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MAY 20, 2009



TIME IS RUNNING OUT...

...to take advantage
of *Take Charge! Live
Well!* incentives!

Looking ahead...

The new *Take Charge! Live Well!* program year begins July 1, 2009 and runs through June 30, 2010.

As of July 1, APS Healthcare will be the sole service provider for the wellness incentive program.

To learn more about APS, visit stateofohio.apshealthcare.com

Employees and their spouses who are enrolled in any of the state's health plans are automatically eligible to participate in the *Take Charge! Live Well!* health and wellness program.

As a part of the program, each participant can earn up to \$100 in incentives for taking advantage of the program's services.

**The incentive deadline
for this year is June 30**

Incentive activities for the 2008-2009 Take Charge! Live Well! program year must be completed by June 30, 2009. Paper assessment forms must be received by the vendor by the deadline.

Services eligible for incentives under the Take Charge! Live Well! program include:

- ***Health assessment***
\$50 for you and \$50 for your spouse.
- ***Health screening***
\$25 for you and \$25 for your spouse.
- ***Health coaching***
\$50 for you and \$50 for your spouse.
- ***Online Lifestyle Change Programs***
\$25 for you and \$25 for your spouse.

To learn how to earn YOUR incentives, visit ohio.gov/tclw.

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