

Your Wellness Rewards

What's the same as before:

You can receive up to \$350 for participating (and \$150 of that still comes from your biometric screening and Well-Being 5[®] survey).

What's new:

- You don't have to choose between an online and coaching pathway. Mix and match the programs that suit your needs to earn your rewards.
- The screening has an extra \$25 already built in, which was once a "bonus" for completing both the screening and assessment.

How it works:

1. **Assess your well-being and earn up to \$150.**
 - \$100 for completing a Biometric Screening
 - \$50 for completing the Gallup-Healthways Well-Being 5 survey
2. **Participate in well-being improvement activities and earn up to \$200 more. Mix and match these programs as you like to get your rewards the way you want.**
 - \$50 per health coaching call
 - \$50 for each well-being challenge that you meet the active participation requirement
 - \$50 for each online lesson you complete of the Healthways Financial Well-Being™ program, powered by Dave Ramsey

More details:

- All rewards-eligible activity must be completed prior to **June 30, 2018**.
- Reward cards are considered taxable compensation. The taxes on the amount of your incentive will be deducted from your paycheck.
- The active participation requirement is different for each challenge.

For more information about the *Take Charge! Live Well!* program, visit ohio.gov/tclw and select **Program Guide**.

