

Take Charge! Live Well!

A Guide to your Financial Well-Being



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

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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!

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Remember Me

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[Forgot your Username or Password?](#)

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866.556.2288

Signing In: Financial Well-Being Links

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

[Manage Focus Areas](#)

Primary Focus Area
Stress Management

[Taking Action >>](#)

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.

[Take the Progress Check Survey](#)

Work the plan! [See All Actions](#)

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](#)

Rewards Earned

0 Points

[Rewards Center](#)

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 Powered by Dave Ramsey. [Learn More](#)

Signing In: Financial Well-Being Links

Food Log *Goal: You have not set a goal for yourself*

THIS WEEK: STARTING ON: 7/03/2014 NO GOAL SET

Track [down arrow]

---% OVERALL SUCCESS

OFF [bell icon]

M Tu W Th F Sa Su

Medication *Goal: You have not set a goal for yourself*

THIS WEEK: STARTING ON: 7/03/2014 NO GOAL SET

Track [down arrow]

---% OVERALL SUCCESS

OFF [bell icon]

M Tu W Th F Sa Su

Weight *Goal: You have not set a goal for yourself*

THIS WEEK: STARTING ON: 7/03/2014 NO GOAL SET

Track [down arrow]

---% OVERALL SUCCESS

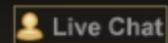
OFF [bell icon]

M Tu W Th F Sa Su

View Archived Trackers



Well-Being Connect™ is committed to helping you focus on your well-being. That's why Take Charge! Live Well! offers the Gallup-Healthways Well-Being 5™ survey. It's not only convenient and easy to use, but the Well-Being Report Snapshot explains your health status. Learn what you can do to stay healthy.



Featured Links

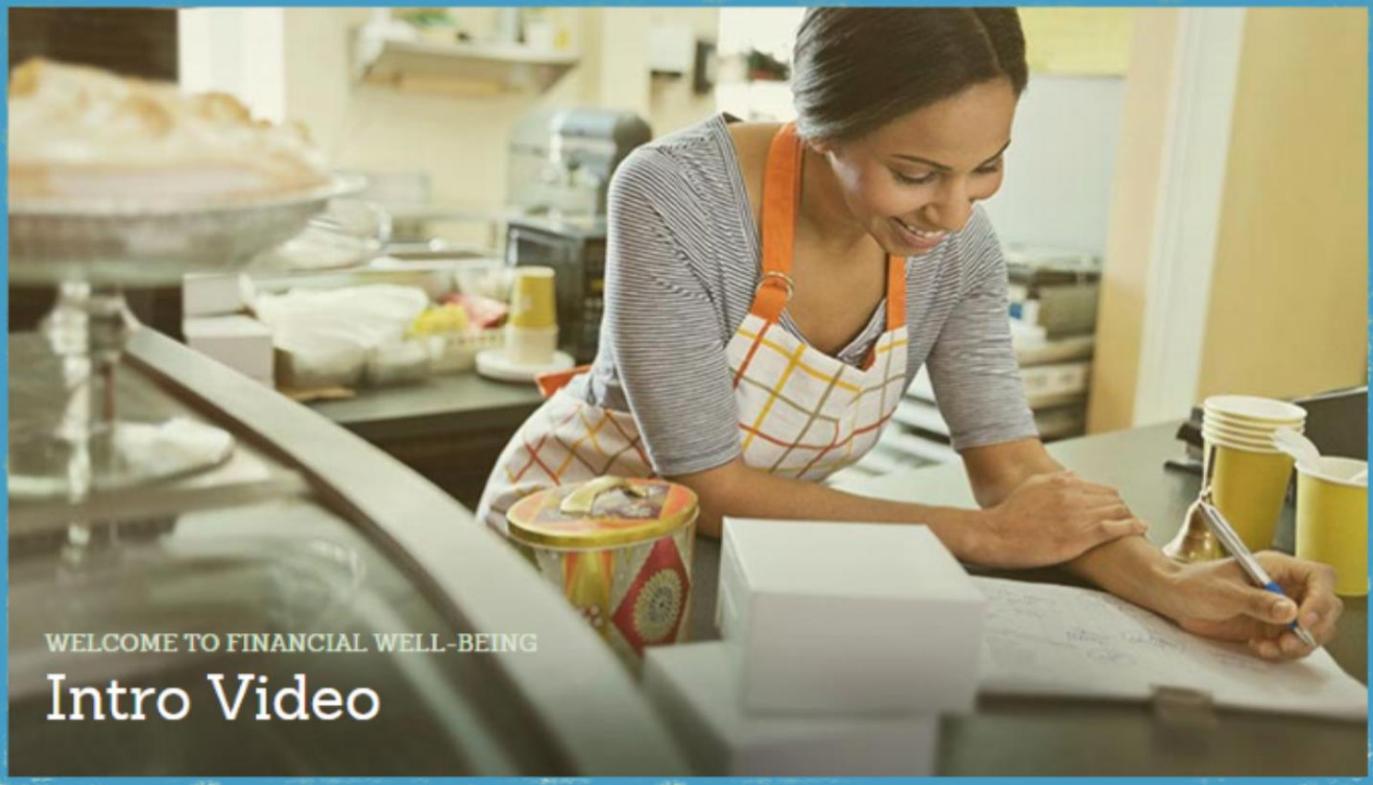
- Take Charge! Live Well! Website
- UnitedHealthcare Website
- Medical Mutual of Ohio Website
- Optum Behavioral Solutions Website
- Catamaran RX Website
- Financial Well-Being

Financial Well-Being Features

FINANCIAL WELL-BEING™
Powered by DAVE RAMSEY

HOME LESSONS ASK DAVE BUDGET

FNTESTDHC



WELCOME TO FINANCIAL WELL-BEING
Intro Video

WHAT YOU'LL LEARN

What you're about to learn is going to make a huge difference for your overall well-being.

Let's get started. First, watch the introductory video. Then, answer a few quick questions to see where you are today, so you can check in later and see how far you've come.

[Start Lesson](#)

Financial Well-Being Features

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HOME **LESSONS** ASK DAVE BUDGET

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Core Lessons



LESSON INTRO

Welcome to Financial Well-Being

What you're about to learn is going to make a huge difference for your overall well-being.

Let's get started. First, watch the introductory video. Then, answer a few quick questions to see where you are today, so you can check in later and see how far you've come.

- 1 [Intro Video](#)
- S [Introductory Financial Snapshot](#)



LESSON 01

Super Saving

We're not a nation of savers. Most Americans can't cover a \$5,000 emergency without having to borrow money. And big purchases?

- 1 Save Please Save!
- 2 Saving for Emergencies and Purchases
- 3 Saving for Wealth Building
- Q Super Saving Quiz

Financial Well-Being Features

FINANCIAL WELL-BEING™
powered by DAVE RAMSEY

HOME LESSONS **ASK DAVE** BUDGET

FNTESTDHC

Ask Dave

The *Dave Ramsey Show* is on more than 500 radio stations from coast to coast with more than 6 million listeners. Over the years, thousands of callers have asked Dave their financial questions. Here's your chance to hear Dave's answers to questions just like yours.

TYPE IN KEYWORDS OR CHOOSE A CATEGORY

Search

20-Somethings	Career	Kids & Money	Mortgage
Automobiles	College	Insurance	Relationships
Bankruptcy	Debt	Investing	Saving
Best of Dave	Debt Free	Just for Fun	Small Business
Budgeting	Estate Planning	Marriage	Taxes

FEATURED TOPIC

Beating \$11 an Hour

Nicole and her husband have two children in daycare. Her husband is considering quitting his current job and taking something seasonal to cut down on the daycare bills. But...



Financial Well-Being Features

FINANCIAL WELL-BEING™
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HOME LESSONS ASK DAVE **BUDGET** FNTTESTDHC

Budget Overview

Financial Forms

These interactive financial forms help you understand the current state of your finances—including helping you prepare your first monthly budget.

Select the form you want to work on.

- Select Financial Form...
- Healthy Financial Plan
- Consumer Equity Sheet
- Income Sources
- ump Sum Payment

Gazelle Budgeting Tool

The Gazelle Budget Tool helps you plan how to spend your money every month. You can allocate every dollar to its own category and track how your spending compares to your plan.

You haven't created a budget for this month yet. Click below to get started!

[Create New Budget](#)

About Dave Client Links

Financial Well-Being Features

WELCOME TO FINANCIAL WELL-BEING
Intro Video

Start Lesson

My Progress

CORE LESSONS

I 1 2 3 4 5 6 7 8 F

BONUS LESSONS

1 2 3 4

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Help
[Frequently Asked Questions](#)

About Dave
Dave Ramsey is an author, radio host and motivational speaker.
[Read his story](#)

Client Links
[Dave Ramsey Well-Being Connect](#)

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THANK YOU!

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

