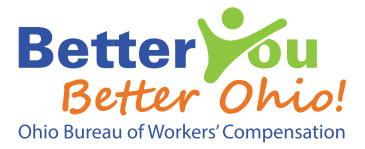




LIVING HEALTHY



Do you have what it takes to be a Wellness Champion?



Wellness Champion Guide



Wellness is not just for Wednesdays anymore

At ActiveHealth Management, we're helping to create a healthier world with Better You, Better Ohio! And that includes your workplace. But it takes leadership from within your company. People who value good health and a fuller life every day. People who want to help their friends and co-workers live well and feel good, too. It's these "Wellness Champions" who help lead us to building a better workplace.

And you can be one of them!





This Wellness Champion Guide is your key to success

This guide explains how to help build a healthier workplace. Inside you will find resources that will help you inspire others to start making healthy changes in their life. You can share these resources with others in your workplace who focus on wellness. As a Wellness Champion, you may be asked to encourage other employees to participate and to share information about incentives available through the Better You, Better Ohio! wellness programs. And you'll be glad to note that no personal health information is shared with employers or the Ohio Bureau of Workers' Compensation (BWC).

Wellness Champion

What is the role of a Wellness Champion?

A Wellness Champion can be a single person, or a team of people. The goal is simply to help the workplace become a healthier place by encouraging employees to live healthy lifestyles. Wellness Champions often volunteer or are asked to help in the planning and carrying out of programs such as:



Health coaching (digital, and by telephone if eligible)



Mobile activities (counting steps, sync fit bit, etc.)



Learning seminars



Changes to the workplace that promote healthy lifestyles



Wellness Champions may do these things:

- Be the person to contact about a wellness program or service
- Help promote (be an “ambassador” for) wellness programs or health events
- Help put together programs and promote their benefits to other employees
- Encourage coworkers to complete the health assessment and participate in biometric screenings

You’ll make a great Wellness Champion if you are . . .

- Fired up about your own health and helping to improve the health of others
- Already encouraging your friends and fellow workers to join wellness programs
- Taking part in or leading wellness programs or meetings
- Eager to help others reach their health and wellness goals

If that describes you, here’s what you might want to do:

- Speak with your employer about becoming a Wellness Champion
- Take part in at least one ActiveHealth-sponsored Wellness Champion webinar session per year (to help you get started or stay fired up)
- Let other employees know about your new role as a Wellness Champion



**Ready to help your
company become
a healthier place?**

Worksite wellness



Why does it matter?

- Employees spend about 53% of their waking hours at work. Better worksite wellness can carry over to the rest of their life and help improve their health.
- Long-term conditions are closely linked to people's lifestyle habits. Changing those habits can lead to prevention of many conditions.
- Health issues can affect how people perform on the job — and how often they show up for work. Studies have shown that healthy employees come to work more often and get more done.
- Wellness programs can help companies save money by reducing healthcare costs.

53% of employees' waking hours are spent at work



Health promotion programs and activities

Health promotion programs and activities are ways of helping people live healthier lives. They can include health fairs, biometric screenings, coaching, or health education classes. They may also be team challenges or coaching programs. The goal is to help people stay healthy, get healthy or manage a long-term condition.

These programs and activities often focus on eating well, staying active, or managing your weight. Some deal with stress, diabetes, or high blood pressure. Others help people quit tobacco.

Your role as a Wellness Champion is to promote these activities and engage employees

You'll want to create excitement and get others to take part. Plus, you might get involved in putting together a program that is close to your heart. You may also want to help measure its success afterward.

And don't forget all the great online resources and downloads that are available to you and all employees. Check them out here: Go.ActiveHealth.com/BetterYouBetterOhio

And a great way to get started is to help your workforce learn about Better You, Better Ohio! You can use the next page to share information.



Feel better, get active and be healthier with Better You, Better Ohio!

Don't miss out! Your wellness program includes:



Health coaching:

Ready to do something good for yourself? Now, it's easier than ever. This personalized coaching program can help you reach your health goals. You can learn to eat better, get more active and take charge of your health. You choose how to use the program. Go at your own pace with online digital coaching. Or you can work with a coach in live, group coaching sessions or one to one over the phone.



Your personal health website and app:

Managing your health can be challenging. But the tools that help you don't have to be. That's why we've made it easy to track your activity, get wellness advice, find healthy recipes and more. Whatever gets you closer to achieving your health goals. You'll find it online on MyActiveHealth, which is your personal health website. You can also use the ActiveHealth app. Sign in to the website or the app after you enroll in Better You, Better Ohio!



Health Actions:

Small actions matter — especially when it comes to staying at your best health. You'll get notifications from ActiveHealth with important steps to take to help you achieve your best health. We call these Health Actions. Track them online on your personal health website.



24-hour Nurse Line:

With the free 24-hour Nurse Line, you can get answers to your health and well-being questions from a registered nurse at any time. Whatever you need to know, we'll explain it simply and clearly. You'll get the facts you need to help you live well and feel better.

And earn gift card rewards with Better You, Better Ohio!



Earn rewards as you work on your health:

- **\$75 gift card** when you complete your online health assessment and a biometric screening
- **Additional \$50 gift card** when you do virtual group coaching or one-on-one coaching over the phone

Enroll today at Go.ActiveHealth.com/BetterYouBetterOhio

Questions? We're here to help. Call **855-206-1306**
or email **AHMBYBOInquiries@activehealth.com**

Better You
Better Ohio!
Ohio Bureau of Workers' Compensation

Better You, Better Ohio! is brought to you by the Ohio Bureau of Workers' Compensation and ActiveHealth Management. Your individual health information is private and confidential. We don't share it with your employer. And, we don't share it with the Ohio Bureau of Workers' Compensation.

Services are provided by ActiveHealth Management, Inc. Our programs, care team and care managers do not provide diagnostic or direct treatment services. We assist you in getting the care you need, and our program is not a substitute for the medical treatment and/or instructions provided by your health care providers.

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2022 monthly wellness webinar topics

Each webinar lasts about 45 minutes. There's a question-and-answer session in each one. We offer them three times a day: 10 AM ET, 12:30 PM ET, 4:30 PM ET



Healthy habits: Keep the change

January 25, 2022

We all have habits – both good and bad. And we don't even think about most of them. How did we get them? How can we change them if we want to? In this session we'll talk about the science behind creating positive habits. And how small changes can lead to big results.

[Register here](#)



Pumped for heart health

February 15, 2022

Your heart is the hardest working muscle in the body. And it needs your help to keep pumping. Learn how to keep your heart healthy through your diet, being physically active and managing your stress.

[Register here](#)



Staying healthy on a budget

March 15, 2022

Do you think staying healthy costs a lot of money? Think again! Keeping a healthy lifestyle doesn't need to be pricey. Learn how you can stay healthy on a budget. Get helpful tips for meal planning. Try no-to-low cost exercise ideas.

[Register here](#)



Mastering moderation

April 19, 2022

We tend to think of food and habits as good for us or bad for us. But often it's not the thing itself that's bad. It's how much we're getting. In this session we'll talk about some of those gray areas and how to spot the line between enough and too much.

[Register here](#)



A fresh look at eye health

May 17, 2022

Our eyes are important. But how much do you know about keeping them healthy? We'll talk about that in this session. And we'll cover some common eye problems.

[Register here](#)



Team Family: Getting active together

June 21, 2022

Is being active part of the fabric of your family life? Kids learn both from what we say and do. Join our discussion about ways to help kids make being active a habit that lasts a lifetime.

[Register here](#)



Healthy hydration: Choose your drinks wisely July 19, 2022

Water is everywhere. It covers more than 70% of the Earth's surface. And we need it to live. Think about what you drink in a day. Are you getting enough water? We'll talk about easy ways to get more water. And how to make sure you're not getting more than you bargained for from your drinks.

[Register here](#)



Resilience: Bouncing back

August 16, 2022

How well do you bounce back after a stressful situation? We'll talk about how to build your inner strength. And you'll learn about ways to adapt to change without feeling overwhelmed.

[Register here](#)



Aging healthfully and gracefully

September 20, 2022

Being active is important at any age. But it's an even more important part as you get older. Even if you're living with a condition. Join us to talk about how you can exercise safely and effectively as you age.

[Register here](#)



Oral health for life

October 18, 2022

Good oral health is an important part of good overall health. We'll go over the basics of dental care and routine checkups. We'll talk about gum disease. And we'll explore how oral health may affect your overall health.

[Register here](#)



The health care choices we make

November 15, 2022

Some health care choices are easy. If you break your arm, you'll probably seek treatment. But what if it's not that easy? In this session, you'll learn a five-step process that can help you make decisions about your health.

[Register here](#)



Let's get real about relationships

December 13, 2022

We humans are social creatures for the most part. Being connected to people around us is a big part of our well-being. In this session we'll discuss the art of communicating. And ways to build better connections.

[Register here](#)

Services are provided by ActiveHealth Management, Inc. Our programs, care team and care managers do not provide diagnostic or direct treatment services. We assist you in getting the care you need, and our program is not a substitute for the medical treatment and/or instructions provided by your health care providers.



Trusted resources



Better You, Better Ohio!

Learn more about the program and enroll:

Go.ActiveHealth.com/BetterYouBetterOhio



Eating healthy

- **USDA ChooseMyPlate.gov**
Practical information and tips to help Americans build healthier diets
www.choosemyplate.gov
- **The Centers for Disease Control and Prevention**
Resources on diet and nutrition that can help you live a healthier life
www.cdc.gov/nutrition
- **Academy of Nutrition and Dietetics**
Helpful brochures, tip sheets and other resources for you and your family
www.eatright.org
- **America Heart Association**
Information on healthy eating, dining out and healthy recipes
www.heart.org/en/healthy-living/healthy-eating



Staying active

- **The Centers for Disease Control, Physical Activity**
Helpful resources on exercise, including reports and fact sheets
www.cdc.gov/physicalactivity/resources/
- **National Heart, Blood and Lung Institute**
Tools to help you better understand the need for physical activity
www.nhlbi.nih.gov/health/educational/wecan/tools-resources/physical-activity.html
- **American Heart Association**
Basic fitness information and tips for getting active
www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/Physical-Activity_UCM_001080_SubHomePage.jsp



Managing weight

- **USDA ChooseMyPlate.gov**
Practical information on how to manage your weight and live well
www.choosemyplate.gov/weight-management-calories/weight-management.html
- **Centers for Disease Control and Prevention**
Useful tools and information for better weight management
www.cdc.gov/healthyweight/index.html
- **National Heart, Blood and Lung Institute**
Facts on healthy weight and how to check your health risk
www.nhlbi.nih.gov/health/educational/lose_wt/index.html



Managing stress

- **U.S. National Library of Medicine**
A guide to better stress management, plus a video tutorial
www.nlm.nih.gov/medlineplus/stress.html
- **National Institute of Mental Health**
How stress affects your health and what you can do about it
www.nimh.nih.gov/health/publications/stress/index.shtml
- **American Heart Association**
Tips on coping with stress and living a more balanced life
www.heart.org/HEARTORG/GettingHealthy/StressManagement/Stress-Management_UCM_001082_SubHomePage.jsp



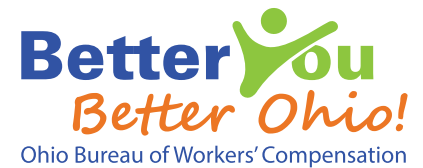
Quitting tobacco

- **SmokeFree.gov**
Information and resources for quitting smoking
www.smokefree.gov
- **American Cancer Society**
Facts on lung cancer, plus a Quit for Life program
www.cancer.org/
- **American Lung Association**
Help with quitting tobacco and living healthier
www.lung.org



Managing long-term conditions

- **American Heart Association**
Resources for people with cardiovascular diseases and stroke
www.heart.org
- **American Cancer Society**
Resources for people with cancer
www.cancer.org
- **American Diabetes Association**
Resources for people with diabetes
www.diabetes.org
- **Arthritis Foundation**
Resources for people with arthritis
www.arthritis.org



Questions?

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or email us at AHMBYBOInquiries@activehealth.com