

# PATHWAYS TO WELLNESS

## Step 1: ASSESS YOUR HEALTH

Complete your biometric screening through your physician - Earn \$75  
Complete your Well-Being Assessment - Earn \$50

## Step 2: TAKE ACTION - It's Your Choice!

Complete the Online OR Coaching Pathway and earn up to \$200

**ONLINE PATHWAY:** Well-Being Assessment must be completed prior to starting your online pathway.

**COACHING PATHWAY:** Well-Being Assessment and biometric screening must be completed to earn an incentive for the coaching pathway.

### Complete four online items:

1. Complete a behavior intervention/ progress check survey. Take the three progress check surveys in your primary focus area. These are presented every 30 days. Look for the yellow banner.
2. Track your exercise. Update your Exercise Tracker five times.
3. Track your food. Update your Food Tracker five times.
4. Track your food servings. Update your Food Servings Tracker five times.

**Earn  
\$200**

**Complete four coaching sessions.**

**Earn  
\$200**

For more detailed information about incentives, access the Incentive Guide page on the *Take Charge! Live Well!* website at [ohio.gov/tclw](http://ohio.gov/tclw).

Reward cards are considered taxable compensation. The taxes on the amount of your incentive will be deducted from your paycheck. Cards are issued monthly. Please allow seven to 10 weeks for delivery.