

Program Overview



TAKE
CHARGE

Live Well



Take Charge! Live Well!:

■ is a **free health and wellness program** available to State of Ohio employees and their spouses who are enrolled in a State health plan. The program provides tools and services to help you manage your health and feel your best.

■ believes that **everybody** — including **you** — can take steps to improve their health and that **small steps add up to make big differences.**

■ is **available at no cost** to eligible members and spouses enrolled in any state health insurance plan.

■ is **completely confidential.**

Program Features

The **Take Charge! Live Well!** program offers the following tools and services:

- A Comprehensive Health Assessment Questionnaire★
- Online Digital Coaching★
- Personalized Health Coaching★
- Health Screenings★
- Nurse Advice Line
- Condition Management Services



IT PAYS TO GET HEALTHY!

Participation in these ★ tools/services earns you monetary rewards. Eligible employees and their spouses qualify to receive **up to \$100 each.** See further details on the back.

Good health pays in more ways than one!

The **Take Charge! Live Well!** program is provided to you by the Ohio Department of Administrative Services in partnership with APS Healthcare and the Joint Health Care Committee.



Health Assessment★

The best place to start! The Health Assessment is a questionnaire you take that provides you with a comprehensive assessment of your health. Following completion, you receive a personalized wellness summary to help you make — and meet — your health-related goals.

Health Assessment questionnaires can be completed online (<http://stateofohio.apshealthcare.com>) or on paper through the mail (call 1-866-272-5507 to receive a copy). Health Assessments are available July 1, 2010 and must be completed by November 30, 2010.



Health Assessment Participation Reward: Completing a Health Assessment earns eligible employees and spouses up to \$50 each.

Personalized Health Coaching★

1-866-272-5507

Qualified health coaches, including nurses, dietitians and fitness trainers, can help design a step-by-step plan just for you — to help you achieve your personal goals.



Coaching Participation Reward: Working with a health coach earns eligible employees and spouses up to \$50 each.

Online Digital Coaching Program★

<http://stateofohio.apshealthcare.com>

Take Charge! Live Well! provides self-paced, online health programs to help you address your specific concerns and goals, like **smoking, stress, nutrition, weight management** and **low back care**. Programs can be accessed at <http://stateofohio.apshealthcare.com>.



Online Program Participation Reward: Completing an Online Digital Coaching Program earns eligible employees and spouses up to \$25 each.

Health Screenings★

Health screenings are conducted at certain worksites. Visit www.ohio.gov/tclw or ask your agency wellness coordinator for screening dates and locations.

Your free screening includes a blood pressure check, blood glucose testing, total cholesterol and HDL testing, and BMI measurement.

Health screenings give you an immediate clinical assessment of your health and identify current or potential health risks.



Health Screening Participation Reward: Completing a health screening earns eligible employees and spouses up to \$25 each.

More Benefits — When You Need Them

Nurse Advice Line

1-866-272-5507

Because medical questions are always important — but not always predictable — **Take Charge! Live Well!** provides 24/7 access to professional nurses for **any** type of medical question or concern. The Nurse Advice Line can assist you with questions about common illnesses, sick children, nutrition, medications and injuries.

Condition Management Services

Condition management services are available to Ohio employees and their spouses living with the chronic conditions of asthma, COPD, congestive heart failure, coronary artery disease, or diabetes. These programs offer personalized support to help you manage your condition and improve your quality of life.

APS Healthcare will contact you to invite your participation in the program.



Diabetics who participate in Health Coaching are eligible for diabetic supplies and insulin at \$0 co-pay.



Start Now with Step One!

Beginning your **Take Charge! Live Well!** program is just a phone call or mouse click away.



Simply log on to:
<http://stateofohio.apshealthcare.com>



or call 1-866-272-5507.

Your health is in your hands.

 APS Healthcare



Ready...Set...Go!



The best place to start getting healthy is by taking your **Health Assessment**. The results of this questionnaire will help you identify health risk areas and steps you can take to feel your best. Your personal health coach will contact you to review your results with you.

Plus, it will earn you \$50. (See reverse side for reward details.)

Once your Assessment is complete, check out the **Online Digital Coaching Program** and select one that suits your needs and goals. **That will earn you another \$25!**

Getting Started



OnLine Instructions

- Go to: <http://stateofohio.apshealthcare.com>
- Select **Health Assessment** or **Digital Coaching** in the **Helpful Tools** box.

FIRST-TIME USERS

- Click on the **Sign Up** button at left to get started.
- Complete the user registration to log on.

Note: Your member ID number is your eight digit OAKS System employee ID number.

Spouses: Create your own username and password. Enter **the employee's** eight digit OAKS System employee ID number as your member ID and use **your own** birthdate.

Record your username and password at right.

- Select **Sign Up**.
- Once your information has been verified, the **Profile** screen will appear. **Follow the instructions on the screen carefully to complete your Profile.**
- When finished, select the **Update** button.
- The **Agreement** screen will appear.
- Read the **Privacy Policy** and select **Continue** to agree to the terms.
- Select either "**Take my Health Assessment**" or "**Start a Program**" and get started!

RETURNING USERS

- Log In at left, entering your username and password.
- Select either "**Take my Health Assessment**" or "**Start a Program.**"
- Get Started.
- Click "**Submit**" to finish the Assessment.
- View your personal Health Summary or Personalized Plan.



Paper/Mail Instructions

- Call APS Healthcare at **1.866.272.5507** to request a paper Health Assessment.
- APS Healthcare will mail a copy of the Health Assessment tool to you.
- Complete the assessment and return in the self-addressed envelope provided.
- You will receive a paper copy of your Health Summary within 3-4 weeks.

Record your username and password here for future use.

My Log On Information

My Username: _____

My Password: _____

<http://stateofohio.apshealthcare.com>

Log on to take your Health Assessment and access Online Programs

Spouse's Log On Information

My Username: _____

My Password: _____

<http://stateofohio.apshealthcare.com>

Log on to take your Health Assessment and access Online Programs

Good Health Pays in More Ways than One



Good health is priceless. It improves your quality of life, lowers your risk of disease, and increases your chances of longevity. Hard to argue with these benefits!

Your health is in your hands. Improving your health is achievable. It's just a matter of taking the right steps — one at a time. The **Take Charge! Live Well!** program offers eligible State of Ohio employees and their spouses enrolled in a health plan personalized health & wellness services and tools aimed to help you take those steps — to improve your health and feel your best.

The **Take Charge! Live Well!** program offers special incentives for your participation.

How it Works:

Eligible State of Ohio employees and their spouses qualify to receive **up to \$100 each** by participating in certain **Take Charge! Live Well!** programs.

Do the Math!



Complete a **Health Assessment** questionnaire between **July 1 and November 30, 2010** — online or paper
1-866-272-5507 and
<http://stateofohio.apshealthcare.com>



Attend a **Health Screening**
See www.ohio.gov/tclw or ask your wellness coordinator for dates and locations of screenings



Work with a **Health Coach**
1-866-272-5507



Participate in an online **Digital Coaching Program**
<http://stateofohio.apshealthcare.com>

Your Wallet Cards:

It pays to get healthy.

Call APS Healthcare at **1-866-272-5507** or go to <http://stateofohio.apshealthcare.com> to get started — or with questions about your incentives.

APS Healthcare



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APS Healthcare



The Fine Print

- Each eligible employee and spouse can earn a **maximum of \$100 per person** per year (that's a maximum of \$200 per family).
- You must complete the Health Assessment questionnaire to qualify for your full \$100 reward.
- Working with a Health Coach involves working together to define and address a personal health goal or issue. Still not sure what this means? Just call us — **1-866-272-5507**.

It pays to get healthy.

Call APS Healthcare at **1-866-272-5507** or go to <http://stateofohio.apshealthcare.com> to get started — or with questions about your incentives.

APS Healthcare

