

Take Charge | Live Well

IMPROVE YOUR HEALTH AND GET REWARDED!

Complete the activities below and get rewarded for making healthy decisions. Employees can earn up to \$1,500 and spouses can earn up to \$550!



The Take Charge | Live Well program is partnering with Virgin Pulse to help you make small, everyday changes to your well-being that focus on the areas you want to improve the most. If you stick to our program, you'll build healthy habits, have fun with coworkers and experience the lifelong rewards of better health and well-being.

Sign up now: join.virginpulse.com/stateofohio

Already a member? Visit das.ohio.gov/wellness and click **The Hub** tile.

Have Questions?

Email tclw.support@virginpulse.com

Call us 833-977-2074 | Monday-Friday 8 am-9 pm ET

How to get started

- Step 1** Activate your Virgin Pulse account at join.virginpulse.com/stateofohio.
- Step 2** For easy tracking, **download the Virgin Pulse mobile app** for iOS or Android (optional).
- Step 3** Connect a fitness tracker to get credit for your steps, active minutes and sleep. We sync with many devices and apps (Apple Watch, Fitbit, etc.).
- Step 4** Upload a profile picture and add some friends.
- Step 5** Set your interests to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well, and more!



Scan this code to download the Virgin Pulse mobile app!

The State of Ohio's Take Charge | Live Well program contracts with Virgin Pulse to manage wellness resources, activities and Take Charge | Live Well program rewards for employees and spouses enrolled in the State of Ohio medical plan. Personal health information provided is not shared with the state.



Build healthy habits for life

Biometric screenings > Programs tab

Members can visit one of three places to complete a screening: an on-site screening event at participating locations, their health care provider (to fill out the physician form) or a Quest Patient Service Center.

Attestation forms > Programs tab

Fill out these forms under the Programs tab when you complete activities like financial well-being, community events, preventive care appointments, behavioral health activities, fitness facility reimbursements (for Employees only) and wellness events — and earn rewards!

Wellbeats > Programs tab

Explore virtual fitness classes with something for every age, stage and ability. Classes are designed to meet you where you're at, from tutorials to advanced classes.

Whil Mindfulness > Programs tab

Breathe. Your personal stress-reliever is here. Watch meditation videos and learn how to practice mindfulness.

Journeys® > Health tab

Want to exercise more? Better manage a health issue? Now you can use Journeys®, our digital coaching tool, to make simple changes to your health, one small step at a time.

Health Coaching > Health tab

Talk to a professional clinician and coach over the phone to get one-on-one support, expert guidance and help navigating your healthcare questions.

Healthy Habits > Home tab

Select healthy habits to work toward, and track your progress every day.

Rewards

For additional information on each activity, visit **How to Earn** under the Rewards tab on the site — or **Program Details** on the mobile app.

	Employee/COBRA	Spouse/COBRA
Know your numbers		
Complete the Health Check survey	\$50	\$50
Complete a biometric screening	\$150	\$100
Healthy Measurements		
Target BMI of 18.5-29.9 or 5% weight loss	\$200	\$100
Complete an <i>Eating Healthy Journey</i>		
Blood Glucose Ideal Fasting Glucose of (<126) or 5% Improved Fasting Glucose	\$200	\$100
Complete a <i>Diabetes Journey</i>		
Additional Activities		
Complete 4 tobacco coaching appointments	\$200	\$200
Complete a coaching appointment (1x/month)	\$50	\$50
NEW! Track Healthy Habits 20 days in a month	\$50	\$50
NEW! Complete a Whil program (1x/month)	\$50	\$50
Participate in a company challenge (3x/year)	\$25 each	\$25 each
Complete preventive screenings (1x /month)	\$25 each	\$25 each
Complete immunizations (1x/month)	\$25 each	\$25 each
NEW! Fitness facility reimbursement (1x/month)	\$20	-
NEW! Complete behavioral health activities (1x/month)	\$10 each	\$10 each
Participate in wellness events (1x/month)	\$10 each	\$10 each
Participate in financial well-being activities or courses (1x/month)	\$10 each	\$10 each
Work out for 20 minutes with Wellbeats (20x/month)	\$10 each	\$10 each
Participate in community events (1x/month)	\$10 each	\$10 each
Total possible Additional Activities incentives	\$900	\$200

