

# Participate in a free health screening at your worksite

Employees and spouses enrolled in one of the state's health plans are being encouraged to attend upcoming *Take Charge. Live Well!* events in your area to learn more about health and wellness programs and to participate in a free worksite health screening. These events and services will be free of charge.

Labor members of the Joint Health Care Committee will be on hand to answer questions. Additionally, the three *Take Charge. Live Well!* providers will be available to conduct health screenings of blood pressure, blood glucose, total cholesterol, HDL and Body Mass Index measurements that you can use when filling out your health assessment.

Remember, you and your enrolled spouse each receive a \$50 incentive after completing a health assessment.

For more information on road shows, updates and links to the DAS TCLW website, go to [www.ocsea.org/TCLW](http://www.ocsea.org/TCLW).



## Upcoming TCLW Road shows

**FEB. 13, 2008**

Veterans Home  
Sandusky  
3416 Columbus Ave.  
7:30 a.m. - 4:00 p.m.

**FEB. 20, 2008**

Voinovich Building  
Youngstown  
242 Federal Plaza W.  
10:00 a.m. - 2:00 p.m.

**FEB. 21, 2008**

Lebanon Correctional -  
Lebanon  
3791 St. Rt. 63  
9:00 a.m. - 3:00 p.m.

**FEB. 27, 2008**

Veterans Home  
Georgetown  
2003 Veterans Blvd.  
10:00 a.m. - 2:00 p.m.



## A TCLW "must know" ...

**Did you receive your TCLW incentive in your January paycheck?**

Employees who participated in and completed a health assessment or online lifestyle behavior change program by Nov. 30 should have received incentive payments ranging from \$25 to \$100 in their Jan. 18 paychecks. The next incentive payments are scheduled for the last pay of February, February 29.

Incentives for preventive care have not yet been included in paychecks. These will be included in some future paycheck, the date of which is currently unknown.

## It's as easy as...

Tim Hunstman, a bargaining unit employee who represents OCSEA on the Joint Health Care Committee, gets a health screening at the BWC TCLW road show held in mid-January in downtown Columbus.



Got weighed...



Got his blood pressure checked...



...and finally a tiny blood sample to test his cholesterol.

### Know your numbers.

When you get your health screening at a TCLW road show, you will receive a card like this so you can get all your important health stats needed to fill out your health assessment.

