

2023–2024

Take Charge / Live Well Program Overview



Confidentiality

Enjoy all the benefits knowing your privacy is protected

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.

The Basics

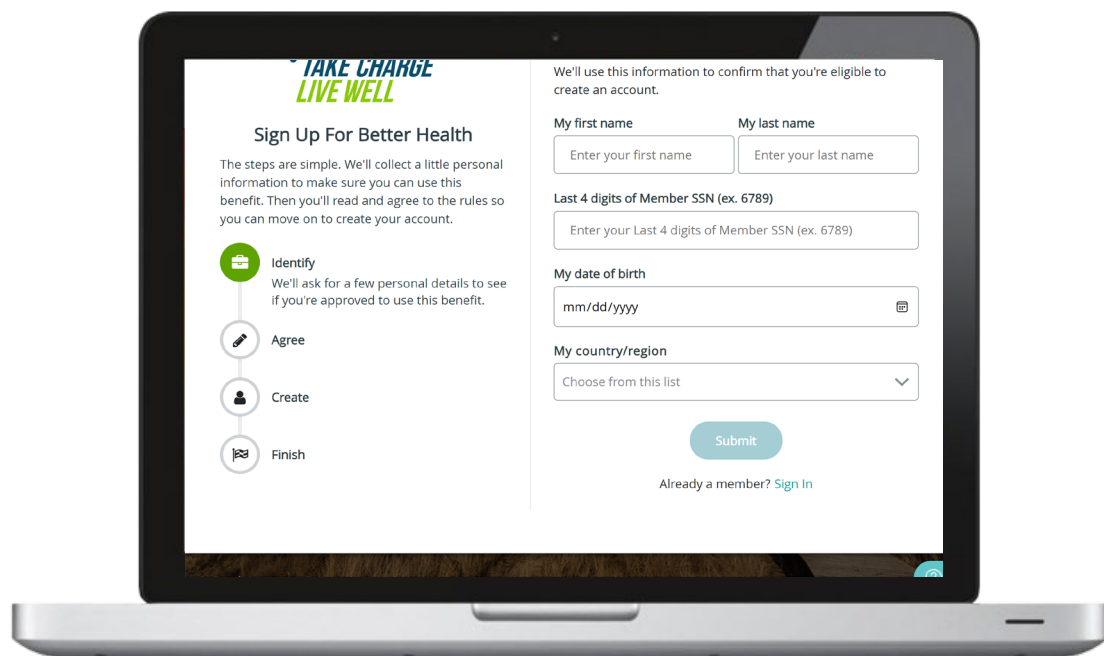
Eligibility

Employees and spouses covered under the State of Ohio medical plan.

Is there a fee to join?

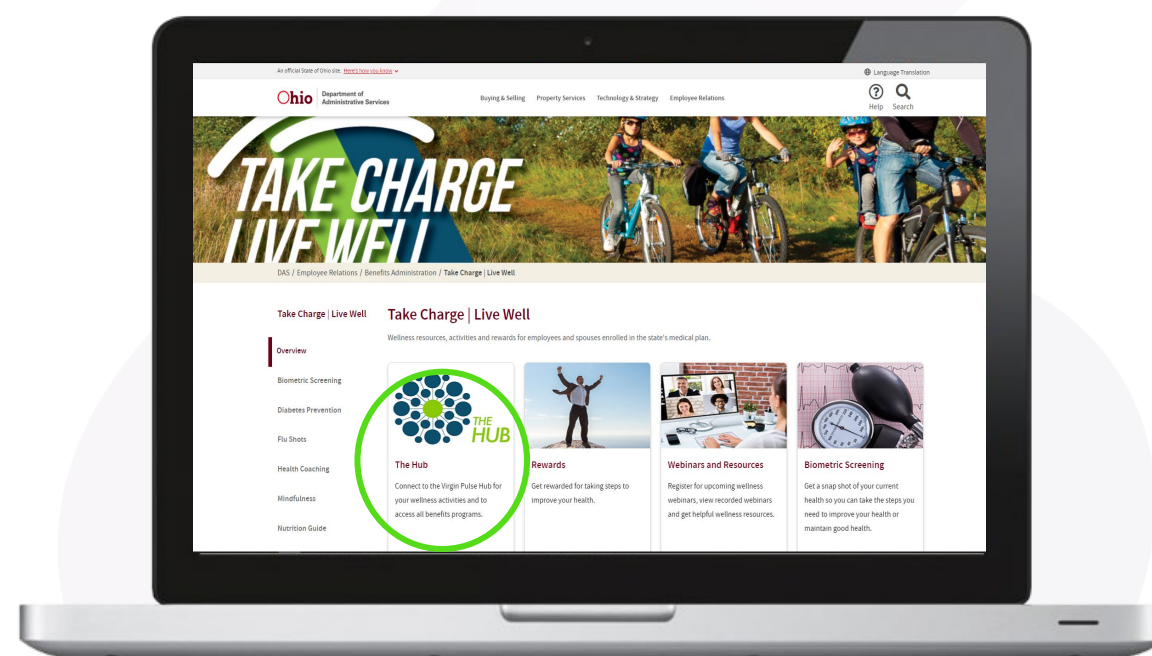
No fees! The Virgin Pulse platform simply hosts all medical benefits in one spot for easy access and incentivizes you for utilizing them!

Date	Description	Details & What's Available
July 1, 2023	Program Launch	<ul style="list-style-type: none">• Virgin Pulse platform• Biometric Screening Scheduler• Physician Form download• Patient Service Center appointments• Coaching
Aug. 1, 2023	Onsite biometric screening events begin	<ul style="list-style-type: none">• Agency specific
May 31, 2024	Biometrics must be submitted	Biometric activity must be completed and submitted
June 30, 2024	End of Program Year	All incentive-worthy activities must be submitted/completed



Enrollment Process

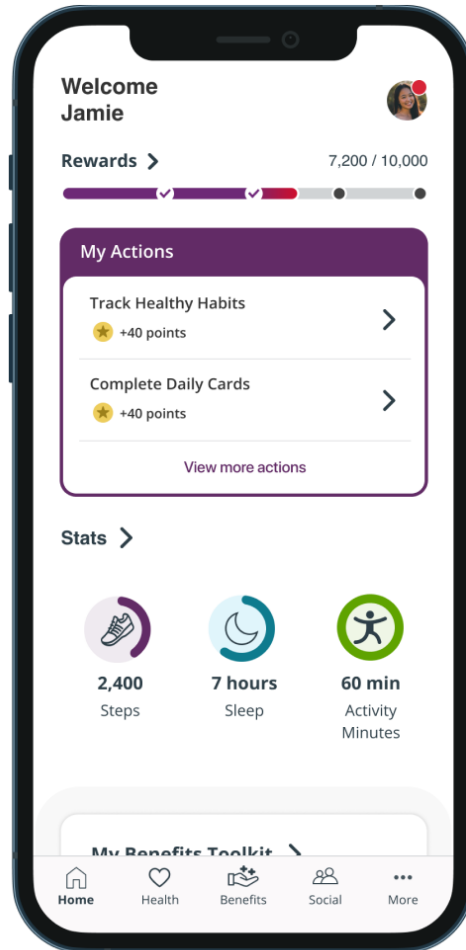
Visit join.virginpulse.com/stateofohio and complete the form by entering your name, date of birth, last 4 digits of SSN and State of residence.



Login Process

Visit the Take Charge | Live Well homepage at das.ohio.gov/wellness then click on **The Hub** tile in the middle of the page. Scroll down to the "Already a member?" section to login with your credentials.

Mobile App



Our mobile app has all the same, great features as the website – and even more convenience.



Use the free app to:

- Track Progress
- Compete in Challenges
- Get healthy tips from cards
- Sync your steps

Get the **free** mobile app today from the App Store or on Google Play.



Earning Rewards

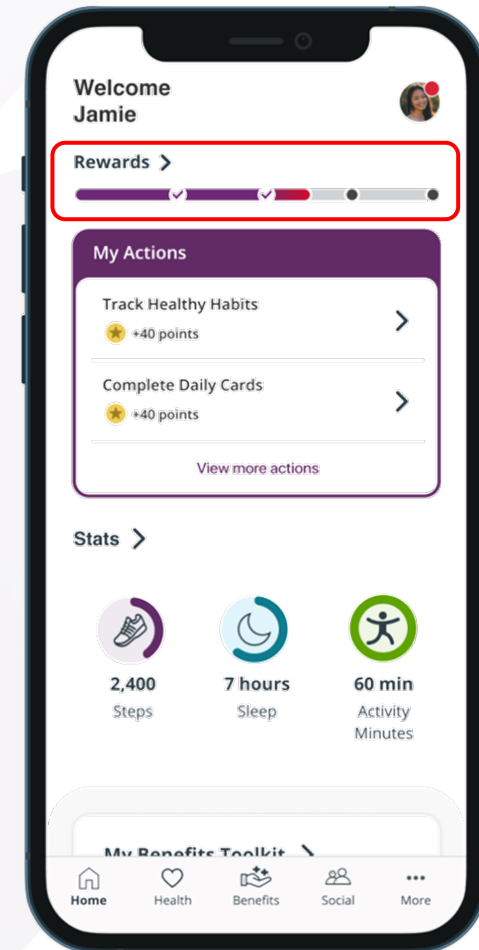
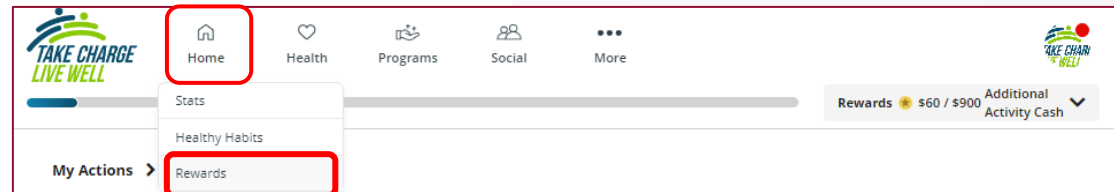
Reward Details

- Employees can earn up to \$1500 each program year and spouses can earn up to \$550.
- All reward-eligible activities must be completed by **June 30, 2024**.
- Rewards earned by the State employee and his or her spouse, if applicable, will be reflected on the State employee's paycheck after the completed activity has been processed.
- Rewards earned by the State employee and his or her spouse, if applicable, are taxable. Taxes are based on the amount of the reward. The taxes for rewards earned by the employee and spouse will be deducted from the State employee's paycheck. The paycheck will reflect the amount of the rewards, minus the taxes.
- Rewards will be displayed on the employee's paycheck in the *Hours and Earnings* section. The reward will read **TCLW rewards 2024**.

Find Your Rewards

Rewards should be visible approximately 2 paychecks after the activity reward date

- Click on “**Home**” and select “Rewards” from the dropdown
- Select “**My Earnings**” to find all rewards you have earned and they can be filtered out by date.



How to Earn

Know Your Numbers and Healthy Measurements


Employees can earn up to \$600 and Spouses up to \$350 in the Healthy Measurement rewards.


Know Your Numbers and Healthy Measurements	EMPLOYEE	SPOUSE
Complete the Health Check Survey	\$50	\$50
Complete a biometric screening Via onsite event, Physician Form, or Quest Patient Service Center	\$150	\$100
Healthy Weight Biometrics <ul style="list-style-type: none">BMI between 18.5 & 29.9, OR5% improvement from FY23 results, ORComplete the reasonable alternative: an Eating Healthy Journey<ul style="list-style-type: none">Can repeat Journeys if already completed in a previous benefit year	\$200	\$100
Blood Glucose <ul style="list-style-type: none">Ideal fasting glucose (<126) ORImproved fasting glucose (5% improvement from FY23 results), ORComplete the reasonable alternative: a Diabetes Journey	\$200	\$100


Health Check Survey





Health Check Survey

Introduction


Everyday You

Energy & You

Your Body & You

Results

Better Health Starts With Better Understanding



Our health can feel like a mystery sometimes, but it doesn't have to. This quick survey helps you get to know ... you! Spend 5 -10 minutes answering questions about your health and habits, and we'll create a handy personalized summary. Sit with it for a bit. Learn which areas you're already doing well in, plus get detailed tips on where (and how) you can still improve. See how far you can take your health with a little guidance

This is not intended to be a medical diagnosis or substitute for professional advice. Please talk to a healthcare provider if you have any questions.

START THE SURVEY

Feedback

Sources

Wellness Program Member Privacy Notice

Wellness Program Membership Agreement

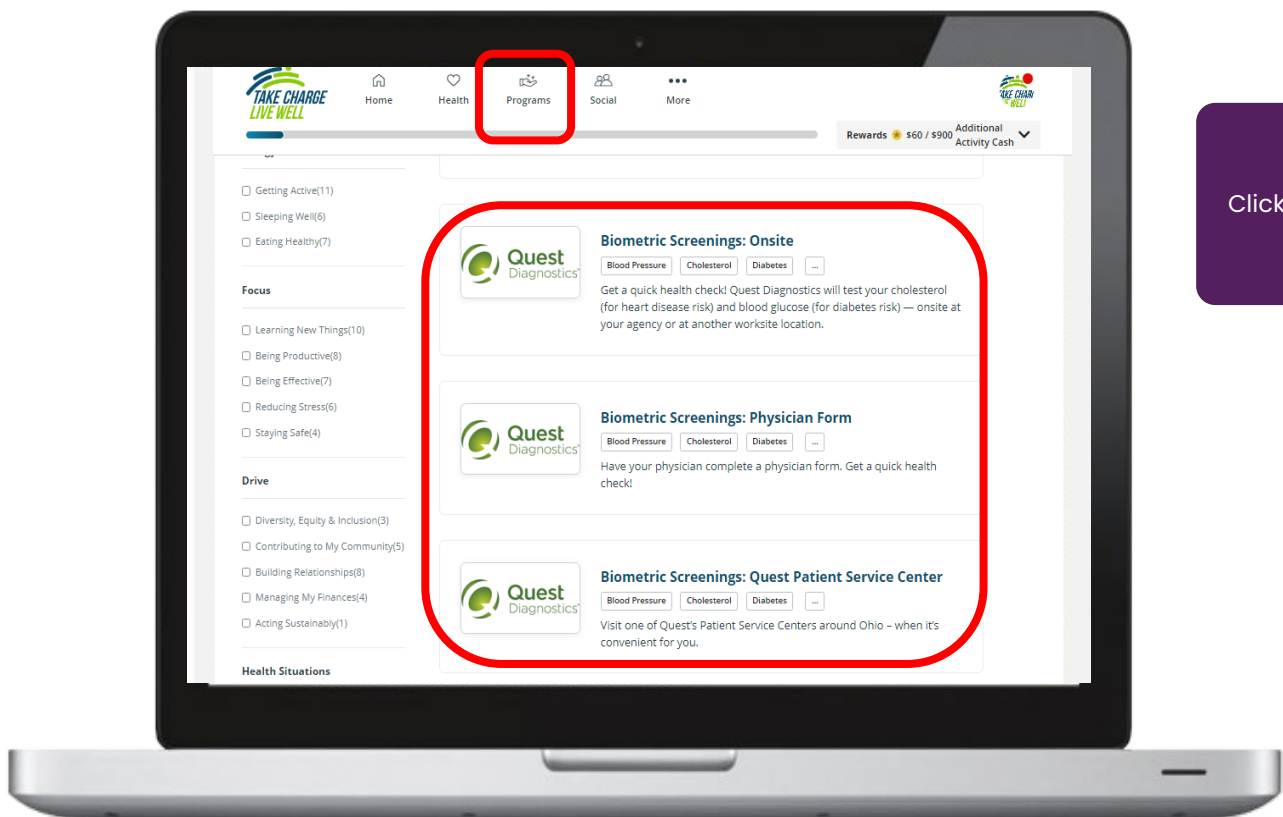
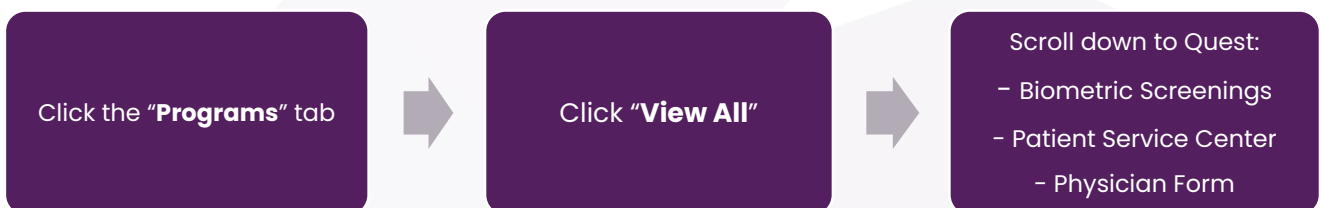
Take the quick Health Check survey to receive a summary of your results including a health score and how you are doing in key areas of well-being. You can access the Health Check Survey by visiting the **Health** Tab and selecting **Surveys** in the dropdown menu OR Scan the QR code.

Earn \$50 per year for completing the Health Check Survey.

Do Healthy Things	EMPLOYEE	SPOUSE
Complete the Health Check Survey	\$50	\$50
Complete a biometric screening Via onsite event, Physician Form, or Quest Patient Service Center	\$150	\$100
Healthy Weight Biometrics <ul style="list-style-type: none">BMI between 18.5 & 29.9, OR5% improvement from FY23 results, ORComplete the reasonable alternative: an Eating Healthy Journey<ul style="list-style-type: none">Can repeat Journeys if already completed in a previous benefit year	\$200	\$100
Blood Glucose <ul style="list-style-type: none">Ideal fasting glucose (<126) ORImproved fasting glucose (5% improvement from FY23 results), ORComplete the reasonable alternative: a Diabetes Journey	\$200	\$100

Quest Biometric Screenings

To access your Quest Biometrics options:



Do Healthy Things	EMPLOYEE	SPOUSE
Complete the Health Check Survey	\$50	\$50
Complete a biometric screening Via onsite event, Physician Form, or Quest Patient Service Center	\$150	\$100
Healthy Weight Biometrics • BMI between 18.5 & 29.9, <u>OR</u> • 5% improvement from FY23 results, <u>OR</u> • Complete the reasonable alternative: an Eating Healthy Journey o Can repeat Journeys if already completed in a previous benefit year	\$200	\$100
Blood Glucose • Ideal fasting glucose (<126) <u>OR</u> • Improved fasting glucose (5% improvement from FY23 results), <u>OR</u> • Complete the reasonable alternative: a Diabetes Journey	\$200	\$100

Employees can earn \$150 for completing a biometric screening, and spouses can earn \$100.

Healthy Measurements

To earn the Healthy Measurement incentives for BMI and/or Blood Glucose, you must complete a biometric screening and **one** of the three benchmarks listed below each category. Each rewardable outcome value is worth \$200 (Employee) and \$100 (Spouse).

BMI or Weight

- BMI between 18.5 & 29.9, or
- Improved weight (5% improvement from FY23 screening results), or
- Complete one Eating Healthy Journey

Please note:
You will not be rewarded for completing a Journey until you complete a biometric screening.

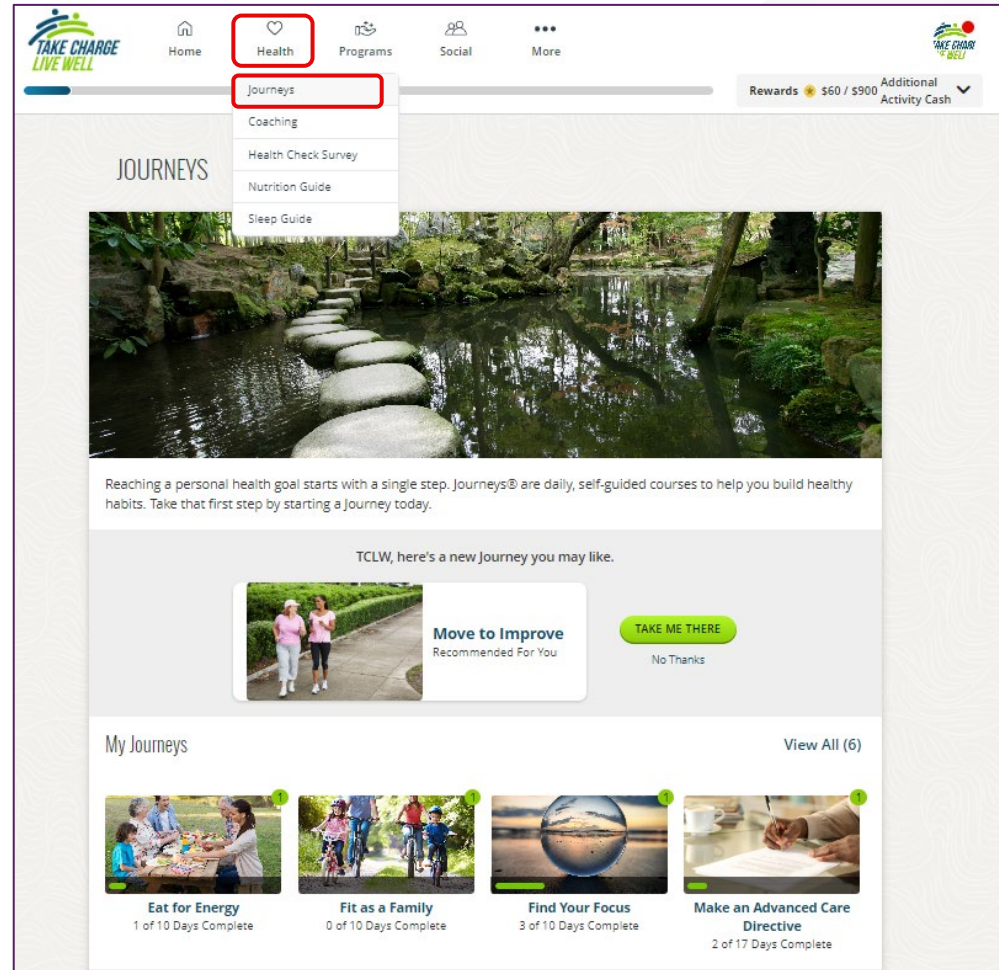
Blood Glucose

- Ideal Fasting Glucose (<126), or
- Improved Fasting Glucose (5% improvement from FY23 screening results), or
- Complete one Diabetes Journey

Do Healthy Things	EMPLOYEE	SPOUSE
Complete the Health Check Survey	\$50	\$50
Complete a biometric screening <small>Via onsite event, Physician Form, or Quest Patient Service Center</small>	\$150	\$100
Healthy Weight Biometrics <ul style="list-style-type: none">BMI between 18.5 & 29.9, <u>OR</u>5% improvement from FY23 results, <u>OR</u>Complete the reasonable alternative: an Eating Healthy Journey<ul style="list-style-type: none">Can repeat Journeys if already completed in a previous benefit year	\$200	\$100
Blood Glucose <ul style="list-style-type: none">Ideal fasting glucose (<126) <u>OR</u>Improved fasting glucose (5% improvement from FY23 results), <u>OR</u>Complete the reasonable alternative: a Diabetes Journey	\$200	\$100

Journeys

If you do not meet the ideal measurement criteria for Blood Glucose or BMI, you can complete a Journey to be rewarded your incentive.



How to Earn

Additional Activities

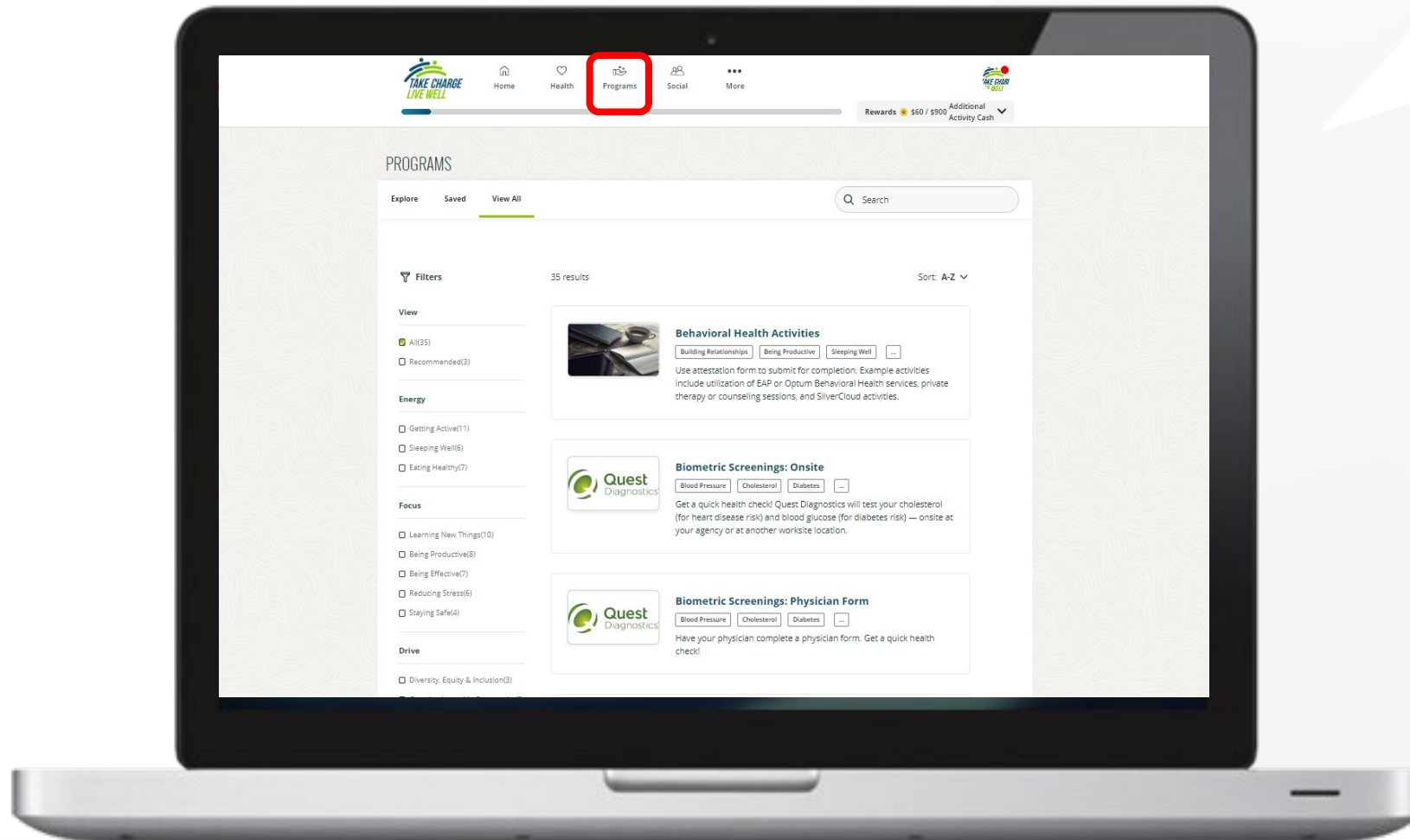
Employees can earn up to **\$900** and Spouses up to **\$200** in Additional Activities rewards.

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

Additional Activities	Employees	Spouses
Complete four tobacco coaching appointments	\$200	\$200
Complete a coaching call (1x/month)	\$50	\$50
Track Healthy Habits 20 days in a month (1x/month)	\$50	\$50
Complete a RethinkCare program (1x/month)	\$50	\$50
Participate in statewide challenge (3x/year)	\$25	\$25
Preventative Screenings (1x/month)	\$25	\$25
Immunizations (4x/year)	\$25	\$25
Fitness Facility Reimbursement (1x/month)	\$20	N/A
Behavioral Health Activity: EAP, Behavioral Health, therapy, counseling, or SilverCloud activities (1x/month)	\$10	\$10
Financial Well-being Activity: OPERS, Deferred Compensation or other retirement planning course (1x/month)	\$10	\$10
Wellness Event Activity: Agency sponsored health fair, webinar, or health initiative (1x/month)	\$10	\$10
Participate in Community Events (1x/month)	\$10	\$10
Complete 20 Wellbeats class play minutes (20x/month)	\$10	\$10
NEW! Coaching for disease management/ComPsych Coaching	\$25	\$25

Programs Page

Your personalized directory for Virgin Pulse activities, benefit pages, and Take Charge | Live Well resources

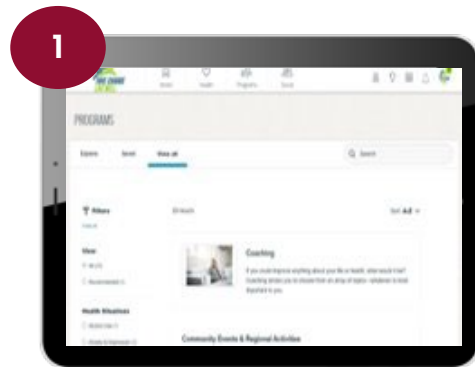


Health Coaching

- Complete 1 call per month to earn \$50 per call (both employees & spouses)
- Complete 4 Tobacco coaching appointments throughout the year and earn an additional \$200 for both employees & spouses.
- Calls last approximately 30 minutes
- **Coaching topic examples:** *Get Active, Eat Healthy, Reduce Stress, Manage Weight, Sleep Well, Money Mindfulness, Anxiety & Depression, Diabetes and more.*

Additional Activities	Employees	Spouses
Complete four tobacco coaching appointments	\$200	\$200
Complete a coaching call (1x/month)	\$50	\$50
Track Healthy Habits 20 days in a month (1x/month)	\$50	\$50
Complete a RethinkCare program (1x/month)	\$50	\$50
Participate in statewide challenge (3x/year)	\$25	\$25
Preventative Screenings (1x/month)	\$25	\$25
Immunizations (4x/year)	\$25	\$25
Fitness Facility Reimbursement (1x/month)	\$20	N/A
Behavioral Health Activity: EAP, Behavioral Health, therapy, counseling, or SilverCloud activities (1x/month)	\$10	\$10
Financial Well-being Activity: OPERS, Deferred Compensation or other retirement planning course (1x/month)	\$10	\$10
Wellness Event Activity: Agency sponsored health fair, webinar, or health initiative (1x/month)	\$10	\$10
Participate in Community Events (1x/month)	\$10	\$10
Complete 20 Wellbeats class play minutes (20x/month)	\$10	\$10
NEW! Coaching for disease management/ComPsych Coaching	\$25	\$25

To access Health Coaching:



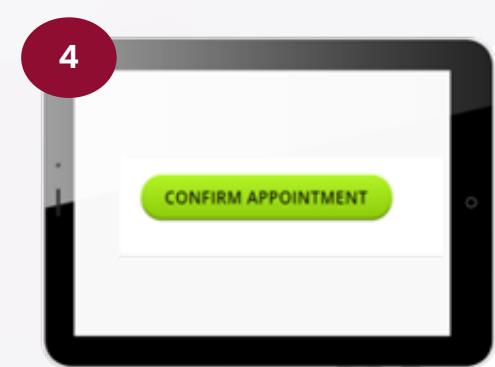
Click Programs then Coaching



Choose from the topics



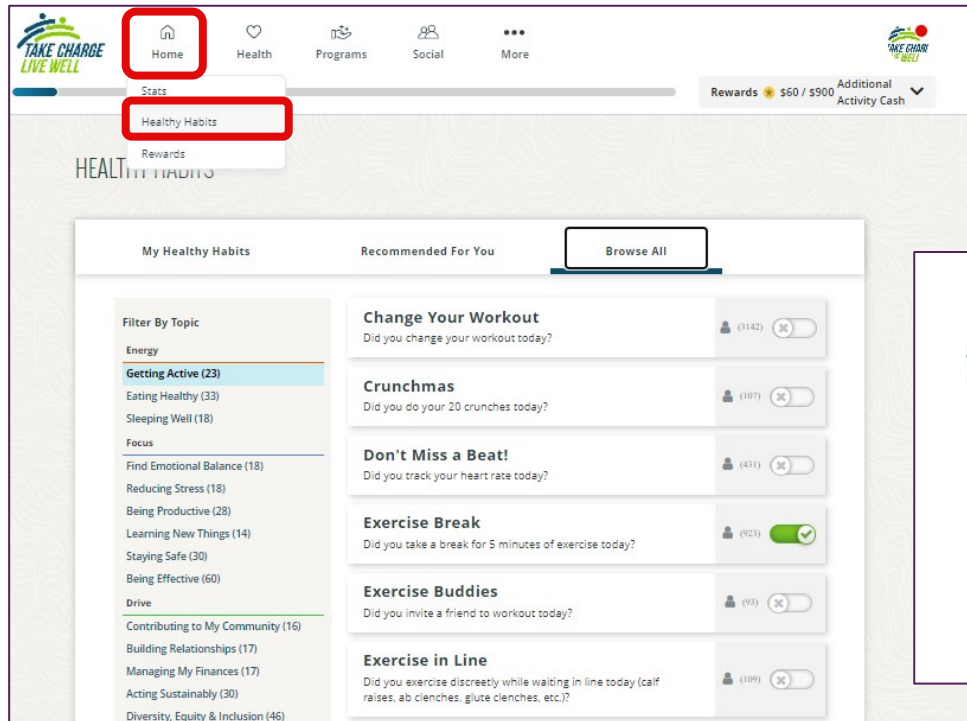
Pick Date/Time and Input Phone number



Confirm your appointment

Healthy Habits

- Keep track of your daily habits to help meet your goals and earn rewards. Track a Healthy Habit 20 days in a month to earn \$50 one time per month.
- Visit the Home tab and select Healthy Habits from the dropdown to select your Healthy Habits.



Did you schedule time for your workout today?

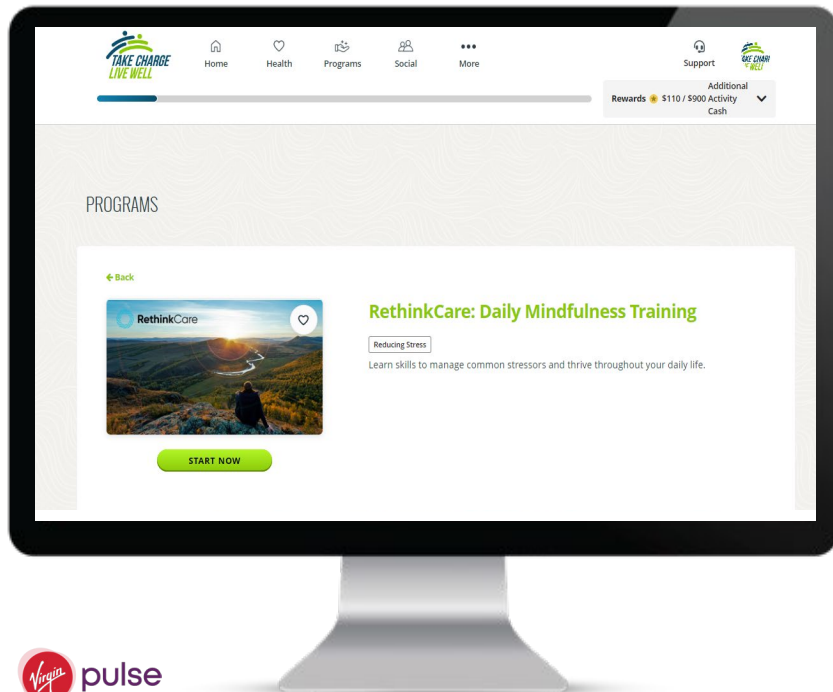
No

Yes

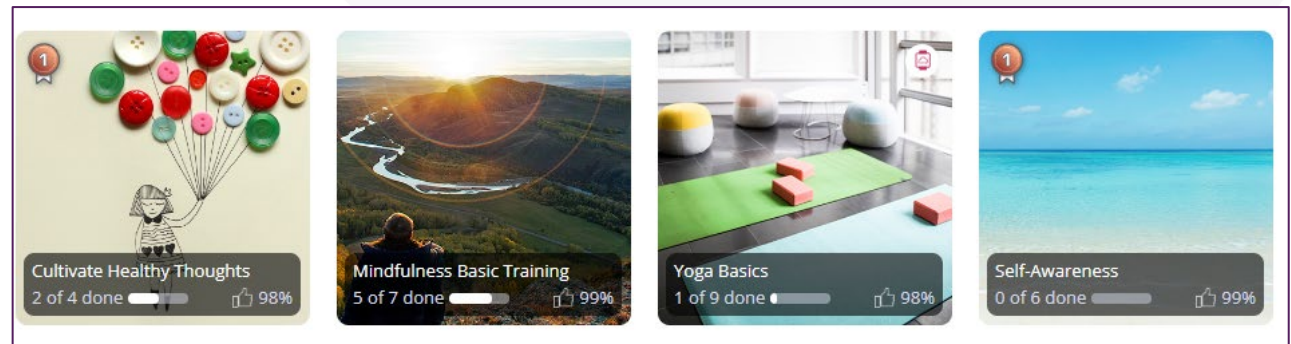
Additional Activities	Employees	Spouses
Complete four tobacco coaching appointments	\$200	\$200
Complete a coaching call (1x/month)	\$50	\$50
Track Healthy Habits 20 days in a month (1x/month)	\$50	\$50
Complete a RethinkCare program (1x/month)	\$50	\$50
Participate in statewide challenge (3x/year)	\$25	\$25
Preventative Screenings (1x/month)	\$25	\$25
Immunizations (4x/year)	\$25	\$25
Fitness Facility Reimbursement (1x/month)	\$20	N/A
Behavioral Health Activity: EAP, Behavioral Health, therapy, counseling, or SilverCloud activities (1x/month)	\$10	\$10
Financial Well-being Activity: OPERS, Deferred Compensation or other retirement planning course (1x/month)	\$10	\$10
Wellness Event Activity: Agency sponsored health fair, webinar, or health initiative (1x/month)	\$10	\$10
Participate in Community Events (1x/month)	\$10	\$10
Complete 20 Wellbeats class play minutes (20x/month)	\$10	\$10
NEW! Coaching for disease management/ComPsych Coaching	\$25	\$25

RethinkCare

- Complete a RethinkCare program and earn \$50 up to one time per month.
- Learn skills to manage common stressors and thrive throughout your daily life with mini-courses covering aspects of wellbeing including mindfulness, resilience, sleep, emotional intelligence, yoga and more.
- To access these courses, visit the **Programs** tab and search for **RethinkCare**.



Additional Activities	Employees	Spouses
Complete four tobacco coaching appointments	\$200	\$200
Complete a coaching call (1x/month)	\$50	\$50
Track Healthy Habits 20 days in a month (1x/month)	\$50	\$50
Complete a RethinkCare program (1x/month)	\$50	\$50
Participate in statewide challenge (3x/year)	\$25	\$25
Preventative Screenings (1x/month)	\$25	\$25
Immunizations (4x/year)	\$25	\$25
Fitness Facility Reimbursement (1x/month)	\$20	N/A
Behavioral Health Activity: EAP, Behavioral Health, therapy, counseling, or SilverCloud activities (1x/month)	\$10	\$10
Financial Well-being Activity: OPERS, Deferred Compensation or other retirement planning course (1x/month)	\$10	\$10
Wellness Event Activity: Agency sponsored health fair, webinar, or health initiative (1x/month)	\$10	\$10
Participate in Community Events (1x/month)	\$10	\$10
Complete 20 Wellbeats class play minutes (20x/month)	\$10	\$10
NEW! Coaching for disease management/ComPsych Coaching	\$25	\$25



Statewide Step Challenges

- The Take Charge | Live Well program offers three statewide step challenges per year. Track your steps at least once per week during the challenge to earn \$25 per challenge.
- Once registration begins, you can visit the **Social** tab and select **Challenges** to enroll, check your progress, create a team and more.

Do Healthy Things	Employees	Spouses
Complete four tobacco coaching appointments	\$200	\$200
Complete a coaching call (1x/month)	\$50	\$50
Track Healthy Habits 20 days in a month (1x/month)	\$50	\$50
Complete a RethinkCare program (1x/month)	\$50	\$50
Participate in statewide challenge (3x/year)	\$25	\$25
Preventative Screenings (1x/month)	\$25	\$25
Immunizations (4x/year)	\$25	\$25
Fitness Facility Reimbursement (1x/month)	\$20	N/A
Behavioral Health Activity: EAP, Behavioral Health, therapy, counseling, or SilverCloud activities (1x/month)	\$10	\$10
OPERS, Deferred Compensation or other retirement planning course (1x/month)	\$10	\$10
Agency sponsored health fair, webinar, or health initiative (1x/month)	\$10	\$10
Complete 20 Wellbeats class play minutes (20x/month)	\$10	\$10



GET READY FOR THE NEXT TEAM CHALLENGE

MUSIC OF THE WORLD

To join this adventure,
all you have to do is move.

Come travel the globe in search of music! Earn points with sambas in Rio, singalongs in Nashville and more adventures we can't reveal just yet...

Go to Challenges on the mobile app or visit member.virginpulse.com

App Store Google play

TAKE CHARGE LIVE WELL virgin pulse

Music of the World

Registration Begins August 21
Challenge Runs: Sep. 1-29



GET READY FOR THE NEXT TEAM CHALLENGE

BRIDGES AROUND THE WORLD

January 15 - February 12

HOLD YOUR BREATH AND DON'T LOOK DOWN!

Bridges can inspire. They can also make you a little dizzy. On this challenge, you'll visit some of the tallest, longest, most iconic bridges in the world. (Hope you're not afraid of heights!) Join us on our survey of some of the world's most amazing bridges.

Go to Challenges on the mobile app or visit member.virginpulse.com

App Store Google play

TAKE CHARGE LIVE WELL virgin pulse

Bridges Around the World

Registration Begins January 1
Challenge Runs: Jan. 15-Feb. 12



COME AND JOIN OUR LATEST CHALLENGE

CELEBRATIONS AROUND THE WORLD

April 1-29

EMBRACE DIVERSE TRADITIONS

There are many unique festivals and observances around the world. In this challenge, take a little time each day to learn about them while stepping. Sign up today!

Go to Challenges on the mobile app or visit member.virginpulse.com

App Store Google play

TAKE CHARGE LIVE WELL virgin pulse

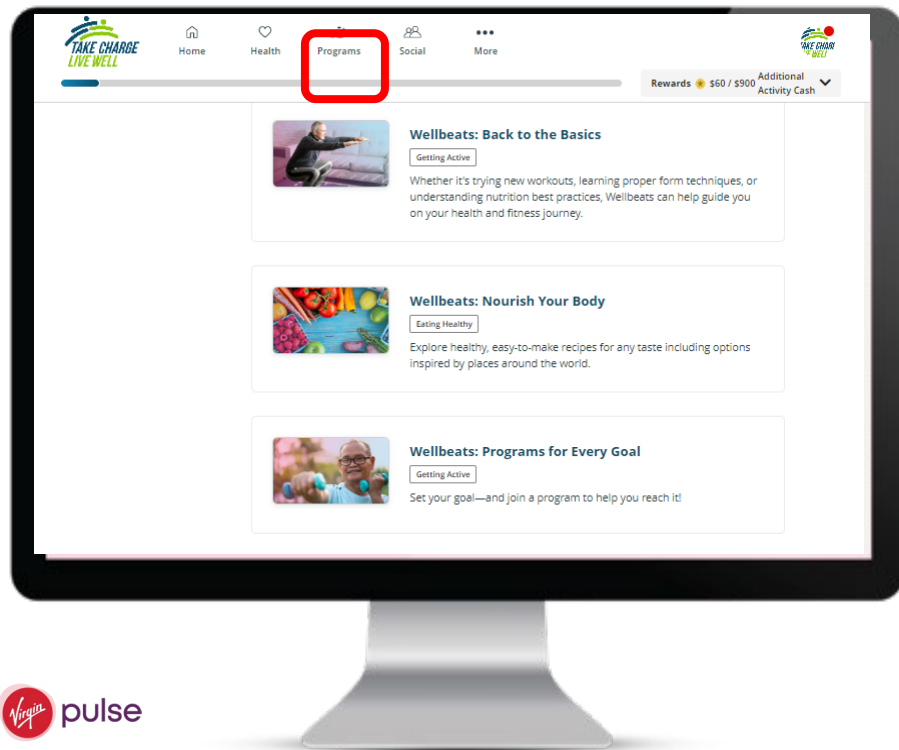
Celebrations Around the World

Registration Begins March 18
Challenge Runs: April 1-28

Wellbeats

On-demand fitness benefit that empowers habit forming, physical and mental health.

- Wellbeats offers a variety fitness, nutrition, and mindfulness classes for all ages, levels, abilities, and interests.
- You can **earn \$10 for every 20 class play minutes up to 20 times per month.** Minutes can be achieved across any number of classes or days. *Class previews (available within each class) will not count toward your total minutes for rewards.*



Additional Activities	Employees	Spouses
Complete four tobacco coaching appointments	\$200	\$200
Complete a coaching call (1x/month)	\$50	\$50
Track Healthy Habits 20 days in a month (1x/month)	\$50	\$50
Complete a RethinkCare program (1x/month)	\$50	\$50
Participate in statewide challenge (3x/year)	\$25	\$25
Preventative Screenings (1x/month)	\$25	\$25
Immunizations (4x/year)	\$25	\$25
Fitness Facility Reimbursement (1x/month)	\$20	N/A
Behavioral Health Activity: EAP, Behavioral Health, therapy, counseling, or SilverCloud activities (1x/month)	\$10	\$10
Financial Well-being Activity: OPERS, Deferred Compensation or other retirement planning course (1x/month)	\$10	\$10
Wellness Event Activity: Agency sponsored health fair, webinar, or health initiative (1x/month)	\$10	\$10
Participate in Community Events (1x/month)	\$10	\$10
Complete 20 Wellbeats class play minutes (20x/month)	\$10	\$10
NEW! Coaching for disease management/CompPsych Coaching	\$25	\$25

To find Wellbeats Classes:

1. Select **"Programs"** from the top of the Hub
2. Select a **Wellbeats** tile
3. Select **"Classes"** at the top of your home screen
4. Choose a class category that caters to your interests, then select a class to play

Attestation Forms

These simple online forms allow members to self-report completion of a variety of activities and earn rewards.

Additional Activities	Employees	Spouses
Complete four tobacco coaching appointments	\$200	\$200
Complete a coaching call (1x/month)	\$50	\$50
Track Healthy Habits 20 days in a month (1x/month)	\$50	\$50
Complete a RethinkCare program (1x/month)	\$50	\$50
Participate in statewide challenge (3x/year)	\$25	\$25
Preventative Screenings (1x/month)	\$25	\$25
Immunizations (4x/year)	\$25	\$25
Fitness Facility Reimbursement (1x/month)	\$20	N/A
Behavioral Health Activity: EAP, Behavioral Health, therapy, counseling, or SilverCloud activities (1x/month)	\$10	\$10
Financial Well-being Activity: OPERS, Deferred Compensation or other retirement planning course (1x/month)	\$10	\$10
Wellness Event Activity: Agency sponsored health fair, webinar, or health initiative (1x/month)	\$10	\$10
Participate in Community Events (1x/month)	\$10	\$10
Complete 20 Wellbeats class play minutes (20x/month)	\$10	\$10
NEW! Coaching for disease management/ComPsych Coaching	\$25	\$25

Important Notes to Consider

- Backtracking (July 2023-June 2024) is allowed, but each attestation form can only be completed once per month. Submitting more than one (in each category) each month, with different months of service, will still only reward one time.
- If you are backtracking, when you submit the form, put the correct date of the appointment in the attestation form regardless of the submission date.

Example:

- Member completes a dental exam on July 6 and vision exam on August 6 (both preventative screenings).
- Member submits 1 preventative screening attestation form for the dental exam on August 10 and \$25 reward triggers.
- Member **WILL NOT** receive a reward if they submit another preventative screening attestation form for the vision exam on August 10. Member must wait until at least September to submit a preventative screening attestation form for the vision exam if they want a reward.

Preventative Screenings

Submit one form per month, regardless of date of activity



Preventative Screenings

[Back, Muscle & Joint Health](#) [Blood Pressure](#) [Cholesterol](#) [...](#)

Use attestation form to submit for completion.

- *Submit the form and earn \$25 up to one time per month, regardless of the date of the activity*
- *Preventative screening options include colonoscopy, dental exam, gynecology exam, vision exam, etc.*
- *Located within the “**Programs**” section of the Hub*

Preventative Screenings

First Name *

Last Name *

Enter screening details here. *

Select name of screening *


Date of screening *

☐ * By clicking the box, I confirm

- Clinical breast exam or mammogram
- Colonoscopy
- Dental Exam
- Flexible sigmoidoscopy
- Glucose
- Gynecological exam
- Hemoglobin, hematocrit or CBC
- Lipid profile or total and HDL cholesterol
- Pre-natal office visits
- Stool for occult blood
- Urinalysis
- Vision Exam
- Well-baby, well-child exam
- Well-person exam
- Other screening

Immunizations

Submit up to four times per program year, regardless of date of activity



Immunizations

Coronavirus (COVID-19)Medicine Support

Use attestation form to submit for completion.

- *Submit the form and earn \$25 for each submission, up to 4 times per year.*
- *Located within the “**Programs**” section of the Hub*

Immunizations

First Name *

TCLW

Last Name *

REP

Enter immunization details here. *

Select immunization *

Human Papillomavirus (HPV) ▼

Date of immunization *

☐

* By clicking the box, I confirm

Human Papillomavirus (HPV)

Hepatitis A

Measles, mumps, rubella (MMR)

Meningococcal (MCV4)

Pneumococcal

Tetanus, diphtheria, pertussis (Td/Tdap)

Varicella (Chickenpox)

Zoster (shingles)

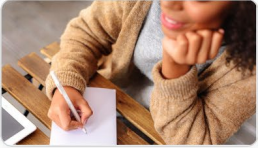
Flu vaccination

COVID vaccination or booster

Other

Wellness Events

Submit one form per month, regardless of date of activity



Wellness Events

Contributing to My Community

Getting Active

Building Relationships

...

Use attestation form to submit for completion. Example activities include health fairs, webinars, learning events.

- *Submit the form and earn \$10 up to one time per month, regardless of the date of the activity*
- *Wellness Event options include agency sponsored health fairs or initiatives, wellness webinars, state sponsored health and wellness activities and more.*
- *Located within the “**Programs**” section of the Hub*

Wellness Events

First Name *

TCLW

Last Name *

REP

Enter event details or other activity here. *

Wellness Event Type *

Agency sponsored health fair or wellness initiative (

Agency sponsored health fair or wellness initiative (agency wellness challenge)
State sponsored health and wellness activity (Wear Red Day)
Prenatal, Infant, Maternity Classes
Wellness Webinars
Other

Date of Wellness Event *

☐ * By clicking the box, I certify that the information is true and truthful.

SUBMIT

Financial Well-Being

Submit one form per month, regardless of date of activity



Financial Well-Being

Being Productive Managing My Finances Learning New Things

Use attestation form to submit for completion. Example activities include retirement planning, opening new account, contribution to HSA accounts, and financial education courses.

- *Submit the form and earn \$10 up to one time per month, regardless of the date of the activity*
- *Financial Well-Being options include Credit Union of Ohio trainings/webinars, Opening a new savings or retirement account, taking a financial planning course and more.*
- *Located within the “**Programs**” section of the Hub*

Financial Well-Being

First Name *

Last Name *

Enter event details or other activity here. *

Event or Activity type: *

Date of event or activity related to financial well-being. *

☐ * By clicking the box, I confirm

SUBMIT

Retirement Planning webinar or educational course (OPERS, Deferred Compensation)

Credit Union of Ohio training

Contribution to College Advantage 529 account

Open new savings or retirement account

Contribution to an HSA account

Financial planning course

Other

Community & Regional Activities

Submit one form per month, regardless of date of activity



Community Events & Regional Activities

Contributing to My Community

Getting Active

Building Relationships

...

Use attestation form to submit for completion. Example activities include volunteer activities, regional fitness activities (marathons, community walks, or runs) or community events.

- *Submit the form and earn \$10 up to one time per month, regardless of the date of the activity*
- *Community & Regional Event options include local races (5k, marathon, triathlon, etc.), volunteering or charitable activities and other community events.*
- *Located within the “**Programs**” section of the Hub*

Community Events & Regional Activities

First Name *	<input type="text" value="TCLW"/>
Last Name *	<input type="text" value="REP"/>
Enter event details or other activity here. *	<input type="text"/>
Event or Activity Type *	<div>Regional fitness events (Local Race, Marathon, Bicyc</div>
Date of Regional Event or Activity *	<div>Regional fitness events (Local Race, Marathon, Bicycling, Triathlon) Volunteer or Charitable Activities (Combined Charitable Campaign) Community Events Other</div>
<input type="checkbox"/> * By clicking the box, I confirm that all of the information provided is correct and truthful.	
<input type="button" value="SUBMIT"/>	

Behavioral Health Activities

Submit one form per month, regardless of date of activity



Behavioral Health Activities

Building Relationships

Being Productive

Sleeping Well

...

Use attestation form to submit for completion. Example activities include utilization of EAP or Optum Behavioral Health services, private therapy or counseling sessions, and SilverCloud activities.

- *Submit the form and earn \$10 up to one time per month, regardless of the date of the activity*
- *Behavioral Health Activities include EAP, Behavioral Health therapy, counseling, SilverCloud activities and more.*
- *Located within the “**Programs**” section of the Hub*

Behavioral Health Activities

First Name *

TCLW

Last Name *

REP

Enter event details or other activity here. *

Event or Activity type *

Utilization of EAP or Optum Behavioral Health Services

Date of behavioral health activity *

Utilization of EAP or Optum Behavioral Health Services

Private therapy or counseling session

SilverCloud lesson within Virgin Pulse

Other

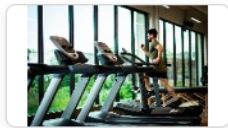
☐

* By clicking the box, I confirm that all of the information provided is correct and truthful.

SUBMIT

Fitness Facility Expenses Reimbursement

Employees ONLY



Reimbursement of Fitness Facility Expenses

Getting Active

Managing My Finances

Use this form to submit for monthly fitness facility expense reimbursement. You must include documentation proving your attendance and payment. Getting fit has never felt so good. Enjoy wellness benefits as flexible as you are with rewards for gym membership and physical activity.

- Must upload a copy of the gym proof of payment, **each month** (black out PHI or credit card information)
- At-home equipment or subscriptions are not covered
- *Earn \$20 up to one time per month. This is located within the “Programs” section of the Hub*

Reimbursement of Fitness Facility Expenses

First Name *

Last Name *

Enter facility name and location here. *

How many times did you attend the facility during the month? (Minimum of 8 visits required). *

Fitness Facility *

Attach statement signed by facility representative attesting attendance and payment. *

 No file chosen

Max File Size: 10mb | Accepted file types: .jpg, .jpeg, .gif, .png, .pdf

☐

* By clicking the box, I confirm that all of the information provided is correct and truthful.

SUBMIT

Local recreation center

YMCA/YWCA

Crossfit

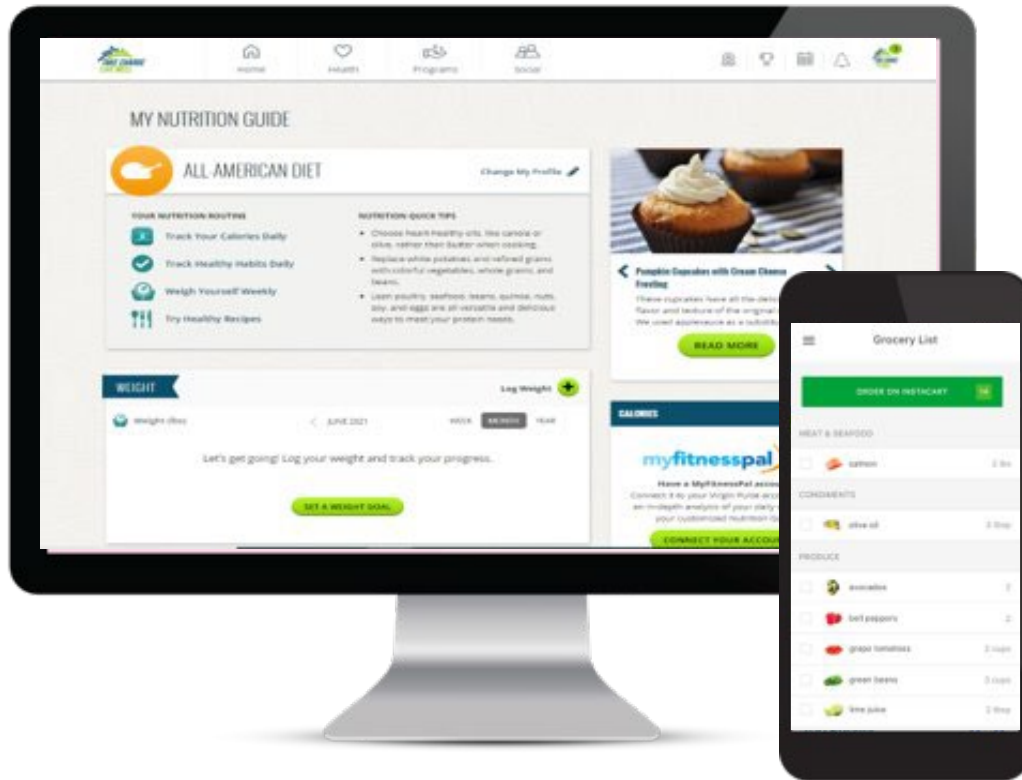
Studio / Boutiques (Pilates, yoga, barre, spin, etc.)

Health club chain (Planet Fitness, 24 Hour Fitness, Anytime Fitness, Crunch Fitness, Equinox, Gold's Gym, LA Fitness, Life Time, etc.)

Local / private fitness center

Other

Additional Offerings



Personalized guidance for employees to make healthier food decisions, change eating behaviors, and prevent and treat chronic disease

- Located within the Programs section of the Hub under Virgin Pulse Nutrition Guide
- An easy survey of eating habits, provides a nutrition baseline and drives personalization and engagement.
- Restaurant guidance nudges employees towards healthy meals at their favorite restaurants.
- Makes it easy, tasty and affordable to eat at home with recipes, meal planning, grocery list and grocery ordering

VP TRANSFORM FOR PREDIABETES | DISEASE PREVENTION



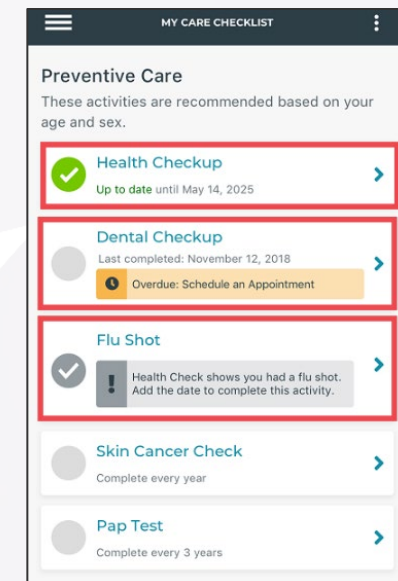
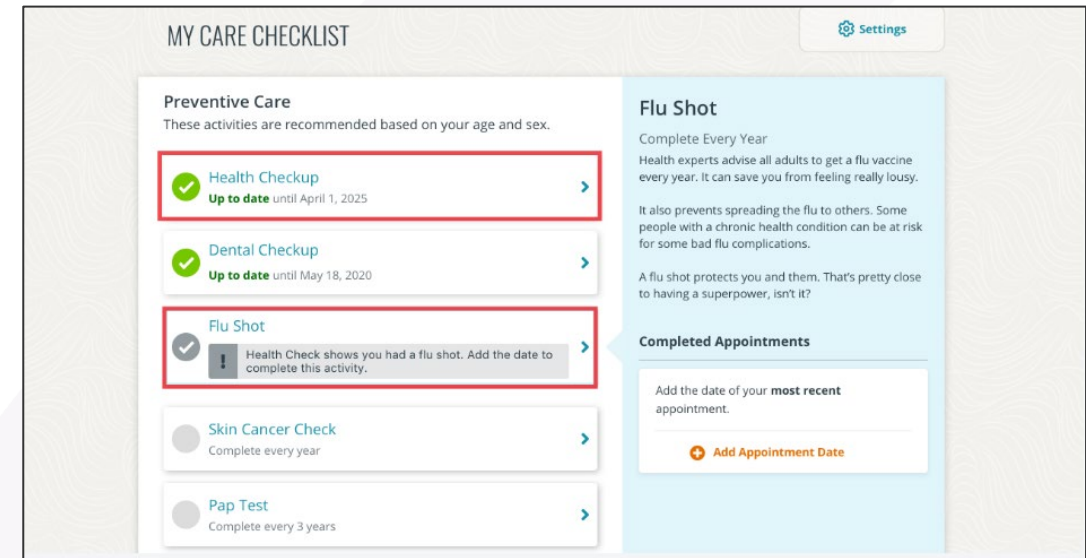
Do you know if you're at risk of developing type 2 diabetes?

- Located within the Programs section of the Hub
- Take the one-minute quiz to see if you're eligible
- CDC-recognized diabetes prevention program offered entirely online
- Receive a 12-month healthy lifestyle education as well as a digital scale & activity tracker (taxable) to help you monitor your progress
- Personal dedicated health coach for a whole year

My Care Checklist

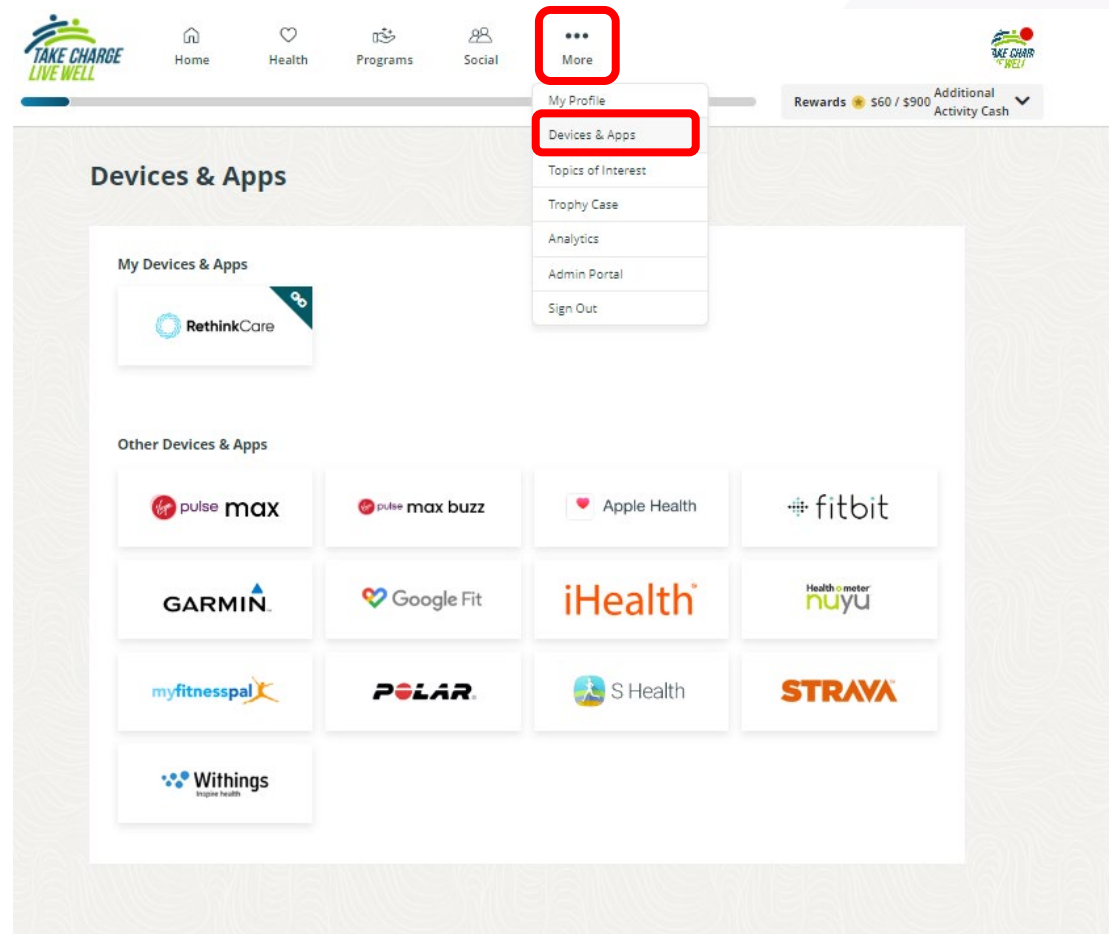
Think of My Care Checklist as your handy personal assistant when it comes to your healthcare. Use it to stay on top of appointments, tests and shots. We'll send reminders—you'll earn rewards for checking things off your list!

Visit the **Health** tab on your platform and select **My Care Checklist** from the dropdown options.



Devices and Apps

Sync your personal devices and apps. to make the Hub your homebase for health



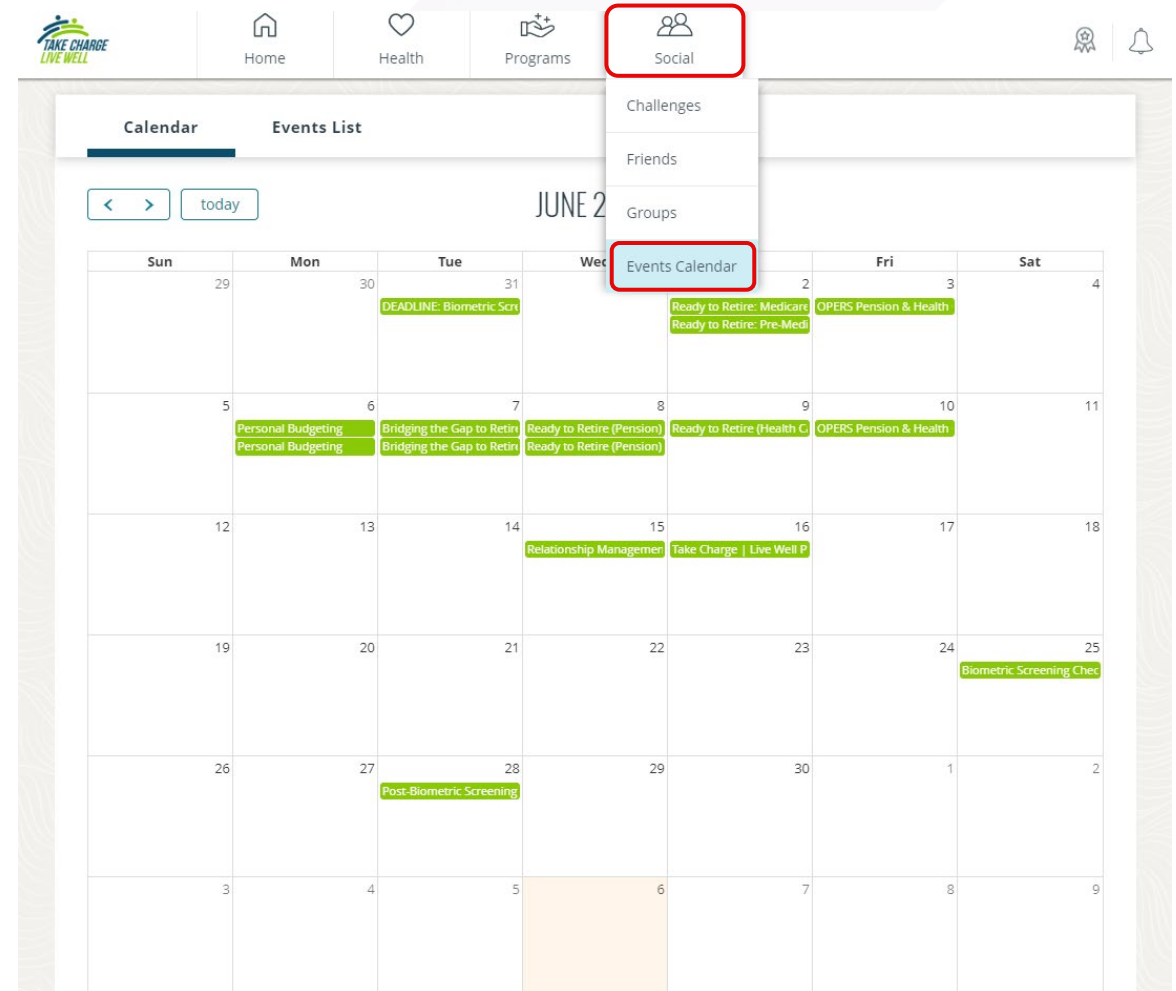
Events Calendar

Keep track of the great things happening around you!

- Join us for monthly, live wellness webinars on various well-being topics on the third Wednesday of every month. Webinar links can be found on the event calendar.

Other events listed on the calendar include:

- In-person and virtual agency specific events
- Credit Union of Ohio Financial training webinars
- Take Charge | Live Well Program Overviews reviewing the reward structure on the third Thursday every month



Member Support and Program Information

Email: tclw.support@virginpulse.com

Phone: 833-977-2074

Program Info: das.ohio.gov/wellness

