

WHAT'S IN IT FOR ME?

\$50	<p>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 take it online!</p>
+\$25	<p>Health Improvement For each program you get involved in, you can earn an additional \$25, up to \$50 total. Programs may include:</p> <ul style="list-style-type: none"> • Health coaching • Online lifestyle change program • Preventive care • Worksite health screening
+\$25	<p>Total incentive Add it all up, and your potential incentive is \$100. Not a bad incentive for doing something good for yourself!</p>
=\$100	
+\$100	<p>Get your spouse involved! With the involvement of your spouse, you could earn an extra \$100.</p>
=\$200	



GETTING STARTED IS EASY...

1

Take the health assessment.
To begin earning your hundred dollars, contact your Take Charge! Live Well! provider! It's quick and easy to get started. Can you spare a few minutes today for your health?

2

Make a plan.
Choose 3 or 4 simple things you can do to improve your health. Write them down and start living well today.

3

Share the news!
Let your friends, family, spouse and co-workers know you're taking charge. Challenge others to get involved!



TAKE CHARGE ★ *Live Well*

STATE OF OHIO



TAKE CHARGE ★ *Live Well*

YOUR GUIDE TO TAKING CHARGE & LIVING WELL

STATE OF OHIO

Your guide to taking charge & living well.



IT'S TIME TO TAKE CHARGE AND LIVE WELL!

Take Charge! Live Well! is an exciting new program brought to you by the Department of Administrative Services and the state's labor-management Joint Health Care Committee, to improve the overall health of employees and families — and help keep the cost of health care benefits manageable. Designed with you in mind, the program offers easy ways to get involved so you can start small or big, depending on your personal health goals.

Keeping costs down

At the state of Ohio, we're not isolated from rising health care costs. While we have managed to keep health care premiums lower than most other employers, the future could be another story. Our population is aging, and health costs continue to increase — for the organization and each of us.

Keeping our employees healthy

Take Charge! Live Well! isn't just about health care costs. We are committed to Governor Ted Strickland's Healthy Ohio initiative of providing Ohioans with tools to make more active, healthier choices in every part of their lives. Healthy Ohio comes alive for state of Ohio employees through Take Charge! Live Well!

Keeping the program simple

While the program is voluntary, it's designed to be simple and straightforward, so everyone can participate.

Take Charge of your health and life with one or many of the following services:

Health Assessment

How healthy are you? The health assessment is a good place to start in your healthy-living journey. It is a tool that allows you to answer questions about your health. It then provides you a report that will help you become more aware of your overall health and any health risks you may have. The assessment is available both online and on paper, takes only about 20 minutes to complete, and provides immediate results for users of the online version. Your individual information remains confidential.

Health Screenings

Part of understanding your overall health picture is to "know your numbers." Free health screens will be offered at various work locations throughout the state to provide employees with information on their total cholesterol, HDL, blood glucose, blood pressure and Body Mass Index.

Personalized Health Coaching

Have you tried dieting? Exercise programs that you started and then stopped? Have you ever tried to

stop smoking and then given up in frustration? Now you have the opportunity to work one-on-one with a personal Health Coach who will help you establish your health goals and identify ways to make them a reality. Practical, useful advice and encouragement is available.

Online Lifestyle Behavior Programs

Perhaps you prefer working on healthy lifestyle changes on your own. Take Charge! Live Well! offers a number of online programs for improving your health. From reducing your weight, to increasing your physical activity, learning how to control stress in your life, and quitting smoking, your Take Charge! Live Well! provider offers programs you can participate in through the web.

Healthy Living Educational Materials

You will have access to a variety of healthy living educational materials, including online and print resources. Some will be directed to you if you are working with a Health Coach. Others will be available to you as a participant in specific programs.

Chronic Condition Management Services

Your Take Charge! Live Well! provider offers specialized services to those who have a chronic condition and would like assistance in managing that condition. While the conditions vary by provider, and some providers offer services for additional conditions, all state of Ohio employees enrolled in a health plan and their enrolled spouse who have diabetes, coronary artery disease, asthma, cancer, congestive heart failure, severe low back pain, obesity, chronic obstructive pulmonary disease or renal disease have access to personalized

services from a trained clinical provider.

Health plan members with diabetes who participate in one of the state's Take Charge! Live Well! chronic condition management programs may be eligible to receive their diabetic supplies at a \$0 copay. Contact your Take Charge! Live Well! provider to see if you qualify for this special program.

Nurse Advice Line

You wake up in the middle of the night with a stomach ache, and you don't know what to do. Or, your child has a sore throat. Should you call your doctor? Go to the emergency room? Try a home treatment? Before deciding, you may want to reach out to a health care professional who is always there for you — 24 hours a day, 7 days a week — and get information to help you make an informed decision. A nurse is always available to take your call, and it's completely confidential.

Preventive Care Reminders

You will receive notices in the mail reminding you when it is time for one of the preventive care services recommended for your age. By receiving recommended preventive care services — such as a physical exam, mammogram, or colonoscopy — you and your physician will be better able to spot health issues in the early stages.

10 tips for healthier living

- 1 Move that body! Getting exercise regularly is important. Exercise can help improve your mood, reduce your stress levels and help you feel better — for today and in the future!
- 2 Skip the burgers and fries. Try to avoid fatty foods and instead eat as many fresh fruits and vegetables as you can.
- 3 Toss the cigarettes. Giving up smoking can have a tremendous impact on your health. Start each day giving up just one cigarette — then one more the next day — until you've finally quit. Work with a Health Coach for added support!
- 4 Free your mind. Look for an activity you enjoy — to relieve stress and take away the pressures of daily life and work. Exercise, enjoy a hobby or meditate.
- 5 Reduce the alcohol. Even though some studies suggest that a glass of wine a day can help protect against heart disease, others show that more than a drink a day can lead to liver and kidney disease.
- 6 Go visit the doctor. Getting regular physical exams is important. Make it a habit to see your doctor for recommended prevention visits, even when you feel well.
- 7 Get more sleep. Most of us require around eight hours of sleep a night. Less sleep can often mean impaired performance on the job and increased chance of accidents.
- 8 Take the stairs. Instead of the elevator, try taking the steps next time. In other words, look for small ways to work physical activity into your daily routine.
- 9 Buckle up and pay attention! Wearing your seat belt significantly reduces your chances of injury if you're in an auto accident. And avoiding the use of your cell phone while driving will help you avoid accidents altogether.
- 10 Stay positive. So much of taking charge of your own health starts with your attitude. Keep a positive outlook on life!

Who's My Provider?

Aetna Members	Aetna	www.aetna.com/stateohioemployee	1-800-520-4785
Ohio Med Members	APS Healthcare	http://stateofohio.apshealthcare.com	1-866-272-5507
Paramount Members	APS Healthcare	http://stateofohio.apshealthcare.com	1-866-272-5507
The Health Plan Members	APS Healthcare	http://stateofohio.apshealthcare.com	1-866-272-5507
UnitedHealthcare Members	UnitedHealthcare	www.myuhc.com	1-866-868-5484

www.ohio.gov/EmployeeBenefits

WHAT ABOUT CONFIDENTIALITY?

Be assured that your participation in any of the Take Charge! Live Well! programs is confidential, as are any of your results. Information you provide to Aetna, APS Healthcare or United Healthcare will remain confidential. The state of Ohio will not see your individual information. Aggregate data reports from the Take Charge! Live Well! providers to the state will summarize data for the overall population. Using this data, the state will work with the Take Charge! Live Well! providers to continue improving the health management program for state employees and their families.

"The health assessment only takes 20 minutes of your time, and that small 20 minutes could save your life."

- Bret Gibson, Corrections Officer
Ohio Department of Rehabilitation & Correction

