

# Frequently Asked Questions

## What are the dates for the incentive awards?

To receive an incentive for participating in *Take Charge! Live Well!*, most of the health activities must be completed between Nov. 1, 2007 and June 30, 2008. In the case of preventive care, eligible services received between July 1 and June 30 qualify for the incentive. Program criteria and incentives may change after June 30, 2008 when the new benefit year begins.



## If an employee participates in the program but ends their employment before the incentive is paid would he/she still get the incentive award?

No. Individuals not employed at the time of the incentive award payment are not eligible for incentive awards even if they participated in the program during employment.

## Am I required to participate in the *Take Charge! Live Well!* incentive award program?

No. *Take Charge! Live Well!* and its incentive program are completely voluntary.

## Does the incentive apply to me if I am already engaging in healthy activities and behaviors?

Yes. All eligible employees and spouses may participate regardless of their health status.

## Can I get the full incentive if I don't do the health assessment?

No. You must complete the health assessment to be eligible for the maximum \$100 incentive award. If you choose not to complete the health assessment, the maximum amount of award you may receive is \$50.

## Can I receive two \$25 incentive awards for the same type of health activity, such as receiving two preventive care services?

Yes. For example, you may complete two online lifestyle behavior change programs and receive \$25 for each. You may complete two coaching series with a health coach and receive \$25 for each completed series. Or you may receive two different preventive care services, such as an annual physical exam and a colonoscopy, and receive \$25 for each.

## What types of preventive care are covered under the program?

Preventive care options include: annual physical exam, mammogram, annual gynecological exam, cholesterol test, prenatal obstetrical care, colonoscopy, cervical cancer screening (Pap), prostate-specific antigen (PSA) test, fecal occult blood test and sigmoidoscopy.



Welcome to the

TAKE CHARGE  *Live Well*  
Incentive Award



STATE OF OHIO



# Incentive Payments

## How do I start earning my incentive award?

Participating in *Take Charge! Live Well!* will earn you an incentive award. The health assessment is a good place to start. Or you may choose to participate in any of the other health activities eligible for the incentive. Contact your *Take Charge! Live Well!* provider today for more information about the program and health activity completion requirements.

## How will I receive my incentive award?

Your incentive will be added to your paycheck, minus applicable payroll taxes. Any incentive your spouse earns also will be added to your paycheck. Incentives will be paid in the last paycheck of the month.

## When will I receive my incentive award?

You can expect to receive your incentive award in your paycheck approximately 8 to 12 weeks after you complete a *Take Charge! Live Well!* health activity. When you are eligible to receive an incentive award, your *Take Charge! Live Well!* provider does all of the work and notifies the state's payroll department.

Health Plan	TCLW Provider	Toll-Free Phone
Aetna Members	Aetna	1-800-520-4785
Ohio Med Members	APS Healthcare	1-866-272-5507
Paramount Members	APS Healthcare	1-866-272-5507
The Health Plan Members	APS Healthcare	1-866-272-5507
United Healthcare Members	UnitedHealthcare	1-866-868-5484

# Confidentiality

## How private is my information?

None of the information provided to the state of Ohio will be individually identifiable. Your individual information will not be shared with anyone at the state. The reports received by the state will summarize data for the total population. Using this data, we will work with the *Take Charge! Live Well!* providers to continue improving the health management program for state employees and their families.

*If it is unreasonably difficult due to a medical condition or if it is medically inadvisable for you to attempt to achieve the standards for the incentive award, please call your Take Charge! Live Well! provider who will work with you to develop another way to qualify for this award.*

**TAKE  
CHARGE**



*Live Well*

**\$50**

### Health Assessment

In just 20 minutes, you can get started with the program by taking the health assessment. The assessment is available online and in paper form. It's quick and easy. Your results are available immediately when you complete it online!

**+\$25**

### Health Improvement

For each program you participate in, you can earn an additional \$25, up to \$50 total.

Programs may include:

**+\$25**

- Health coaching - telephone or online
- Online lifestyle change program
- Worksite health screening - available at some sites
- Preventive care

**= \$100**

### Total incentive

Add it all up, and your potential incentive is \$100. Not a bad incentive for doing something good for yourself!

**+\$100**

### Get your spouse involved!

With the involvement of your spouse, you could earn an extra \$100.

**= \$200**

You and your spouse can earn up to \$200 for participating in *Take Charge! Live Well!*

# Who is eligible for the Take Charge! Live Well! health incentive award?

Any employee who participates in a state of Ohio health plan (Aetna, Ohio Med, Paramount, The Health Plan or UnitedHealthcare) is eligible for incentives when they participate in *Take Charge! Live Well!* If your spouse also is covered by one of the state's health plans, he or she is eligible.

- You **must be employed by the state** at the time of the incentive payment to receive the award.
- You **must meet eligibility requirements** when program activities are completed to receive the incentive award.

## Need More Information?

Refer to *Your Guide to Taking Charge & Living Well* located online at [www.ohio.gov/employeebenefits](http://www.ohio.gov/employeebenefits).