

Program Overview



Take Charge! Live Well!:

★ is a **free health and wellness program** available to all eligible State of Ohio employees and their spouses.

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 Health Programs★
- 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★

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).

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 plan to help you make — and meet — your health-related goals.



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

APS Healthcare will contact you to invite you to participate in the program.

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.

Online Lifestyle Change Programs★

<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 Lifestyle Change 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 all eligible employees and spouses up to \$25 each.



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

