site health education presentations;
- Live health education webinars;
- Well-being campaigns and challenges;
- Mammogram shuttle events; and
- Worksite flu shot clinics.

# Tobacco Cessation Program

Employees, spouses, and dependents 18/over that are covered by a state medical plan are eligible for the following resources for quitting tobacco:

- Access to QuitNet®, the world's largest online community of individuals who have quit or are quitting tobacco
- Phone coaching sessions with a trained counselor
- Free tobacco cessation medication and nicotine replacement therapy (if actively engaged with a Sharecare health coach)
- E-mail tips offering motivation and encouragement

Call 1-866-556-2288 and select Option 3



# 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

\$50 incentive per health coaching call (up to \$200 for well-being improvement activities)

# Biometric Screening: On-site Event

On-site biometric screening events are held throughout the state from July – November.

- Select “Biometric Screenings / Physician Forms” at [ohio.gov/tclw](http://ohio.gov/tclw)
- Click on the Biometric Screenings graphic
- Complete the registration instructions
- Enter your name, date of birth, and email address before selecting your preferred location and appointment time.

The screenshot displays the 'Take Charge! Live Well' website interface. The main navigation bar includes links for HOME, ABOUT TAKE CHARGE! LIVE WELL, WEBINARS, WELLNESS AMBASSADORS, and BENEFITS HOME. The hero section features a woman running in a park with the text 'Take Charge! Live Well! YOUR PART'. Below this is a 'WELL-BEING CONNECT' banner. The main content area is divided into three columns: 'Well-Being Connect', 'Biometric Screening/Physician Form' (highlighted with a yellow border), and 'Health Coaching'. The 'Biometric Screening/Physician Form' section includes a sub-header, a description of the screening process, a 'Biometric Screening' graphic with a 'Click Here to Access Screening Details' link, and a 'Biometric Screening Schedule' link. Below this is a 'Biometric Screening Options' section with two bullet points: 'Attend a biometric screening event at a State of Ohio worksite.' and 'Have your physician complete a Physician Form.' A final paragraph explains the Physician Form process.

HOME ABOUT TAKE CHARGE! LIVE WELL WEBINARS WELLNESS AMBASSADORS BENEFITS HOME

TAKE CHARGE! Live Well

Take Charge! Live Well! YOUR PART

HOME ABOUT TAKE CHARGE! LIVE WELL WEBINARS WELLNESS AMBASSADORS BENEFITS HOME

**Biometric Screenings/Physician Forms**

During the private biometric screening, a health professional will collect measurements, including height and weight. Results are shared with your employer. For more information, visit [ohio.gov/health](http://ohio.gov/health).

HIV/AIDS or hepatitis. The results are not shared with your employer.

**Biometric Screening**

Click Here to Access Screening Details

**Biometric Screening Schedule**

**Biometric Screening Options:**

- Attend a biometric screening event at a State of Ohio worksite.
- Have your physician complete a Physician Form.

The Physician Form is a form that your physician can complete with the same biometric information as your worksite screening. It can be completed during a worksite visit or annual physical exam. By clicking the **Physician Form** link below you can download and print the form. The form should then be downloaded and faxed to the number on the form or mailed to the return address.

**\$100 incentive for biometric screening (on-site OR Physician Form)**

# Biometric Screening: Physician Form

If you have already earned incentive credit from attending an on-site biometric screening event, you do not need to submit a Physician Form.

- Select “Biometric Screenings / Physician Forms” at [ohio.gov/tclw](http://ohio.gov/tclw)
- Click on the “Physician Form” link
- Complete the registration instructions to generate, download, and print your personalized Form
- Complete the Form with your healthcare provider
- Submit completed Form via instructions listed on document

The screenshot shows the Take Charge Live Well website. The main navigation bar includes links for HOME, ABOUT TAKE CHARGE LIVE WELL, WEBINARS, WELLNESS AMBASSADORS, and BENEFITS HOME. The hero image features a person running in a park with the text "Take Charge Live Well YOUR WELL-BEING". Below the hero image is a "WELL-BEING CONNECT" banner. The main content area is titled "Biometric Screening Schedule" and lists "Biometric Screening Options":

- Attend a biometric screening event at a State of Ohio worksite.
- Have your physician complete a Physician Form.

The Physician Form is a form that your physician can complete with the same biometric information from your test results by simple visit or annual physical exam. By clicking the **Physician Form** link below you can download and print the form. Be sure to follow all instructions and the form should then be downloaded and faxed to the number on the form or mailed to the return address listed.

**Physician Form**

If you participate at an on-site biometric screening event, below are helpful tips as you prepare for your biometric screening:

- Fasting (don't eat or drink anything but water nine hours before your appointment time) is required. These fasting tests provide you with your current health status.
- Drink plenty of water, which will make it easier to give a blood sample.
- Continue taking medication as prescribed the day of your biometric screening.
- For biometric screening appointments, arrive five minutes early to register and allow about 15 minutes to complete the screening process.

The "Biometric Screening/Physician Form" button is highlighted with a yellow box, along with the "Physician Form" link and the list of tips below it.

**\$100 incentive for biometric screening (on-site OR Physician Form)**

# Gallup-Sharecare Well-Being 5 Survey<sup>®</sup>

The image shows a screenshot of the 'WELL-BEING CONNECT' login page. The page features a teal background with a collage of health-related images like pills and vegetables. At the top left is the 'TAKE CHARGE Live Well' logo. The main heading is 'WELL-BEING CONNECT' with the tagline 'Brought to you by Take Charge! Live Well!'. A 'DISCOVER HOW' button is at the bottom. The login section includes a 'SIGN IN' button, 'Username' and 'Password' input fields, and links for 'Forgot your Username or Password?' and 'Not a Member? Create An Account'. Annotations include yellow boxes for 'Returning User' and 'New User' with arrows pointing to the login fields, and another yellow box for 'Forgot Username and / or Password?' with an arrow pointing to the forgot password link.

**Returning User**

**New User**

Username

Password

SIGN IN

Forgot your Username or Password?

Not a Member? Create An Account

**Forgot Username and / or Password?**

welcome to

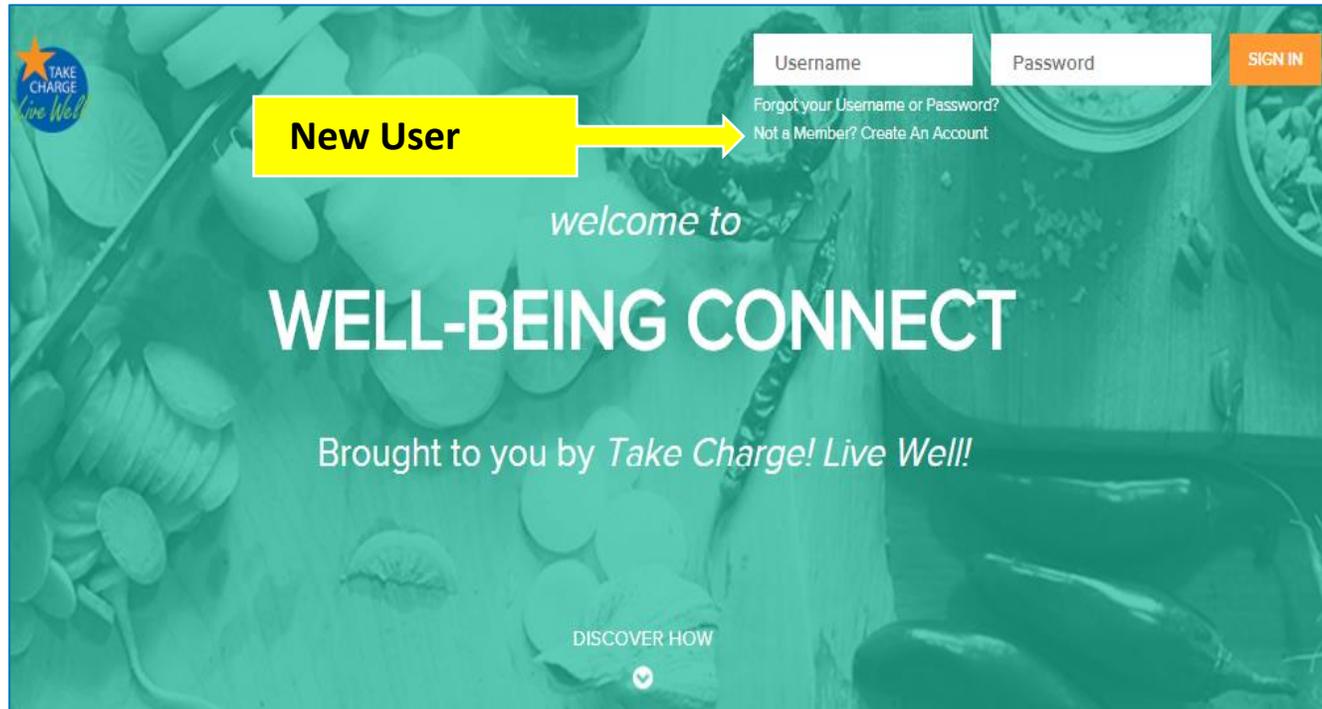
## WELL-BEING CONNECT

Brought to you by *Take Charge! Live Well!*

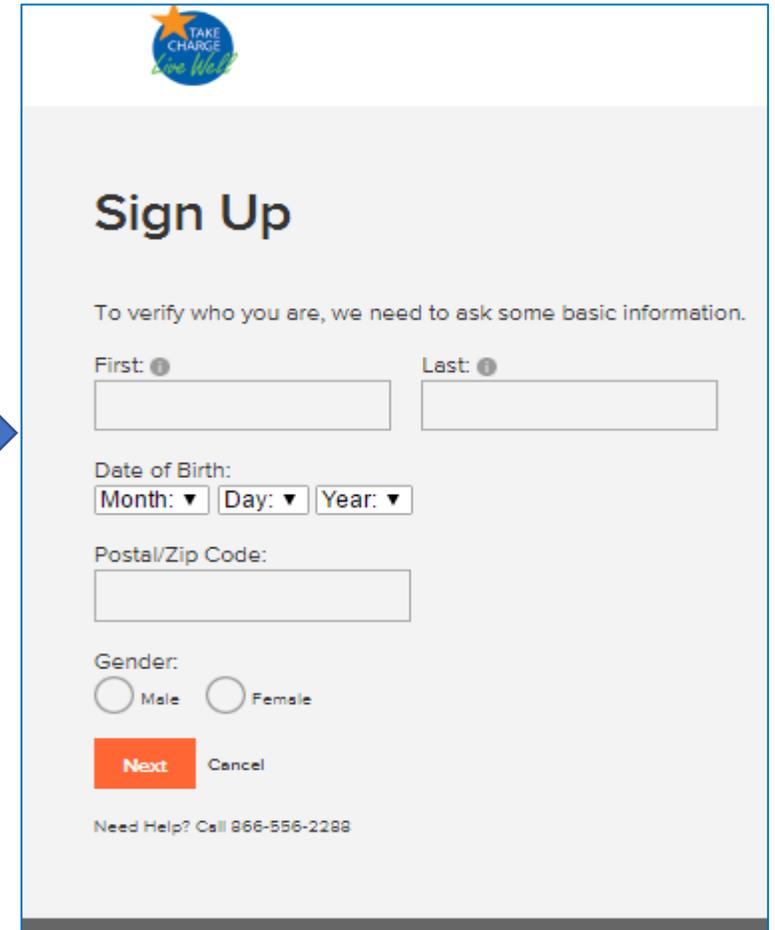
DISCOVER HOW

\$50 incentive for Well-Being 5 Survey completion

# Well-Being Connect: Signing Up as a New User



The screenshot shows the homepage of Well-Being Connect. At the top left is the logo for 'TAKE CHARGE Live Well!'. In the top right, there are input fields for 'Username' and 'Password', and an orange 'SIGN IN' button. Below the sign-in fields are links for 'Forgot your Username or Password?' and 'Not a Member? Create An Account'. A yellow callout box with the text 'New User' and a yellow arrow points to the 'Create An Account' link. The main heading reads 'welcome to WELL-BEING CONNECT' in large white letters. Below it, it says 'Brought to you by Take Charge! Live Well!'. At the bottom center, there is a 'DISCOVER HOW' button with a downward arrow.

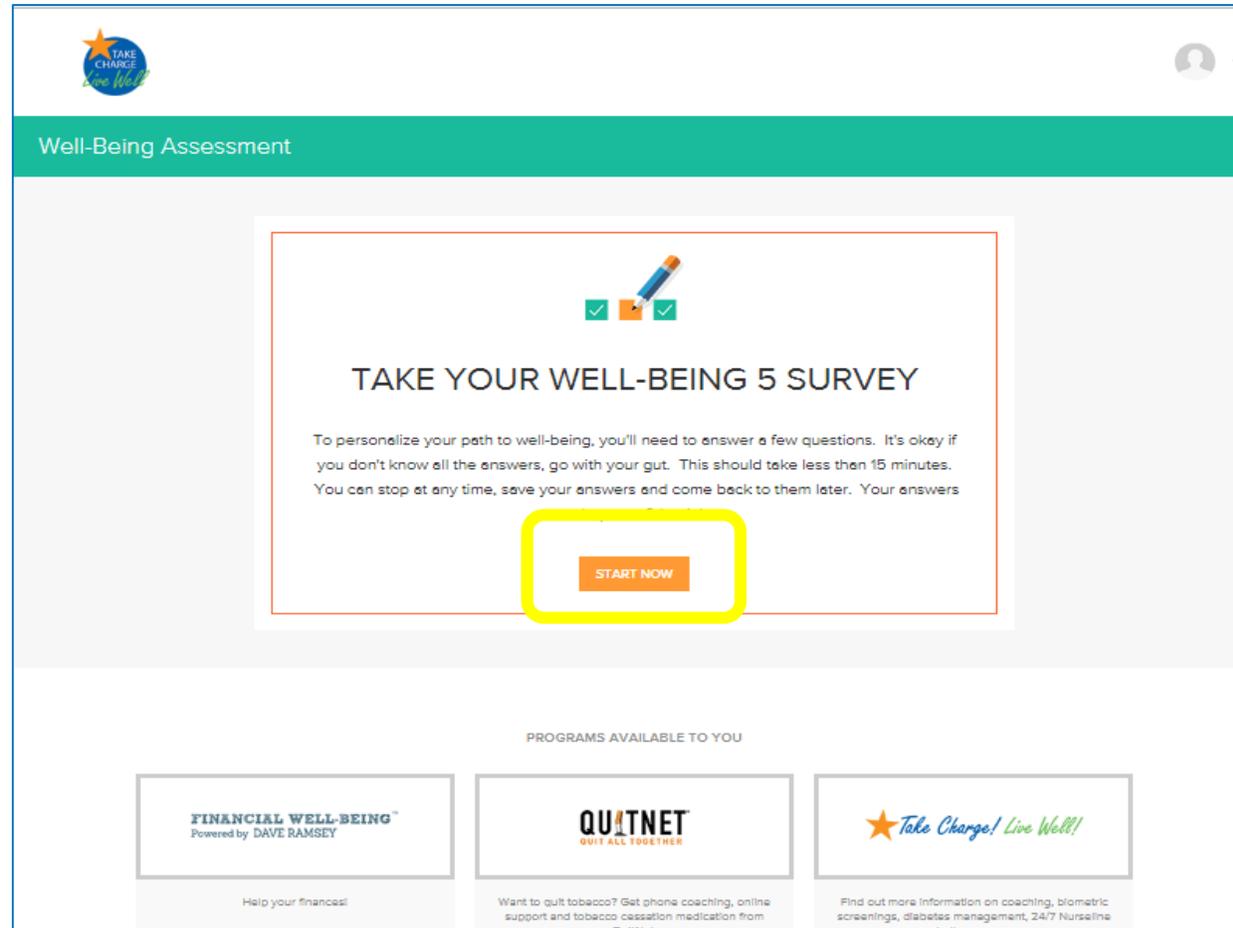


The screenshot shows the 'Sign Up' registration form. At the top left is the 'TAKE CHARGE Live Well!' logo. The heading is 'Sign Up'. Below it, a message states: 'To verify who you are, we need to ask some basic information.' The form includes the following fields and options:

- First:
- Last:
- Date of Birth: Month: , Day: , Year:
- Postal/Zip Code:
- Gender:  Male  Female

At the bottom of the form are two buttons: 'Next' (orange) and 'Cancel'. Below the buttons, it says 'Need Help? Call 866-556-2288'.

# Well-Being 5 Survey



The screenshot shows a web interface for a 'Well-Being Assessment'. At the top left is the 'Take Charge! Live Well!' logo, and at the top right is a user profile icon. A green header bar contains the text 'Well-Being Assessment'. The main content area features a central white box with a red border. Inside this box, there is an icon of a pencil writing on a checklist, followed by the heading 'TAKE YOUR WELL-BEING 5 SURVEY'. Below the heading is a paragraph of text: 'To personalize your path to well-being, you'll need to answer a few questions. It's okay if you don't know all the answers, go with your gut. This should take less than 15 minutes. You can stop at any time, save your answers and come back to them later. Your answers'. A yellow rounded rectangle highlights an orange 'START NOW' button at the bottom of this central box. Below the main content area, there is a section titled 'PROGRAMS AVAILABLE TO YOU' which contains three program cards: 'FINANCIAL WELL-BEING™ Powered by DAVE RAMSEY' with the subtext 'Help your finances'; 'QUITNET QUIT ALL TOGETHER' with the subtext 'Want to quit tobacco? Get phone coaching, online support and tobacco cessation medication from QuitNet'; and 'Take Charge! Live Well!' with the subtext 'Find out more information on coaching, biometric screenings, diabetes management, 24/7 NurseLine and other programs'.

 Well-Being Assessment



## TAKE YOUR WELL-BEING 5 SURVEY

To personalize your path to well-being, you'll need to answer a few questions. It's okay if you don't know all the answers, go with your gut. This should take less than 15 minutes. You can stop at any time, save your answers and come back to them later. Your answers

[START NOW](#)

PROGRAMS AVAILABLE TO YOU

- FINANCIAL WELL-BEING™**  
Powered by DAVE RAMSEY  
Help your finances
- QUITNET**  
QUIT ALL TOGETHER  
Want to quit tobacco? Get phone coaching, online support and tobacco cessation medication from QuitNet
-   
Find out more information on coaching, biometric screenings, diabetes management, 24/7 NurseLine and other programs

# Well-Being 5 Survey

The screenshot displays a survey interface for the 'Well-Being 5 Survey'. At the top left is a logo with a star and the text 'TAKE CHARGE'. A green progress bar at the top indicates '62% COMPLETED' and features a bicycle icon. A yellow box highlights a 'SAVE & FINISH LATER' button in the top right corner. The main question asks: 'On a ladder from 0 to 10, where 0 is the worst job performance anyone could have at your job and 10 is the performance of a top worker, how would you rate your overall job performance on the days you worked during the past 4 weeks (28 days)?'. Below the question is a slider with an orange bar and a central orange circle. A blue box highlights the number '7' on the slider. At the bottom left, a yellow box highlights a left arrow button. In the bottom center, a yellow box highlights a 'DON'T KNOW' button. At the bottom right, there is a right arrow button. The slider is labeled '0 WORST' on the left and '10 BEST' on the right.

# Well-Being 5 Survey

The image shows a survey interface with a modal dialog box. The background is a dark green header with a bicycle icon and a progress bar showing "10% COMPLETED". On the right, there is a "SAVE & FINISH LATER" button. The main content area is greyed out, showing a question: "Now, think about how often you agree or disagree with the following statement: I like what I do every day." Below the question are five response options: "STRONGLY DISAGREE 1", "DON'T KNOW", "STRONGLY AGREE 5", and two unlabeled options in between. A modal dialog box is overlaid on top, with a teal header containing a pencil icon and a close button. The dialog text reads: "YOU'VE SKIPPED A QUESTION!" followed by "Your snapshot won't be complete if you don't answer all the questions. Are you sure you want to continue?". At the bottom of the dialog, there is a checkbox labeled "Don't show me this message again" and two buttons: "CANCEL" and "CONTINUE".

10% COMPLETED

SAVE & FINISH LATER

**YOU'VE SKIPPED A QUESTION!**

Your snapshot won't be complete if you don't answer all the questions. Are you sure you want to continue?

Don't show me this message again

CANCEL CONTINUE

STRONGLY DISAGREE 1

STRONGLY AGREE 5

DON'T KNOW

# Survey Report

The dashboard features a top navigation bar with the following items: DASHBOARD, PERSONAL GOALS, CHALLENGES, REWARDS, HEALTH RECORD, LIBRARY, and a user profile icon. Below the navigation is a green header with the text "Survey Report".

The main content area is divided into two columns. The left column displays a score of **80** out of 100. Below the score, it states: "Your score is a snapshot view of your well-being across all five elements: your sense of purpose, your social relationships, your financial security, your relationship to your community, and your physical health. It can also be a mirror of how you're feeling about your life." At the bottom of this column are three buttons: DOWNLOAD, PRINT, and EMAIL.

The right column is titled "next step Your Personal Path to Well-Being". It includes the text: "What's next? You can review and add goals or challenges. Look up recipes and articles. Or learn more about services that can help you quit smoking, lose weight and more." Below this text is a prominent orange "GET STARTED" button.

At the bottom of the dashboard is a section titled "Explore Your Score". It features a card for "Purpose" with the subtext "LIVE YOUR LIFE ON PURPOSE". To the right of this card, it shows the "OVERALL STATUS" as "PRETTY GOOD".

The report is titled "Your GALLUP · SHARECARE WELL-BEING 5 SNAPSHOT". It is dated "Prepared on July 05, 2019" and includes a reference code "FNTSTEGBCAL".

The report is categorized as "Your Well-Being Snapshot | Physical". It includes a "YOU SHOULD" section with three key messages:

- KEEP IT UP:** Physical well-being covers a lot of ground, and it can be overwhelming to try to focus on everything all at once. Finding your balance starts with learning to be patient with yourself. Look for the small wins that can help you bounce back during challenging times, and let those wins spill into other areas. Seek out a friend or family member to share your journey—you'll find that working together on a challenge brings benefits to both of you.
- STEP IT UP:** (No specific text provided)
- ACTION CRITICAL:** (No specific text provided)

The report is divided into several sections:

- Your Strengths:** Includes "Interest and Pleasure in Life" (You manage your moods and life situations well, which helps keep your well-being higher. Look for a friend or family member who struggles in this area, and share your best ideas for coping.) and "Taking Your Medications" (You get your prescriptions filled and take medications exactly as prescribed—great habits to stay healthy! 'Exactly' means no skipping, forgetting or doubling-up when you do forget.)
- Doing Your Daily Activities:** Well done! You are able to do the things you want to do that require solid physical health. Staying independent can add to the quality of your life for years to come.
- No Tobacco Use:** Excellent! Being tobacco-free is a major boost to well-being, and will probably add decades to your life.
- Alcohol Use:** You know your limits, and that is a terrific boost to your well-being! Not drinking or drinking in a moderate way is part of complete health—body, mind, and spirit.

# Survey Report, continued

DOWNLOAD PRINT EMAIL GET STARTED

## Explore Your Score

**Purpose**  
LIVE YOUR LIFE ON PURPOSE

OVERALL STATUS  
**PRETTY GOOD**

What gets you out of bed and keeps you going all day long? Whether it's a job, a hobby, a person, or some other passion, a strong sense of purpose is a hallmark of high well-being. Leading research tells us that purpose is based on four key things:

- Doing what you do well
- Engaging in meaningful activities
- Knowing leaders who motivate you
- Achieving your goals

**YOUR STRENGTHS**

- 1 USING YOUR STRENGTHS**  
Finding ways to use your strengths every day helps you stay sharp and motivated to be your best you.  
People who use their strengths at work are 6 times more likely to be engaged in their jobs.
- 2 LEADERS IN YOUR LIFE**  
Role models live every day "on purpose". Finding people like that in your life helps guide you toward higher well-being on the job, in your community and at home.  
People whose managers recognize them for their work feel 60% more engaged on the job.
- 3 INTERESTING ACTIVITIES**  
Loving what you do every day spreads into

**YOUR CHALLENGES**

- 1 THE CONDITION OF YOUR HEALTH**  
Knowing which aspects of your health you can influence may help you make the most of your efforts. Try to identify one or two better choices you can make to start your journey to higher well-being.

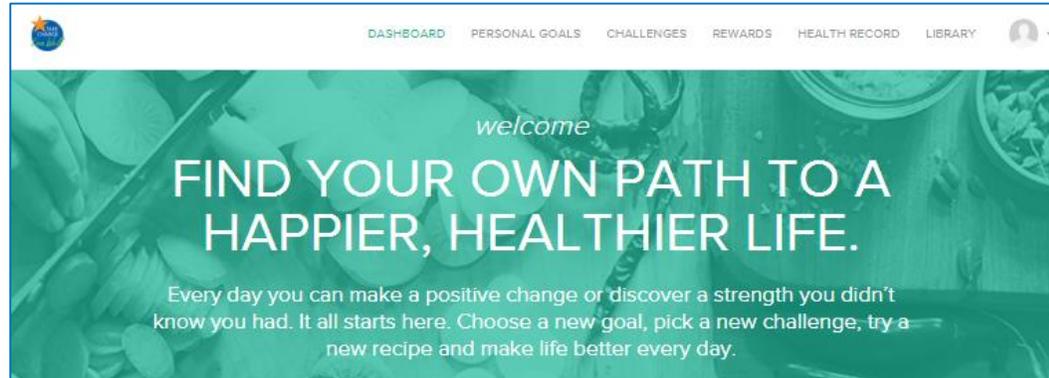
**CONDITIONS**

- 1 HIGH BLOOD PRESSURE**  
While high blood pressure may seem like endless monitoring and a big worry, it might also be an opportunity to see where you can make lifestyle changes that bump up your well-being. Always check with your healthcare provider for advice.

**FEEDBACK FOR YOU**

Finding that career where you know you're making a positive impact can

# Create Your Goals



Dashboard navigation: DASHBOARD PERSONAL GOALS CHALLENGES REWARDS HEALTH RECORD LIBRARY

### Add Personal Goals

Selected Goals 1 **START GOALS**

**PERSONAL GOALS**  
Goals are activities you complete to help improve any of your five areas of well-being. You get to choose them.

**PICK YOUR GOALS**

**BE NEIGHBORLY**  
Hold open the door for someone

ADD GOAL NO THANKS

**PROGRESSIVE MUSCLE RELAXATION**  
Tighten and relax the muscles from your toes to shoulders

ADD GOAL NO THANKS

**FIND YOUR CENTER**  
Meditate for 5 minutes, just close your eyes and breathe

ADD GOAL NO THANKS

**View All Goals**

Get Moving

Take a **20** minute walk

# Personal Goals: Checking In

The screenshot displays the 'Personal Goals' interface. At the top, the navigation bar includes 'DASHBOARD', 'PERSONAL GOALS' (highlighted in yellow), 'CHALLENGES', 'REWARDS', 'HEALTH RECORD', and 'LIBRARY'. Below this is a green header with the text 'Add Personal Goals'. A grey bar indicates 'Selected Goals 3' and a blue 'START GOALS' button. Three goal cards are shown:

- GO THE EXTRA STEP**: Park farther away in a parking lot at work or during errands. Includes 'ADD GOAL' and 'NO THANKS' buttons.
- HOLD THE JOE AND WALK**: Replace a coffee break with a brisk walk. Includes 'ADD GOAL' and 'NO THANKS' buttons.
- GET M...**: Take a 20-... Includes an 'ADD GOAL' button.

A 'View All Goals' button is highlighted in yellow at the bottom center. An inset window on the right shows a list of all goals with checkboxes:

Goal Name	Description
<input checked="" type="checkbox"/> Hold the Joe and Walk	Replace a coffee break with a brisk walk
<input checked="" type="checkbox"/> Find Your Center	Meditate for 5 minutes, just close your eyes and breathe
<input checked="" type="checkbox"/> Go the Extra Step	Park farther away in a parking lot at work or during errands
<input type="checkbox"/> Floss It Out	Floss your teeth before brushing
<input type="checkbox"/> Be Communal	Eat lunch somewhere else than your desk

# Challenges

**CHALLENGES**

My Challenges

You are not involved in any challenges at this time.  
JOIN ONE BELOW!

**Available Challenges**

**Lose the Excuse**  
9 DAYS LEFT | RUNS MAY 1 - JUN 30

"Lose the Excuse" is a fun weight-loss challenge designed to help you address some of the most common excuses that can hinder your weight-loss efforts. Discover new ways to get past self-defeating attitudes and use the weight tracker and chatter board to help you meet your goal.

JOIN TO PARTICIPATE WITH OTHER INDIVIDUALS

**JOIN SOLO**

**Go for 10**  
71 DAYS LEFT | RUNS JUN 16 - AUG 31

JOIN TO PARTICIPATE WITH OTHER INDIVIDUALS

**SHINE A LIGHT ON YOUR COMPETITIVE SPIRIT.**

Your guide to well-being challenges for the 2018-2019 program year.

Well-being challenges are a fun way to work toward well-being goals with other members of Take Charge! Live Well! There are a variety of challenges throughout the year, each with a different focus, such as being more active, eating better or achieving a healthier weight. Each challenge also gives you the opportunity to earn \$50 — up to a maximum of \$200.\*

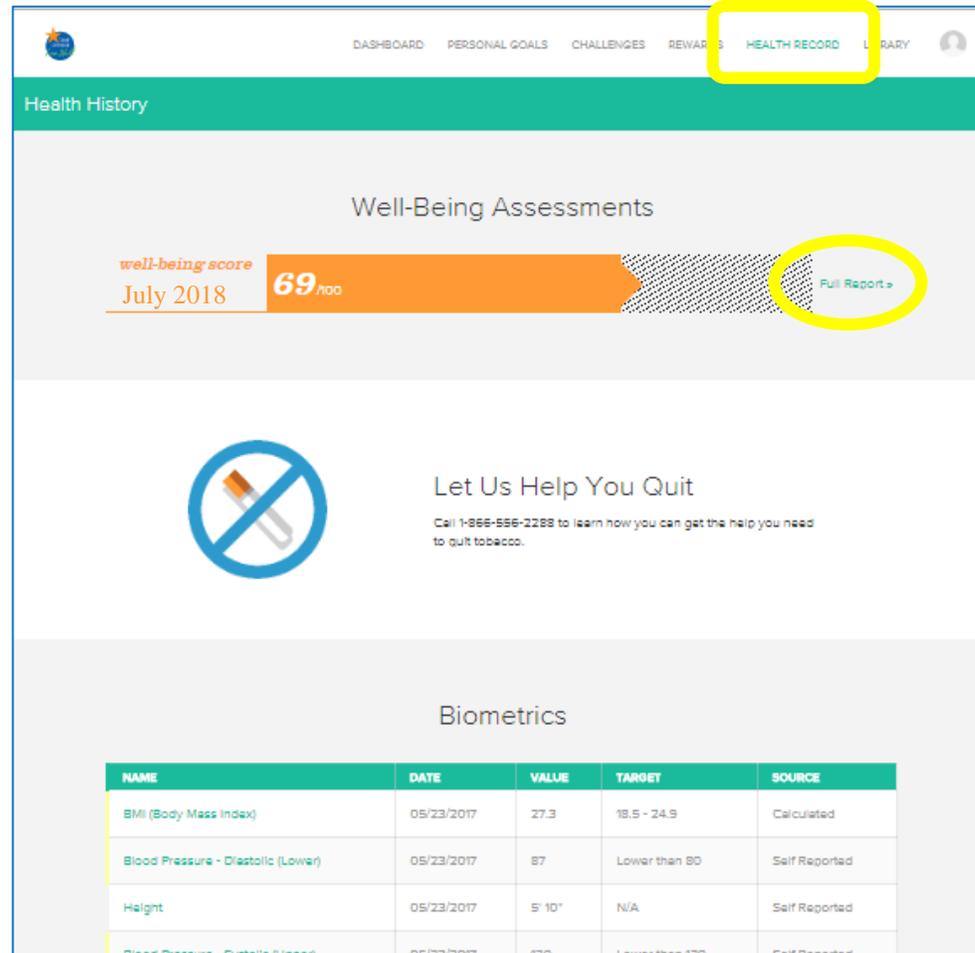
Below is a list of challenges you can participate in during the program year.

Month	Challenge Name	Goal	Registration	Challenge Runs
August	Fit Together	Grab a co-worker, friend or your family and focus on fitness together. You're sure to do your body and relationship some good. It's a great way to de-stress, too. To earn rewards: Record your exercise minutes on 15 or more days.	Registration: July 16 – Aug. 5	Challenge runs: Aug. 1 – Aug. 31
August	Just Add Water	Raise a glass and enjoy the benefits of drinking water. The goal is to drink at least 48 oz per day during the challenge. (That's equal to six 8 oz cups.) Drink a plain, infused or flavored, and as long as it's not sweetened, record it. To earn rewards: Record your ounces on 15 or more days.	Registration: July 16 – Aug. 5	Challenge runs: Aug. 1 – Aug. 31
September	Friends and Family Fun	Spend time with family and friends creating new memories during this challenge. From a simple chat to a warm embrace or a picnic activity, there are a number of ways to make memorable moments each day. Your goal is to record one memory daily. To earn rewards: Record one memory on 15 or more days.	Registration: Aug. 20 – Sept. 5	Challenge runs: Sept. 1 – Sept. 30
September	Weight Watch	Everyone has a weight goal. What's yours? Whether you want to lose, maintain or gain, use this challenge as motivation to make healthy choices (like getting active and eating nutritiously) that support your goal. To earn rewards: Record at least one healthy choice on 15 or more days.	Registration: Aug. 20 – Sept. 5	Challenge runs: Sept. 1 – Sept. 30
October	Sugar Shaker	Become more aware of the "added sugar" you consume, and find healthier alternatives. Learn the different names of sugar: if one appears in the first three ingredients, consider another choice. Record how many healthier choices you make each day. To earn rewards: Record one or more choices on at least 15 days.	Registration: Sept. 20 – Oct. 5	Challenge runs: Oct. 1 – Oct. 31
October	Sweet Sleep	Ready for a better night's sleep? Commit to a relaxing bedtime routine. Set an alarm so you go to bed in time to get the sleep your mind and body need (suggested: 7 to 9 hours). Record how much you slept. To earn rewards: Record the hours you slept on 15 or more days.	Registration: Sept. 20 – Oct. 5	Challenge runs: Oct. 1 – Oct. 31
November	Get Financially Fit	Get a better idea of how you're spending your money. Keep track of dollars spent on variable expenses each day via paper, spreadsheet, etc. Examples: clothes, entertainment, food. To earn rewards: Record that you kept track of spending once per day on 15 or more days, even if the amount spent is \$0.	Registration: Oct. 20 – Nov. 5	Challenge runs: Nov. 1 – Nov. 30
November	Calorie Cutters	Want to cut excess calories for a healthier diet or weight? Check the calories in what you'd normally eat and drink. When you can, choose a lower calorie option. Record calories cut with your swaps each day in the challenge. To earn rewards: Record calories cut on 15 or more days.	Registration: Oct. 20 – Nov. 5	Challenge runs: Nov. 1 – Nov. 30
December	Doing Good in the Neighborhood	Take an opportunity to give back to your community. Practice acts of kindness to a stranger, helping hands for a neighbor, compliments to a co-worker or volunteering for a cause. Record away deeds you complete. To earn rewards: Record one deed on 15 or more days of the challenge.	Registration: Nov. 20 – Dec. 5	Challenge runs: Dec. 1 – Dec. 31
December	Go For Ten	This challenge makes it fun and easy to get active. The goal is 30 total minutes of physical activity per day, most days of the week. If you want to make it easy, split it up into 10-minute bursts, three times a day. To earn rewards: Record your minutes on 15 or more days.	Registration: Nov. 20 – Dec. 5	Challenge runs: Dec. 1 – Dec. 31
January	Share Your Resolution	Everyone can benefit from making well-being goals (or resolutions). Sharing them with others increases your odds for success. Share yours in the challenge along with the healthy choices you make each day as you work toward your goals. To earn rewards: Record one or more healthy choices on at least 15 days.	Registration: Dec. 20 – Jan. 5	Challenge runs: Jan. 1 – Jan. 31
January	Weight Watch	Everyone has a weight goal. What's yours? Whether you want to lose, maintain or gain, use this challenge as motivation to make healthy choices (like getting active and eating nutritiously) that support your goal. To earn rewards: Record at least one healthy choice on 15 or more days.	Registration: Dec. 20 – Jan. 5	Challenge runs: Jan. 1 – Jan. 31

View the full list of challenges on Well-Being Connect or at [ohio.gov/tclw](http://ohio.gov/tclw)

**\$50 incentive per challenge when you meet the active participation requirement (up to \$200 for well-being improvement activities)**

# Health Record



# Rewards Center

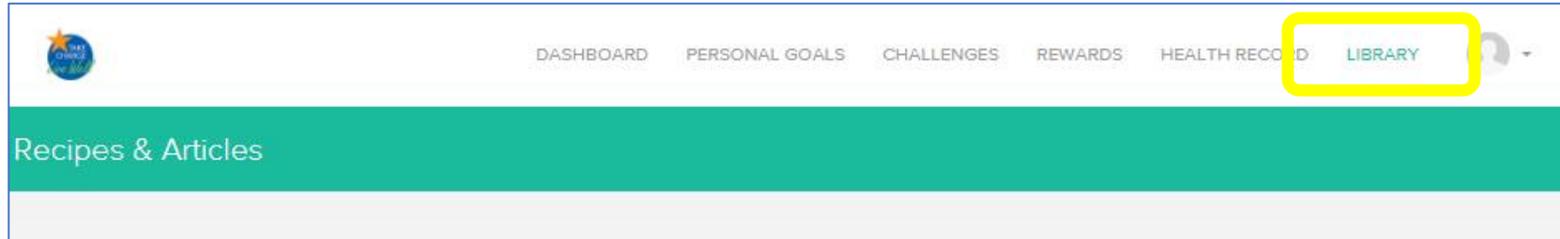
The screenshot displays the Rewards Center interface. At the top, there is a navigation bar with links for DASHBOARD, PERSONAL GOALS, CHALLENGES, REWARDS (highlighted), HEALTH RECORD, and LIBRARY. A user profile icon is visible on the right. Below the navigation bar is a green header with the word "Rewards".

The main content area features a progress bar showing 0/350 points. Below the progress bar, the earning period is specified as "Earning Period: July 01 - June 30". A prominent orange button labeled "REDEEM POINTS" is centered below the period.

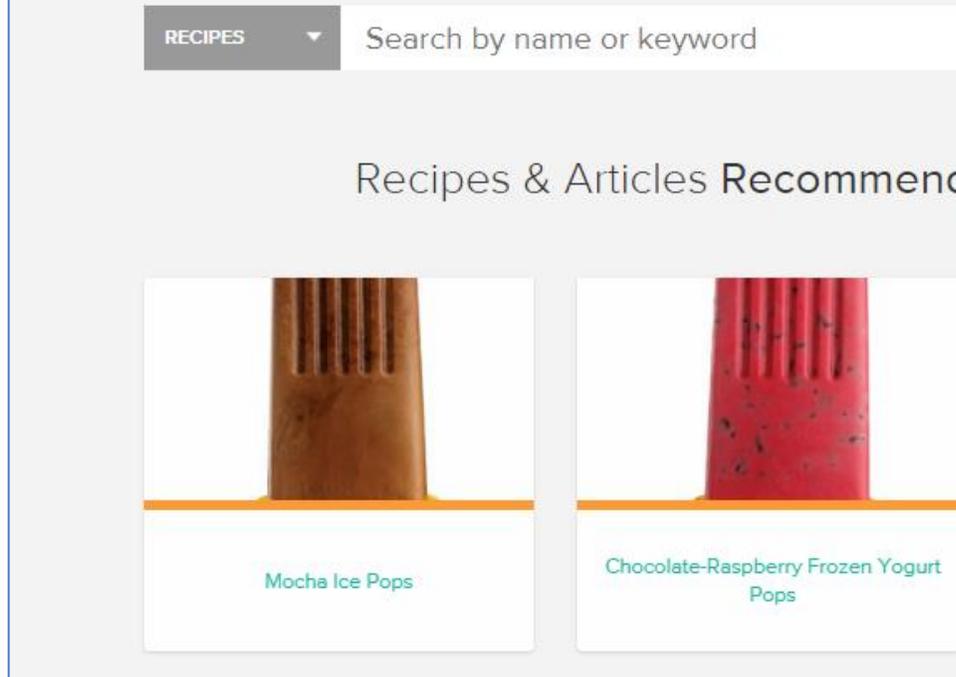
A table titled "WHAT CAN I DO TO EARN REWARDS?" lists tasks and their associated rewards. The table has three columns: "WHAT CAN I DO TO EARN REWARDS?", "WHAT CAN I EARN?", and "PROGRESS".

WHAT CAN I DO TO EARN REWARDS?	WHAT CAN I EARN?	PROGRESS
<b>COMPLETE COACHING CALLS, CHALLENGES, OR FWB LESSONS TO EARN UP TO 200 MORE POINTS (COMPLETE ANY)</b>	50 Points	Not Started <a href="#">Learn More</a>
<input type="radio"/> Actively Participate in a Well-Being Challenge 0 of 1		
<input type="radio"/> Complete a FWB Lesson and Quiz 0 of 1		
<input type="radio"/> Complete Lifestyle Management Coaching Call 0 of 1		
<input type="radio"/> Complete Disease Management Coaching Call 0 of 1		
<input type="radio"/> Complete Tobacco Cessation Coaching Call 0 of 1		
<b>COMPLETE BIOMETRIC SCREENING</b>	100 Points	Not Started <a href="#">Learn More</a>

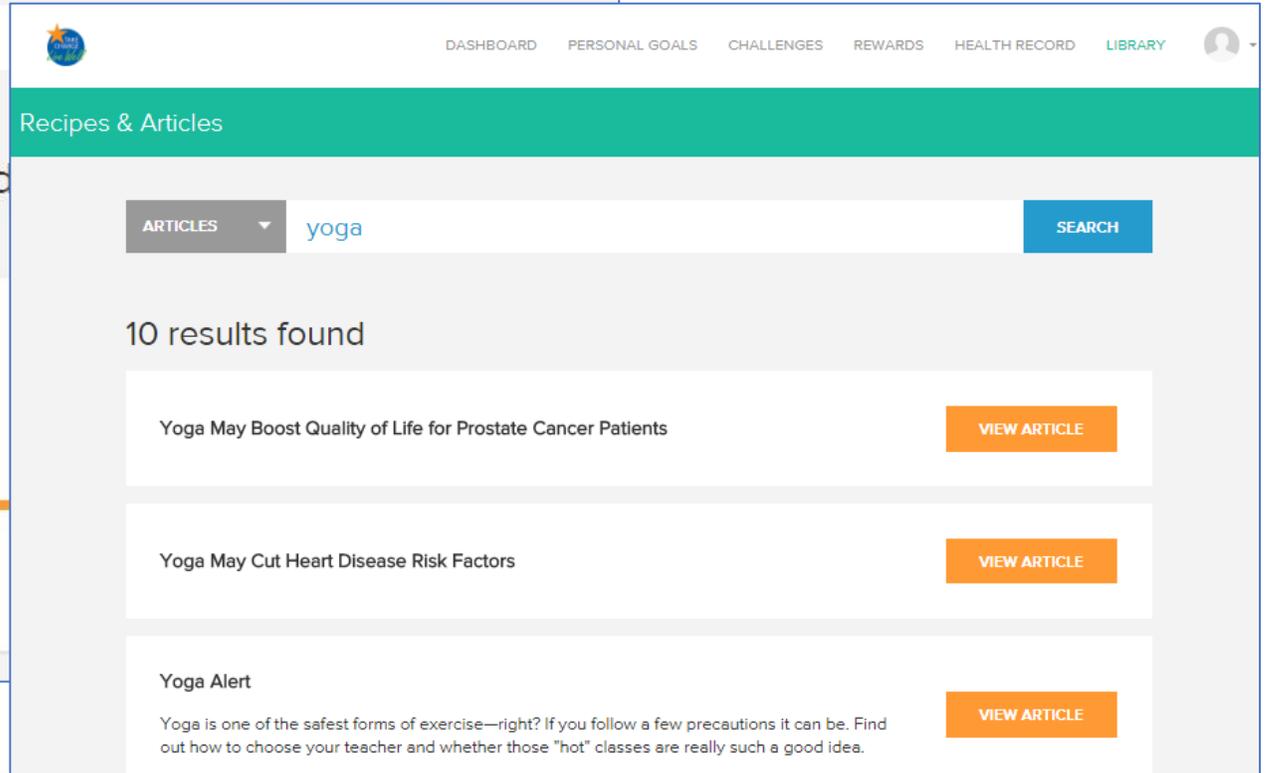
# Library



The screenshot shows the top navigation bar of a website. On the left is a logo with a star and the text "My Health My Way". To the right of the logo are several menu items: "DASHBOARD", "PERSONAL GOALS", "CHALLENGES", "REWARDS", "HEALTH RECORD", and "LIBRARY". The "LIBRARY" item is highlighted with a yellow rectangular box. Further to the right is a user profile icon.



This screenshot shows the "Recipes & Articles" section of the website. At the top left, there is a "RECIPES" dropdown menu. Next to it is a search bar with the placeholder text "Search by name or keyword". Below the search bar, the heading "Recipes & Articles Recommendations" is displayed. Two recipe cards are shown side-by-side. The first card features a wooden popsicle mold and is titled "Mocha Ice Pops". The second card features a red popsicle mold and is titled "Chocolate-Raspberry Frozen Yogurt Pops".

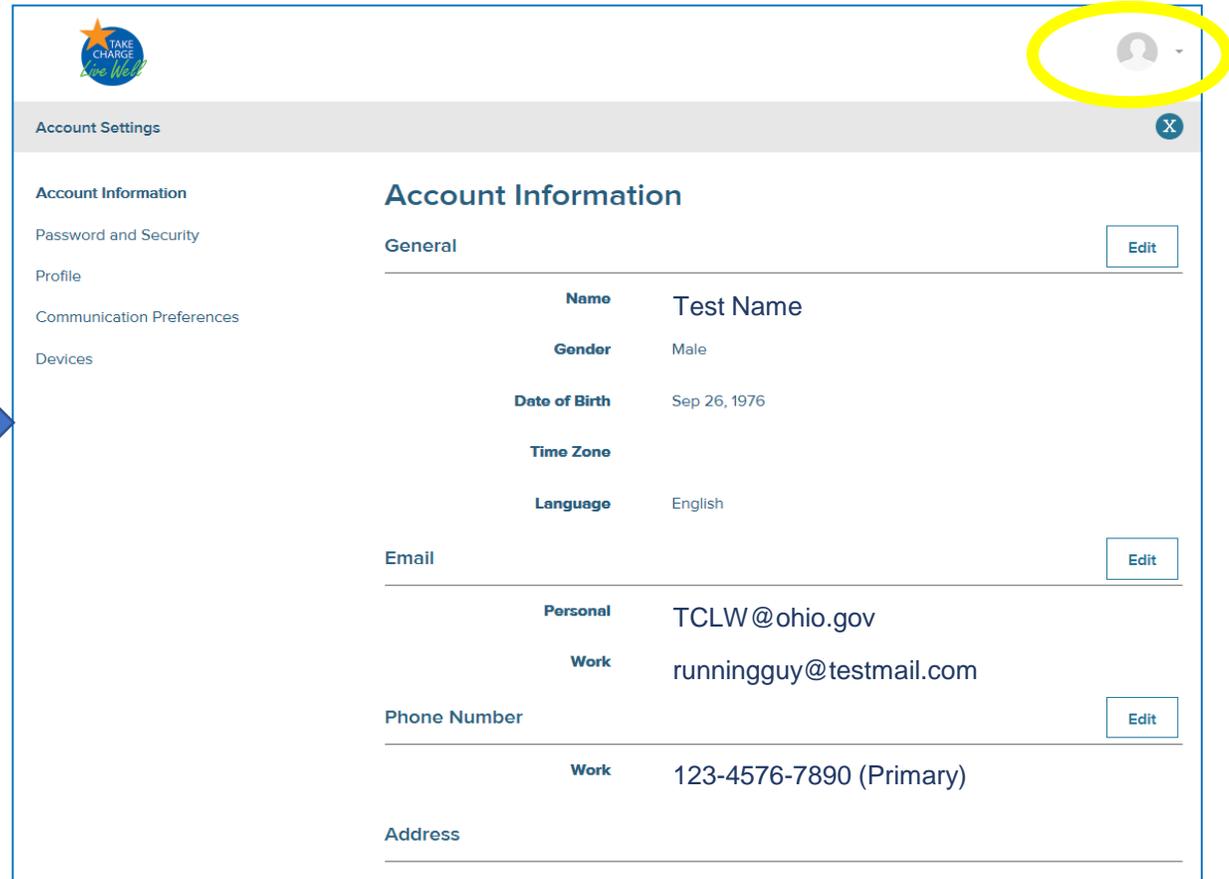
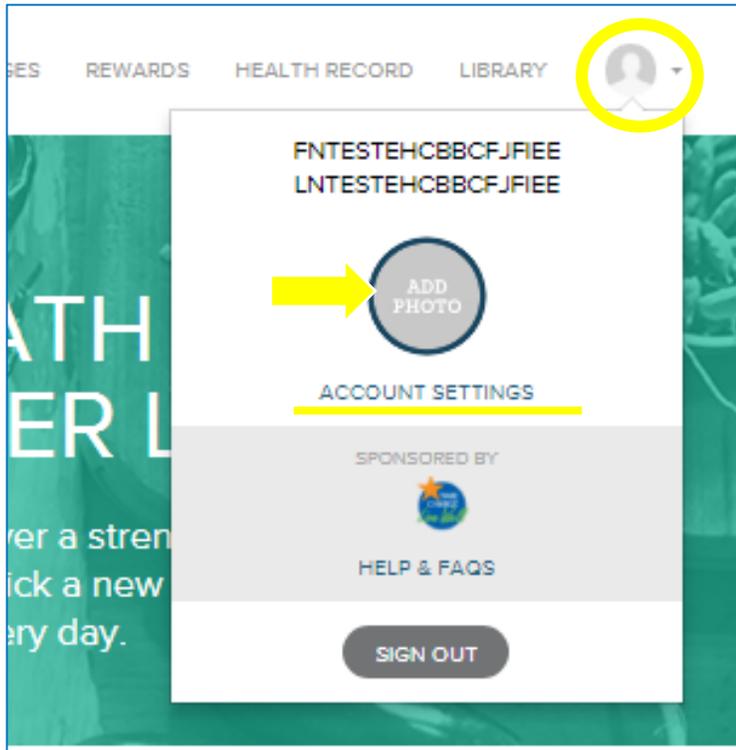


This screenshot shows the search results for the keyword "yoga" in the "ARTICLES" section. The top navigation bar is visible, with "LIBRARY" highlighted. Below the navigation bar is the "Recipes & Articles" header. A search bar contains the text "yoga" and a blue "SEARCH" button. Below the search bar, it says "10 results found". Three article results are listed, each with a "VIEW ARTICLE" button:

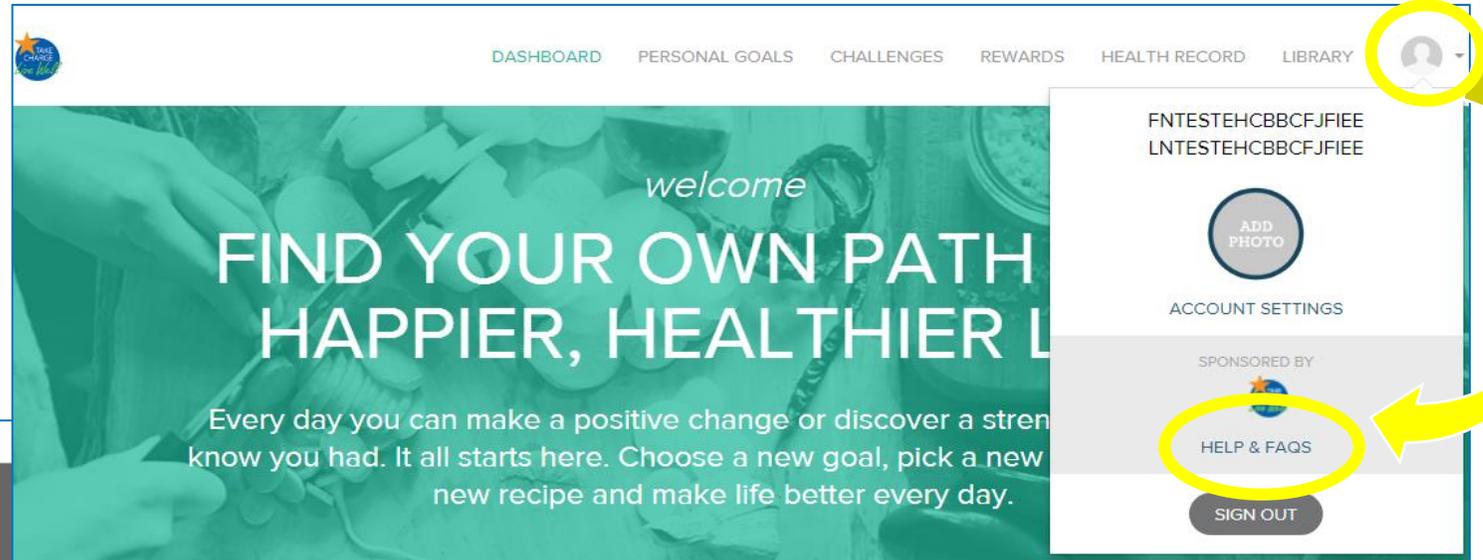
- Yoga May Boost Quality of Life for Prostate Cancer Patients** - VIEW ARTICLE
- Yoga May Cut Heart Disease Risk Factors** - VIEW ARTICLE
- Yoga Alert** - VIEW ARTICLE

The "Yoga Alert" article has a short preview text: "Yoga is one of the safest forms of exercise—right? If you follow a few precautions it can be. Find out how to choose your teacher and whether those "hot" classes are really such a good idea."

# Account Settings



# Well-Being Connect: Questions?



## HAVE QUESTIONS?

For more information regarding Well-Being Connect visit the Help & FAQ section in your profile at the top of the page, or call 1-866-556-2288.

 Live Chat

## FEATURED LINKS

*Take Charge! Live Well!*  
Optum Behavioral Solutions  
OptumRx  
DAS Benefits  
Terms of Use | Privacy Policy

# Financial Well-Being

The dashboard homepage features a teal header with navigation links: DASHBOARD, PERSONAL GOALS, CHALLENGES, REWARDS, HEALTH RECORD, and LIBRARY. A large teal banner contains the text: "welcome FIND YOUR OWN PATH TO A HAPPIER, HEALTHIER LIFE. Every day you can make a positive change or discover a strength you didn't know you had. It all starts here. Choose a new goal, pick a new challenge, try a new recipe and make life better every day." Below the banner are three main sections: "PERSONAL GOALS" (with a mountain icon and a "PICK YOUR GOALS" button), "GROUP CHALLENGES" (with a trophy icon and a "FIND A CHALLENGE" button), and "LIBRARY" (with a fork icon and a "VISIT OUR LIBRARY" button). At the bottom, a section titled "Products Designed For You" includes three cards: "FINANCIAL WELL-BEING Powered by DAVE RAMSEY" (highlighted with a yellow box), "QUITNET" (with a "QUIT ALL TOGETHER" logo), and "Take Charge! Live Well!" (with a star icon).

The "Intro Video" page features a video player showing a woman in a kitchen. Text on the page includes: "WELCOME TO FINANCIAL WELL-BEING Intro Video", "WHAT YOU'LL LEARN: What you're about to learn is going to make a huge difference for your overall well-being. Let's get started. First, watch the introductory video. Then, answer a few quick questions to see where you are today, so you can check in later and see how far you've come.", and "Start Lesson".

The "Core Lessons" page lists two lessons: "LESSON INTRO: Welcome to Financial Well-Being" (with an "Intro Video" link) and "LESSON 01: Super Saving" (with a "Start Lesson" link).

The "Ask Dave" page features a search bar with the text "TYPE IN KEYWORDS OR CHOOSE A CATEGORY" and a "Search" button. Below the search bar is a grid of categories: 30-Somethings, Automobiles, Bankruptcy, Best of Dave, Budgeting, Career, College, Debt, Debt Free, Estate Planning, Risk & Money, Insurance, Investing, Just for Fun, Marriage, Mortgage, Relationships, Saving, Small Business, Taxes. A "FEATURED TOPIC" section titled "Beating \$11 an Hour" includes a video player and a photo of Dave Ramsey.

\$50 incentive per Financial Well-Being Lesson. Must complete all videos and quizzes within a lesson for credit. (Up to \$200 for well-being improvement activities)

# Rewards

Employees and spouses covered under a State of Ohio medical plan are eligible to earn rewards. Both employee and spouse can earn up to \$350 for participating each program year.



## What you can earn:

You can receive up to \$350 for participating in *Take Charge! Live Well!* activities.

## How it works:

### 1. Assess your well-being and earn up to \$150.

- \$100 for completing a biometric screening
- \$50 for completing the Well-Being 5<sup>®</sup> survey

### 2. Participate in well-being improvement activities and earn up to \$200 more. Mix and match these programs as you like to earn your rewards the way you want.

- \$50 per health coaching call
- \$50 for each well-being challenge when you meet the active participation requirement
- \$50 for each online lesson you complete of the Financial Well-Being™ program, powered by Dave Ramsey

## More details:

- All rewards-eligible activity must be completed prior to **June 30, 2019**.
- Reward cards are considered taxable compensation. The taxes on the amount of your incentive will be deducted from your paycheck.
- The active participation requirement is different for each challenge.

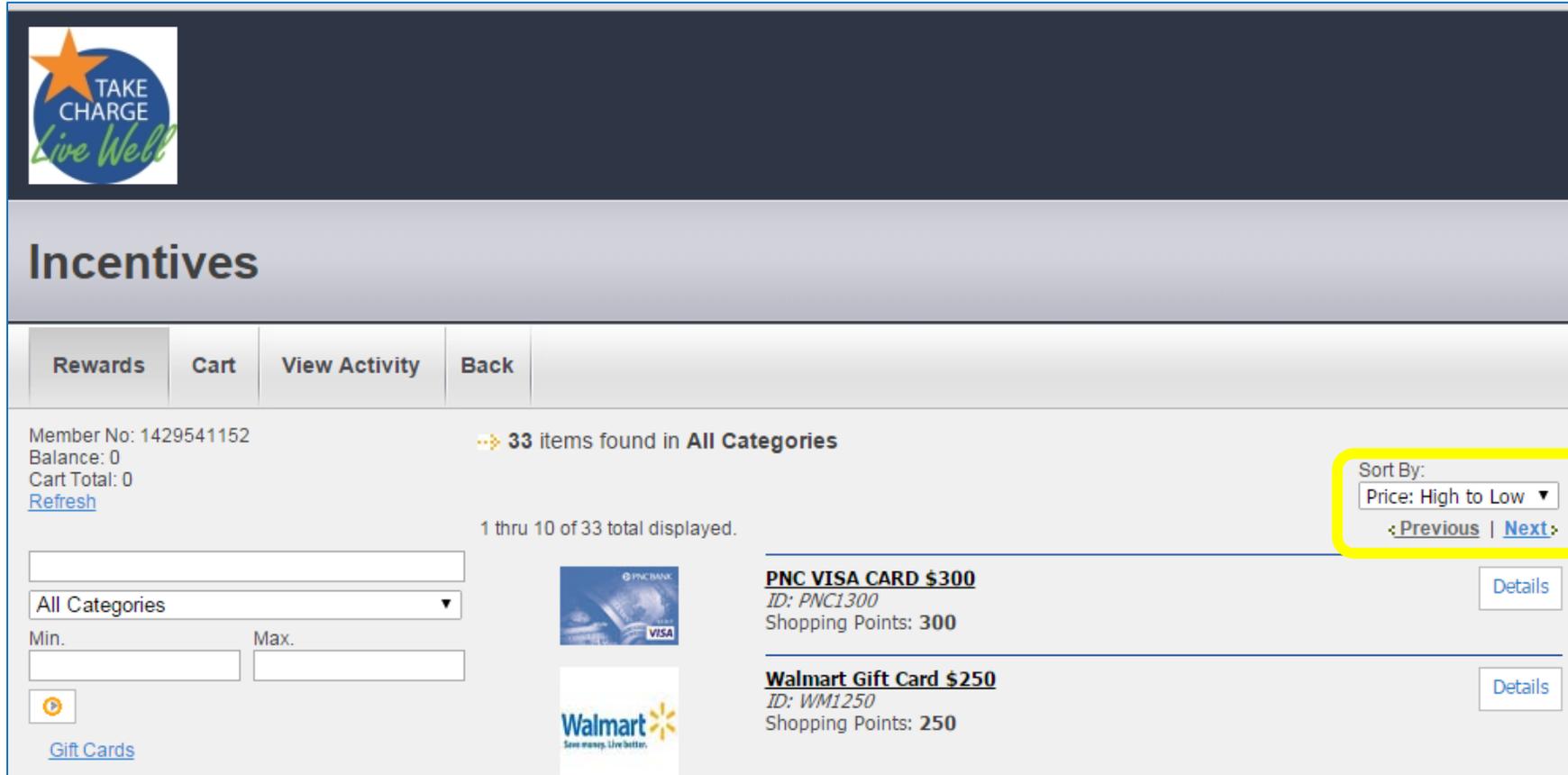
Employee will be taxed on their paycheck if a spouse requests a reward card. The reward card amounts are added to the taxable gross income on your check and a flat rate tax is applied since it is considered an award. You will be taxed on your reward after you have redeemed your reward points and requested a reward card. Your reward will appear as **TCLW CC AW** (*Take Charge! Live Well!* credit card award).

# Ordering Reward Cards

The screenshot shows a user interface for a rewards program. At the top, a navigation bar includes a logo on the left and menu items: DASHBOARD, PERSONAL GOALS, CHALLENGES, REWARDS (highlighted with a yellow box), HEALTH RECORD, and LIBRARY. On the right of the navigation bar is a user profile icon. Below the navigation bar is a green header with the word "Rewards". The main content area features a progress bar on the left showing "0/350" points. Below the progress bar, the text "Earning Period: February 15 - June 30" is displayed. A prominent orange button with the text "REDEEM POINTS" is highlighted with a yellow box. At the bottom, a table provides details on how to earn rewards.

WHAT CAN I DO TO EARN REWARDS?	WHAT CAN I EARN?	PROGRESS
COMPLETE COACHING CALLS, CHALLENGES, OR FWB LESSONS TO EARN UP TO 200 MORE POINTS(COMPLETE ANY) <input type="radio"/> Active Challenge Participation	50	Not Started

# Ordering Reward Cards



**TAKE CHARGE**  
Live Well

## Incentives

[Rewards](#) [Cart](#) [View Activity](#) [Back](#)

Member No: 1429541152  
Balance: 0  
Cart Total: 0  
[Refresh](#)

33 items found in All Categories

1 thru 10 of 33 total displayed.

Sort By:  
Price: High to Low ▾  
[Previous](#) | [Next](#)

All Categories ▾

Min.  Max.

[Gift Cards](#)

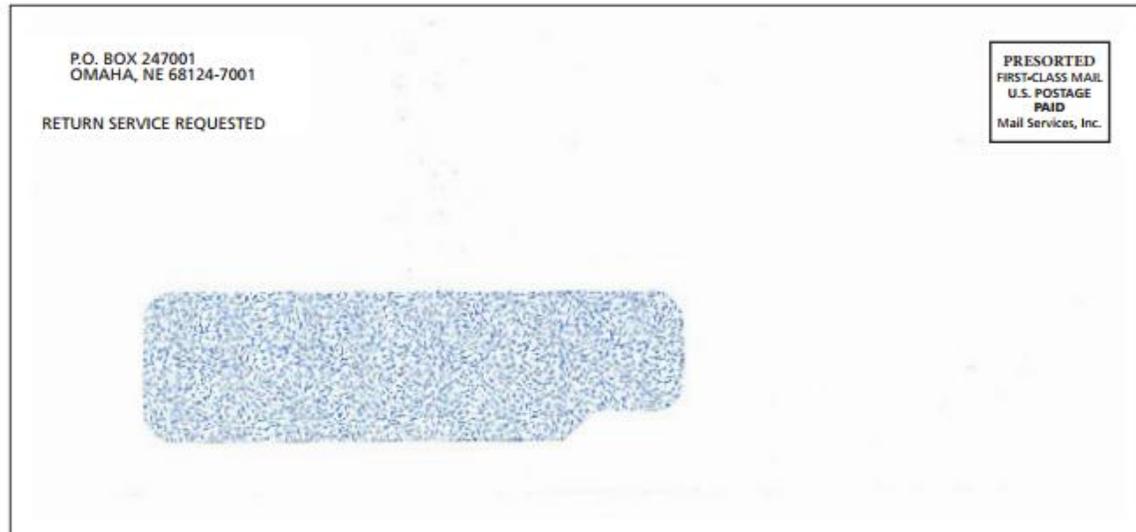
**PNC VISA CARD \$300**  
ID: PNC1300  
Shopping Points: 300  
[Details](#)

**Walmart Gift Card \$250**  
ID: WM1250  
Shopping Points: 250  
[Details](#)

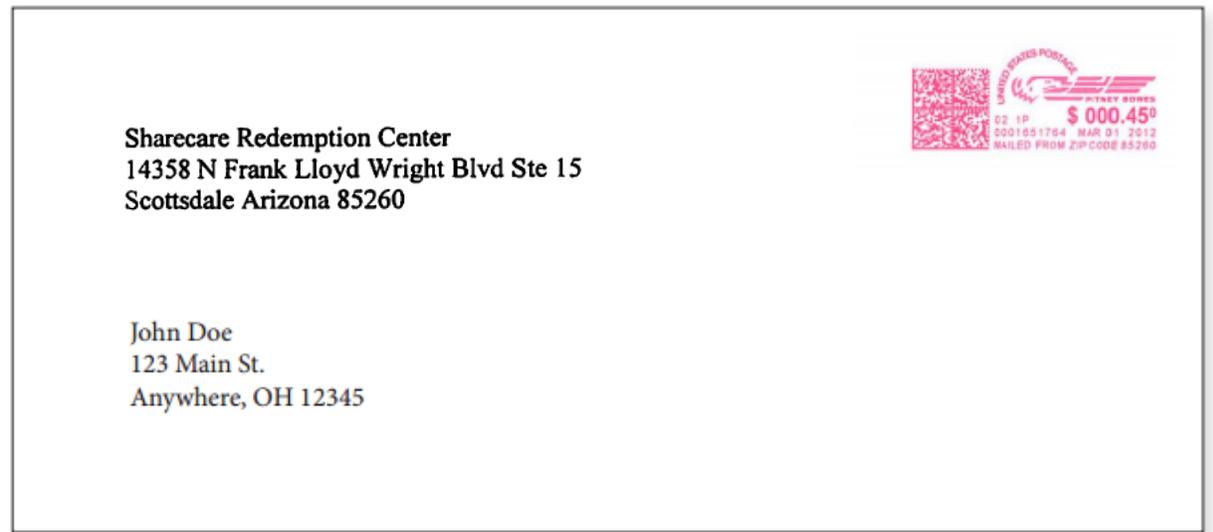
# Reward Cards

Allow two to three weeks for delivery from time of order

## Envelope for Visa Reward Cards



## Envelope for Non-Visa Reward Cards



Any points that are not redeemed by June 30, 2019, will automatically be sent in the form of a PNC Visa reward card to the member's address listed in OAKS or in Well-Being Connect.

# Confidentiality

Enjoy all of these benefits knowing your privacy is protected.

The State of Ohio has partnered with Sharecare to provide you well-being improvement resources through *Take Charge! Live Well!* Sharecare is committed to protecting the confidentiality of your personal information and will only share individual data with the State of Ohio that's required to administer rewards. In addition, Sharecare does not sell your data.

# Thank You.

[ohio.gov/tclw](https://ohio.gov/tclw)

866-556-2288