

PATHWAYS TO WELLNESS

Step 1: ASSESS YOUR HEALTH

- Complete your biometric screening through an on-site screening or through your physician: **Earn \$75**
- Complete your Well-Being Assessment: **Earn \$50**
BONUS: Submit BOTH by Nov. 30, 2013: **Earn another \$25**

Step 2: TAKE ACTION – It's Your Choice! **Earn \$200**

COACHING PATHWAY

Prerequisite: Well-Being Assessment and biometric screening must be completed before earning an incentive for the Coaching Pathway.

- Complete four telephonic coaching sessions.

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ONLINE PATHWAY

Prerequisite: Well-Being Assessment must be completed prior to starting your Online Pathway.

1. Complete your online Well-Being Plan.
2. Choose five of the nine online tools to help you achieve your wellness goals. Each of the five online tools you choose must be completed 10 times.
 - Exercise Tracker – update your Exercise Tracker.
 - Food Tracker – update your Food Tracker.
 - Servings Tracker – update your Servings Tracker.
 - Body Weight Tracker – update your Body Weight Tracker.
 - Steps Tracker – update your Steps Tracker
 - Medication Tracker – update your Medication Tracker.
 - View/Read/Listen Resources – view online videos or read online stories.
 - Journal Entry – update your personal wellness journal.
 - Complete Action Item – complete an action item assigned within a certain focus area or by a personal health coach.

Reward cards are considered taxable compensation. The taxes on the amount of your incentive will be deducted from your paycheck.

For more detailed information about incentives, go to the *Take Charge! Live Well!* website at ohio.gov/tclw and click on the **Incentive Guide** button.