



# Take Charge! Live Well!

 APS Healthcare **Ohio** The State of Perfect Balance

**Take Charge! Live Well!** is a FREE health and wellness program for eligible State of Ohio employees and their spouses. Everybody – including you – can take steps to improve their health!

## Program Features:

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★ **Everyone can earn \$100!** See details inside about valuable incentives for taking charge of your health.

 1-866-272-5507

 [www.ohio.gov/tclw](http://www.ohio.gov/tclw)

# Good health is priceless.

It improves quality of life, lowers your risk of disease, and increases your chances for a longer, healthier life!

Beginning July 1, you can earn more rewards for taking charge of your health. If you (and your eligible spouse) are enrolled in State of Ohio medical coverage, you are automatically enrolled in the **Take Charge! Live Well!** (TCLW) health and wellness program, administered by APS Healthcare.

Taking responsibility for your family's health is the best way to keep healthcare costs at a reasonable level for everyone! The **Take Charge! Live Well!** program offers you special incentives to participate.



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# It Pays to *Take Charge* of Your Health!

**Everyone can earn \$100!**

Health Assessment	Completed by November 30, 2011	<b>\$25</b>
Biometric Screening	Completed by June 30, 2012	<b>\$75</b>

Complete a health assessment or biometric screening and earn an **additional \$100** when participating in one of the following programs.

	<b>1st Coaching Call</b>	<b>4th Coaching Call</b> (completed by June 30, 2012)
Tobacco Cessation	<b>\$25</b>	<b>\$75</b>
Weight Management	<b>\$25</b>	<b>\$75</b>
Disease Management	<b>\$25</b>	<b>\$75</b>

APS Healthcare will identify eligible employees and spouses based on biometric screening results, claims experience or health assessment results.

For questions about whether you qualify call

**APS Healthcare at 1-866-272-5507.**

## 24/7 Nurse Advice Line – Help When you Need It

Questions about your health can come up at any time. Your **Take Charge! Live Well!** Nurse Advice Line (1-866-272-5507, option #3) gives you information and support, 24 hours a day, 7 days a week, at no cost to you. Whether you have questions about a new diagnosis or your medications or you aren't sure about an urgent situation, the Nurse Advice Line is there when you need it.

## Biometric (Health) Screening

A biometric screening is a quick blood test that checks your total cholesterol, HDL level, blood glucose level, blood pressure and body mass index (BMI). These results can give you and your doctor a snapshot of your health and identify any health risks.

Earn  
\$75

### You can get your biometric screening in two ways:

1. You can visit any of the free worksite road shows (health screenings) around the State. Visit [www.ohio.gov/tclw](http://www.ohio.gov/tclw) and click "Upcoming Wellness Events" to view a schedule of **Take Charge! Live Well!** road shows in your area.
2. **NEW!** You can have your doctor complete the inserted **Biometrics Physician Form** at your next physical exam. You can also download a copy of the form at the **Take Charge! Live Well!** website: [www.ohio.gov/tclw](http://www.ohio.gov/tclw).

Earn  
up to  
\$25

See page 5  
for online  
instructions

## Online Health Risk Assessment (HRA)

A health assessment asks simple questions similar to ones you would see on a medical history form at your doctor's office. When you are finished you will receive a personal wellness report. Don't worry, no one is perfect. Everyone can take steps to improve their health and you will receive tips on how. Complete your 15-minute health risk assessment questionnaire at [www.ohio.gov/tclw](http://www.ohio.gov/tclw) by **November 30, 2011**, and **earn \$25!**

If you prefer to complete your HRA on paper, call **APS Healthcare** at **1-866-272-5507** to request a paper HRA. Complete the form and follow the instructions to mail it back. You will receive a paper copy of your health report in 3-4 weeks.

Earn  
up to  
**\$100**

## Disease Management Coaching

Disease Management Coaching is available for the following conditions:

- ✦ Diabetes
- ✦ Asthma
- ✦ Congestive heart failure (CHF)
- ✦ Coronary artery disease (CAD)
- ✦ Chronic obstructive pulmonary disease (COPD)

Whether you are newly diagnosed or have lived with a condition for years, this program can help you to take charge of your health. Registered nurses can help you better understand your condition, understand medications and treatments that you have been prescribed, and help you with any additional conditions you may have.

Your first call with a health coach will take approximately 30 minutes. Your coach will overview the **Take Charge! Live Well!** program and ask questions to learn more about your health. You and your coach can then set goals that are right for you. You will **earn \$25** for the first call with a health coach. You can **earn another \$75** after the completion of three additional calls with a health coach.

## Weight Management Coaching

If you or your spouse's biometric screening or health care claims indicate that you have a Body Mass Index (BMI) of 30 or more, you are eligible to participate in weight management coaching. BMI is a calculation, based upon your height and weight, which can indicate your health risk. Research consistently shows that overweight people are at greater risk for several diseases.

## Tobacco Cessation Coaching

If you or your spouse use tobacco and are ready to quit, you can **earn up to \$100** for working with a health coach. **Beginning July 1**, participants in this program will also be eligible for **free nicotine pharmaceuticals**. For more information on covered pharmaceuticals, visit [www.ohio.gov/tclw](http://www.ohio.gov/tclw).

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## Online Health Tools

To take your Health Risk Assessment (HRA) go to [www.ohio.gov/tclw](http://www.ohio.gov/tclw) and click on the link that says **Health Questionnaire** then follow these directions.

### First Time Users

1. Go to [www.ohio.gov/tclw](http://www.ohio.gov/tclw).
2. Click the **Health Assessment** button.
3. Click **Sign Up**.
4. Complete your user registration.
5. Follow the instructions to complete your profile.
6. When you finish click **Update** and the **Agreement** screen will appear.
7. Read the **Privacy Policy** and select **Continue** to agree to the terms.
8. Select **Take My Health Assessment**.
9. **Get started**.
10. Click **Submit** to finish the Assessment.

**Note:** Your member ID is your 8-digit OAKS ID number.

**Spouses:** Create your own username and password. Use the subscriber employee's OAKS ID number for your member ID. Use **your own** birth date.

1. Go to [www.ohio.gov/tclw](http://www.ohio.gov/tclw).
2. Click the **Health Assessment** button.
3. Enter your **username** and **password**.
4. Select **Take My Health Assessment**.
5. **Get started**.
6. Click **Submit** to finish the Assessment.

### Returning Users

Ready...Set...Go!

# Take Charge! Live Well!

## It pays to get healthy!

Call **APS Healthcare** at **1-866-272-5507** or go to **www.ohio.gov/tclw** to get started, or if you have questions about your incentives.

### Important Details:

- Each eligible employee and spouse can earn a maximum of **\$200** (if qualified) per person per year. (That's a maximum of **\$400** per family.)
- You must complete the Health Risk Assessment or a biometric screening to potentially qualify for the additional incentive.
- Please remember that **Take Charge! Live Well!** programs do not provide medical treatment, but can help you understand your condition and help you reach your goals. You should always talk to your doctor with questions or concerns that you have about your health or any treatment.

**Examination Date:** \_\_\_\_\_

**Height:** \_\_\_\_\_ ft. \_\_\_\_\_ inches

**Weight:** \_\_\_\_\_ pounds

**BMI:** \_\_\_\_\_

**Blood Pressure:** \_\_\_\_\_ / \_\_\_\_\_ mmHg  
FOLD HERE

**Total Cholesterol:** \_\_\_\_\_ mg/dl

**HDL Cholesterol:** \_\_\_\_\_ mg/dl

**Glucose:**

Fasting \_\_\_\_\_ mg/dl OR

Non-fasting \_\_\_\_\_ mg/dl

## Know Your Numbers!

We all know that monitoring health is important, but it's easy to forget what your numbers are.

Keep this card as a handy tool to record some of your key health information.



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