

Take Charge! Live Well!

A Guide to the Coaching Pathway



Taking Action

Two options to help further you on your path to wellness:



**Coaching
Pathway**



**Online
Pathway**

Telephonic Health Coaching

What

is

it?

Working with a health coach provides personalized support to help lower your risks, manage your conditions, and change behaviors.

A health coach can help you set and keep you on track to achieve your health goals.

Each coaching program will be created and personalized on your unique needs and goals.

To get started, call [1.866.556.2288](tel:1.866.556.2288) and select **Option 2** for Wellness Coaching.

How to Earn the Coaching Pathway Reward

COMPLETE your biometric screening.

\$75

COMPLETE your Gallup-Healthways Well-Being 5™ survey.

\$50

- Beginning July 15, go to ohio.gov/tclw and click the **Well-Being 5 survey** button to get started.

BONUS: Complete your biometric screening and Well-Being 5 survey by Nov. 30.

\$25

CHOOSE your pathway.

\$200

Coaching Pathway	Online Pathway
Complete four telephonic coaching sessions.	Choose five online tools and complete each 10 times.

* You must first complete your biometric screening and Well-Being 5 survey to earn this reward.

Verify Your Completion

The screenshot displays the Healthways user interface. At the top, the navigation bar includes the Healthways logo, the user name 'Hello Fntestdhce!', and links for 'Messages', 'My Account', 'Help', 'Español', and 'Log Out'. A search bar is located on the right side of the header.

A notification banner at the top left reads: "Make sure your Well-Being Plan is up to date." Below this, a message states: "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'." A "Manage Focus Areas" button is positioned at the bottom right of the notification.

The main navigation menu includes "My Well-Being Plan", "Favorites", "Groups & Challenges", "Resources & Tools", and "Rewards Center". The "Rewards Center" tab is circled in red.

Below the navigation, there is a "Manage Focus Areas" button and a primary focus area card for "Stress Management". The card features a background image of hands in a yoga pose and a green "Taking Action" button with a right-pointing arrow.

Below the stress management card, a descriptive text block reads: "This Focus Area is designed to help and support you as you practice healthy ways to deal with stress. The steps you'll find here are scientifically designed to reinforce positive stress management habits. Stick with them and you'll lay the foundation for a lifetime of healthy stress management."

On the right side of the dashboard, there is a "My Inspiration" section with an "Edit" button. Below it, a section titled "Rewards Earned" shows a count of "0 Points" and a "Rewards Center" button. At the bottom right, a yellow box titled "Healthy Happenings in Ohio" contains text about wellness events and a link to "ohio.gov/tclw".

Verify Your Completion, continued

Rewards Center

Earn Rewards | Reward History

Of course, well-being is its own reward. But through Take Charge! Live Well!, you can earn valuable rewards for taking steps toward becoming healthier! See the activities listed here for the ways you can earn rewards.

Earning Status: Expand All Collapse All

Repeatable Activity Limit Reached ([learn more about limits](#)) Activity with multiple items

What I Can Do	What I Can Earn	My Progress
+ Coaching Pathway	200 PTS	200 PTS
+ Complete Biometric Screening	75 PTS	
+ Complete Well-Being Assessment	50 PTS	

Points
200 Balance Details

Redeem Points

Get More From Your Money!
It's not about how much you have. It's what you do with it. Start living better with Financial Well-Being Rewards by One



THANK YOU!

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

