



## A workplace health and wellness program offered by BWC

The backbone of a successful business is its workers, and the backbone of Ohio is its workforce. At BWC, we take our mission to take care of Ohio's workforce seriously.

That's why we're offering [Better You, Better Ohio!™](#) – a program designed to provide health and wellness resources and services to workers who work for small employers (250 or fewer workers) in high-risk industries\*. Better You, Better Ohio! helps workers and their employers at no cost and through a simple, paperless process.

### How it helps employers

Employers can reap great benefits from having a healthy workforce. Healthy employees are less prone to injury. And, when they are injured, their ability to recover is enhanced greatly. Overall, employers with a healthy workforce have lower workers' compensation and health-care costs. Better You, Better Ohio! can:

- Help prevent injuries through improved workforce health and safety;
- Reduce absenteeism and improve presenteeism;
- Reduce the severity of an injury;
- Improve the recovery time from an injury;
- Reduce time away from work due to an injury.

## How it helps Ohio's workforce

Better You, Better Ohio! gives workers a wealth of resources to help them take ownership of their health and well-being. They can proactively pursue a healthier lifestyle through free offerings that include:



- Health and wellness awareness, education and training;
- Health assessments and biometric screenings for better understanding of their health and well-being;
- A member engagement website that allows them to develop health plans and track their progress to achieve their goals;
- A state-of-the-art mobile app for creating weekly action plans and getting health tips;
- Digital coaching to help them on their journey to better health.

## Better health pays off

Employers can use Better You, Better Ohio! to help manage and reduce their workers' compensation and health-care costs by having a healthier workforce. Meanwhile, workers can earn financial rewards for taking steps to improve their health and wellness such as completing a health assessment and a biometric screening.

Even more important, with your help, we'll improve the health and well-being of our state's workforce. Learn more!

[www.bwc.ohio.gov/employer/services/SandH/BtrYouBtrOhioOverview.asp](http://www.bwc.ohio.gov/employer/services/SandH/BtrYouBtrOhioOverview.asp)



\*Agriculture; automotive repair and service; construction; firefighters; health care; manufacturing; police and public safety; public employers; restaurant and food service; transportation and trucking; trash collection; wholesale and retail