

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 all 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 — online or paper
1-866-272-5507 and <http://stateofohio.apshealthcare.com>



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



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



Participate in an online **Lifestyle Change Program**
<http://stateofohio.apshealthcare.com>

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.

