



## 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!](#)<sup>™</sup> – a program designed to provide health and wellness resources and services to workers who work for small employers (150 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

## HEALTH ASSESSMENT



# Move up to better health with a closer look at you

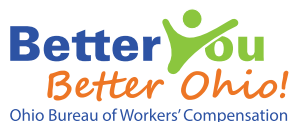
How many hours do you sleep at night? When did you last go to the dentist? Taking a health assessment can tell you how you're doing — and what steps you can take to feel better. And it only takes a few minutes to complete.

### Your free, private health assessment

- Can help you spot certain risk factors
- May help prevent health problems before they occur
- Provides helpful tips for living a healthier life
- Includes an instant report on your health

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.

To see how you're doing, just visit  
[go.activehealth.com/betteryoubetterohio](https://go.activehealth.com/betteryoubetterohio)



The information provided by ActiveHealth Management's health and wellness programs is general in nature. It is not meant to replace the advice or care you get from your doctor or other health professional. If you have specific healthcare needs or would like more complete health information, please see your doctor or other healthcare provider.

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## How to Complete Your Biometric Screening

### Option 1 – at a Patient Service Center (PSC)

Quest Diagnostics has many convenient PSC locations across the State of Ohio.

#### Schedule a PSC appointment

- There is no need to fast for this screening. Take any regularly scheduled medications as usual and drink plenty of water to stay hydrated.
- You will receive an email when your results are ready to view online. Your printed report will arrive in the mail two to three weeks after your screening.

Visit <http://go.activehealth.com/betteryoubetterohio> to schedule a biometric screening.

### Option 2 – with a Physician

If you are unable to make an onsite or PSC appointment, have your physician complete a Physician Results Form.

#### Download a Physician Results Form

- Ask your doctor to complete it using recent lab results.
- Your doctor may charge a fee to complete the form. The Ohio Bureau of Workers' Compensation is not responsible for charges incurred by your physician.
- The form must include all required screening values and signatures. Make sure your doctor faxes the form to Quest Diagnostics by Nov. 30, 2018
- Your printed report will arrive in the mail two to three weeks after your screening.

Visit <http://go.activehealth.com/betteryoubetterohio> to download a Physician Results Form.

## Option 3 – with Qcard™

If you are unable to make an appointment, request at-home test materials to complete your screening.

### Request at-home test materials

- Request Qcard at-home test materials.
- Complete the at-home test by following the instructions included with the Qcard materials.
- Make sure you return your at-home test to Quest Diagnostics the same day you complete the at-home test.
- The last day to return your at-home test to Quest Diagnostics is **Dec. 31, 2018**.
- You will receive an email when your results are ready to view online.
- Your printed report will arrive in the mail two to three weeks after Quest Diagnostics processes your at-home test.

Visit <http://go.activehealth.com/betteryoubetterohio> to request a Qcard.

### Service Center: (855) 623-9355

Refer to registration key: OhioBWC

Completing your biometric screening is easy and convenient. Your individual results are private and confidential and will not be shared with your employer or the Ohio Bureau of Workers' Compensation. You will receive current and accurate lab results that you can share with your doctor. We hope you take advantage of this free service.

## YOUR PERSONAL HEALTH WEBSITE



## Log on to the MyActiveHealth<sup>SM</sup> website and move up to better health

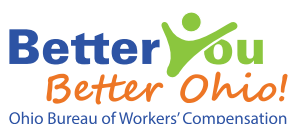
- Take a health assessment and get a whole picture of your health
- Set health goals based on what you want to achieve
- Schedule a biometric screening at a Quest Patient Service Center
- Get digital coaching for fun, new ways to improve your health
- Access your health information, like prescriptions and health numbers
- Sync your fitness devices and track your progress
- Get text and email reminders for doctor visits

## Take charge of your health with MyActiveHealth

And you're not alone. Join online groups and share tips with other people. Earn exciting rewards for reaching your goals. And if you need it, support is just a click or phone call away.

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.

Get started today at  
[go.activehealth.com/betteryoubetterohio](https://go.activehealth.com/betteryoubetterohio)



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# I NEVER RUN

out of healthy options

## Download the ActiveHealth™ app

- Weekly action plans
- Tips for getting fit
- Personal coaching, and more

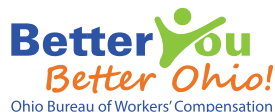
Start taking small steps for a healthier you.

You'll find us under "ActiveHealth" in your app store.



Questions? Email [mobilesupport@activehealth.net](mailto:mobilesupport@activehealth.net).

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.



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# You deserve a personal experience

## Let us join you

It's easy to get started with one simple click or call. We'll be with you every step of the way with meaningful support — on your terms. You'll find more than 40 areas of support for topics like:

- Exercise and activity
- General health education
- Back and neck pain
- Healthy eating habits
- Diabetes
- High blood pressure
- Sleep
- Stress management
- Tobacco cessation
- Weight management
- Asthma
- High cholesterol

## Easy access to online tools

You'll look forward to using our fun online resources. Here are some of the tools you'll use to keep healthy and active:

- Health assessment
- Personal health record
- Rewards
- Group coaching/webinars
- Social communities



We'll help you get started on your health goals, no matter how simple or complicated. 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.

**Call us at 855-206-1306 or visit [go.activehealth.com/betteryoubetterohio](http://go.activehealth.com/betteryoubetterohio)**







## Move up to better health with 24-hour advice

Want some answers about your health outside of office hours? Prefer learning at your own pace? With ActiveHealth® Management Digital Coach, you can check out over 200 health topics right from your smartphone or computer, anytime.

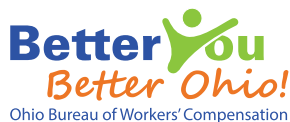
### Digital coaching provides:

- Fun games, quizzes, and videos
- Small bites of helpful information

Join an upcoming group coaching session, or download a session to listen to anytime you want.

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.

Ready to get started? Just visit  
[go.activehealth.com/betteryoubetterohio](https://go.activehealth.com/betteryoubetterohio)



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24-HOUR  
NURSE LINE



## Let's talk

### We've got the answers you need for better health\*

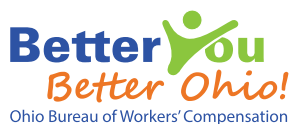
Want some tips for losing weight? Looking for ways to eat better or get more active? With the free 24-hour Nurse Line, you can get the answers from a registered nurse at any time.

- Call as often as you need.
- Get the facts on over 5,000 health and wellness topics.
- Learn more about a medical test, treatment, or procedure.
- Learn how to avoid costly visits to the ER.

Whatever you need to know, we'll explain it simply and clearly. No mumbo-jumbo, no confusing terms. Just the facts you need to help you live well and feel better.

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.

Call us at 855-206-1306 or visit  
[go.activehealth.com/betteryoubetterohio](http://go.activehealth.com/betteryoubetterohio)



\* While only your doctor can diagnose, prescribe or give medical advice, the Nurse Line nurses can provide information on more than 5,000 health topics. Contact your doctor first with any questions or concerns regarding your healthcare needs. This material is for information only. Your health benefits and health insurance plans contain exclusions and limitations. Not all health services are covered. See your plan documents for a complete description of benefits, exclusions, limitations and conditions of your coverage. Your plan features and availability may vary by location and are subject to change. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other healthcare professional. Information is believed to be accurate as of the production date; however, it is subject to change.

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