

Take Charge! Live Well!

A Guide to Challenge Registration



How to Access the Well-Being Connect

Biometric Screening

Well-Being 5 Survey
Formerly known as Well-Being Assessment

Physician Form

Well-Being Connect (Healthways)

Nurse Advice Line
866-556-2288, ext. 1

Take Charge! Live Well! Mission
To create an environment that empowers State of Ohio employees and their families to maintain optimal health, wellness and productivity by taking responsibility for their own health and use of the health care system.

- Program Guide
- Webinars
- Wellness Rewards
- Online/Mobile Tools
- Tobacco Cessation
- Diabetes Prevention
- Diabetes Management
- Shout Your Success
- Communications
- Hot Links
- Wellness Champions

Signing In: For the First Time User

Logo: TAKE CHARGE Live Well

Welcome to Take Charge! Live Well!
Brought to you by Healthways

Sign In En Español

Username:

Password:

Remember Me

Sign In

Forgot your Username or Password?

Not Registered? **Sign Up or Learn More**
Need help? Call (800) 556-2288 or Email Us
Read the Help & FAQs

Logo: TAKE CHARGE Live Well

Welcome to Take Charge! Live Well!
Brought to you by Healthways

Sign Up En Español

To verify who you are, we need to ask some basic information.

First ¹ :

Last ¹ :

Date of Birth:
Month: Day: Year:

Postal/Zip Code:

Gender:
 Male Female

Cancel **Next**

Signing In: First Time and Returning Users

TAKE CHARGE
Live Well!

Welcome to Take Charge! Live Well!
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Sign In En Español

Username:

Password:

Remember Me

Sign In

[Forgot your Username or Password?](#)

Not Registered?
Need help?

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[Read the Help & FAQs](#)

866.556.2288

Registering for the Challenge

The screenshot shows the Healthways website interface. At the top, there is a navigation bar with the Healthways logo, a user greeting "Hello Fntestdhce!", and links for "Messages", "My Account", "Help", "Español", and "Log Out". A search bar is located on the right side of the top bar. Below the top bar, there is a notification box with the text "Make sure your Well-Being Plan is up to date." and a "Manage Focus Areas" button. A horizontal navigation menu contains several items: "My Well-Being Plan", "Favorites", "Groups & Challenges" (highlighted with a red circle), "Resources & Tools", and "Rewards Center". Below the navigation menu, the "Groups & Challenges" section is active, displaying a description of the feature and a "Find Groups and Challenges" button. A "My Groups" section is visible with a "share your resolution..." button. On the right side of the page, there is a "My Inspiration" section with an "Edit" button, a "Rewards Earned" section showing "50 Points" and a "Rewards Center" button, and a yellow box titled "Are You At Risk for Type 2 Diabetes?" with a link to a risk quiz.



Registering for the Challenge

Challenges

Recommended **My Past Challenges**



The One Show Challenge
In the time it takes to watch one TV show, you could be enjoying an activity that helps you feel better and lengthens your life. That's why we've

[Show More](#)

Challenge Period
09/14/2015 - 10/11/2015

Enrollment Period
08/31/2015 - 09/18/2015

Challengers
1

Focus Areas
Medication Adherence
Depression Prevention
Appointment Adherence
Stress Management
Weight Management
Exercise and Fitness
Tobacco Cessation
Self Care
Healthy Eating

[Join This Challenge](#)



Registering for the Challenge

The image shows a screenshot of a web application interface for registering for a challenge. A modal dialog box is open, displaying the following text:

You are about to join **The One Show Challenge**. Your screen name and **Exercise Tracker** will be shared.

By joining this Challenge, you agree to have all of your updates to your Exercise Tracker included in the challenge tracker for the period of the challenge. Any time you update your tracker, it will automatically be included in the challenge tracker. Note that only your total exercise time will be included. Your actual exercises will not be shared. In addition, a history of your updates may be used by program administrators to determine awards for this Challenge. Please note that other information about you will not be shared with the program administrators.

Note: You can set the other information that's visible in your public profile.

I agree to the [Community Standards Agreement](#)

At the bottom of the dialog are two buttons: a grey "Cancel" button and an orange "Submit" button with a right-pointing arrow. A red arrow points to the "I agree to the Community Standards Agreement" checkbox, and a red circle highlights the "Submit" button.

The background interface shows a "Challenges" section with a "Join This Challenge" button at the bottom. The challenge details include:

- Enrollment Period: 08/31/2015 - 09/18/2015
- Challengers: 1
- Focus Areas:
 - Medication Adherence
 - Depression Prevention
 - Appointment Adherence
 - Stress Management
 - Weight Management
 - Exercise and Fitness
 - Tobacco Cessation
 - Self Care
 - Healthy Eating



Registering for the Challenge

The screenshot shows a web interface for 'Challenges'. At the top, there are two tabs: 'Recommended' and 'My Past Challenges'. The main content area features a challenge card for 'The One Show Challenge'. The card includes a small image of a person, a description, a 'Show More' button, and sections for 'Challenge Period', 'Enrollment Period', 'Challengers', and 'Focus Areas'. A 'Join This Challenge' button is at the bottom of the card. A dark notification box is overlaid on the right side of the page, containing a close button (X) and text about joining the challenge and updating the exercise tracker and public profile settings. The notification box is circled in red.

Challenges

Recommended My Past Challenges



The One Show Challenge
In the time it takes to watch one TV show, you could be enjoying an activity that helps you feel better and lengthens your life. That's why we've

Show More

Challenge Period
09/14/2015 - 10/11/2015

Enrollment Period
08/31/2015 - 09/18/2015

Challengers
1

Focus Areas
Medication Adherence
Depression Prevention
Appointment Adherence
Stress Management
Weight Management
Exercise and Fitness
Tobacco Cessation
Self Care
Healthy Eating

Join This Challenge

You have joined "The One Show Challenge"

Remember to update your [Exercise Tracker](#)

Reminder: You can update how others see you in your [Public Profile](#) settings in My Account.



Setting/Updating up your Tracker

The screenshot shows a web interface for a challenge titled "The One Show Challenge". The page has a blue header with navigation tabs: "My Well-Being Plan", "Favorites", "Groups & Challenges", "Resources & Tools", and "Rewards Center". The challenge title is "The One Show Challenge" with a "Back to Groups & Challenges" link. Below the title is a photo of a woman lying on a couch. The challenge description is "Challenge: Exercise 150 Minutes Every WEEK". A progress chart shows a grid with the text "This Challenge hasn't started yet" and an x-axis labeled "WEEKS" from 0 to 4. A red circle highlights an orange button labeled "Update My Exercise Tracker". To the right, a sidebar shows "0 Inspirations", "1 Badges", and "50 Points". Below that, it says "Starts in 14 Days" and "About this Challenge" with a "Share" button. The "Challenge Period" is "09/14/2015 - 10/11/2015". "Focus Areas" include Medication Adherence, Depression Prevention, Appointment Adherence, Stress Management, Weight Management, Exercise and Fitness, Tobacco Cessation, Self Care, and Healthy Eating. It also shows "Joined 08/31/2015" and a "Leave Challenge" link.

My Well-Being Plan Favorites **Groups & Challenges** Resources & Tools Rewards Center

The One Show Challenge

[Back to Groups & Challenges](#)



Challenge: Exercise 150 Minutes Every WEEK

1. 2. 3. 4. 5.

This Challenge hasn't started yet

0 1.0 2.0 3.0 4 WEEKS

Update My Exercise Tracker

| | Total Weeks Goal Met | Weekly Average Minutes |
|-------------------|----------------------|------------------------|
| Challenge Average | -- | -- |

0 Inspirations [Edit](#)

1 Badges

50
Points

Starts in 14 Days

About this Challenge [Share](#)

In the time it takes to watch one TV show, you could be enjoying an activity that helps you feel better and lengthens your life. That's why we've

[Show More](#)

Challenge Period
09/14/2015 - 10/11/2015

Focus Areas

- Medication Adherence
- Depression Prevention
- Appointment Adherence
- Stress Management
- Weight Management
- Exercise and Fitness
- Tobacco Cessation
- Self Care
- Healthy Eating

Joined
08/31/2015

[Leave Challenge](#)



Using the Challenge Chatter

The screenshot displays a challenge interface with the following elements:

- Progress Chart:** A grid chart with a red text overlay: "This Challenge hasn't started yet". The x-axis is labeled "WEEKS" and ranges from 0 to 4. The y-axis is numbered 2, 3, 4, 5.
- Update My Exercise Tracker:** An orange button.
- Statistics Table:**

| Challenge Average | Total Weeks Goal Met | Weekly Average Minutes |
|-------------------|----------------------|------------------------|
| | -- | -- |
- Challenge Chatter:** A section circled in red, containing the text "Challenge Chatter" and two buttons: "Add a Post" and "Add a Poll". Below this is a message: "There have been no posts added yet. Be the first to add a post."
- Challenge Period:** 09/14/2015 - 10/11/2015
- Focus Areas:** Medication Adherence, Depression Prevention, Appointment Adherence, Stress Management, Weight Management, Exercise and Fitness, Tobacco Cessation, Self Care, Healthy Eating.
- Joined:** 08/31/2015, with a "Leave Challenge" button.
- My Awards:** A section with an award icon and the text "The One Show C...".
- Challenge Partici...:** A section with a circular icon and the text "Challenge Partici...".
- View All Individual Challengers:** A button.
- Other Links:** Write In Your Journal, Update Your Public Profile.



Changing your Screen Name

HEALTHWAYS Hello Fntestdhce! Messages **My Account** Help Español Log Out Search Go

My Well-Being Plan Favorites Groups & Challenges Resources & Tools Rewards Center

My Account

Account Information

- Password and Security
- Public Profile
- Groups and Challenges
- Personalization
- Communication Preferences
- Well-Being Connect® Mobile App
- Devices

Account Information

General Edit

Username: un1016211182

Name: FNTSTHDHCECBBQBH LNTSTHDHCECBBQBH

Nickname:

Screen Name: Healthways Outreach

Gender: Female

Date of Birth: September 26, 1976

Language: No Preference

Email Edit

My Inspiration

Who inspires you? What do you want to accomplish? What will motivate you to keep making progress on your Well-Being Plan?

[Add Your Inspirations](#)

Badges



Challenge Participant
The One Show Challenge

Rewards Earned

50 Points

[Rewards Center](#)



Reentering the Challenge

HEALTHWAYS Hello Fntestdhce! Messages My Account Help Español Log Out Search Go

Make sure your Well-Being Plan is up to date.

New information we have about you may suggest new focus areas for you to try based on your current needs. Consider updating your Well-Being Plan by selecting "Manage Focus Areas".

Manage Focus Areas

My Well-Being Plan Favorites **Groups & Challenges** Resources & Tools Rewards Center

Groups and Challenges let you participate in a community of other people who share similar goals. Getting support and encouragement is a great way to help inspire you to stick to it and achieve your goals. Plus, it makes everything more fun.

Find Groups and Challenges

My Groups

share your resolution...

Share Your New Year's Resolution

My Challenges

The One Show Challenge
Ends: 10/11/2015

My Inspiration Edit

Who inspires you? What do you want to accomplish? What will motivate you to keep making progress on your Well-Being Plan?

Add Your Inspirations

Badges

Participation!

Challenge Participant
The One Show Challenge

Rewards Earned

50
Points

Rewards Center





THANK YOU!

For questions or further assistance, please call customer service at 1-866-556-2288 or visit ohio.gov/tclw.

