

Pathways to Wellness

1. Assess your health and earn up to \$150.

- Complete your biometric screening through an on-site screening or through your physician: **Earn \$75;**
- Complete your Well-Being 5 survey: **Earn \$50; and**
- **BONUS:** Submit BOTH by Nov. 30: **Earn an additional \$25.**

2. Take action and earn \$200 - It's your choice!

- Complete the **Coaching Pathway: Earn \$200**
- OR -
- Complete the **Online Pathway: Earn \$200**

» COACHING PATHWAY

- Complete four phone coaching sessions.*

Prerequisite: Well-Being 5 survey and biometric screening must be completed before earning an incentive for the Coaching Pathway.

*Enrollment calls do not count towards the four call minimum.

OR

» ONLINE PATHWAY

- Choose at least five of these nine online tools to help you achieve your wellness goals.

Each of the five on-line tools you choose must be completed at least 10 times.

- Update your **Exercise Tracker**
- Update your **Food Tracker**
- Update your **Servings Tracker**
- Update your **Weight Tracker**
- Update your **Steps Tracker**
- Update your **Medication Tracker**
- View online **videos** or read online **articles**.
- Update your personal wellness **Journal Entry**.
- 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 rewards and the *Take Charge! Live Well!* program, go to the *Take Charge! Live Well!* website at ohio.gov/tclw and click the **Program Guide** button.