



Getting started with Better You, Better Ohio!

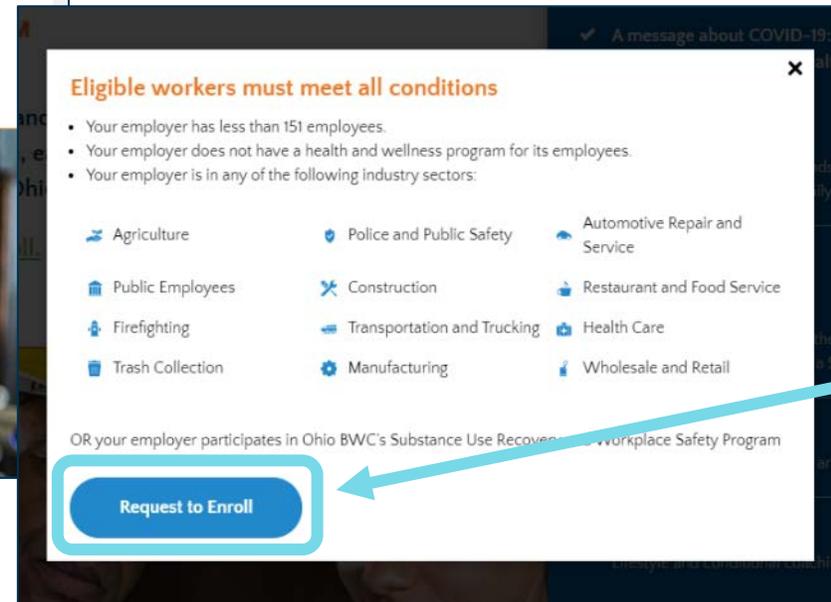
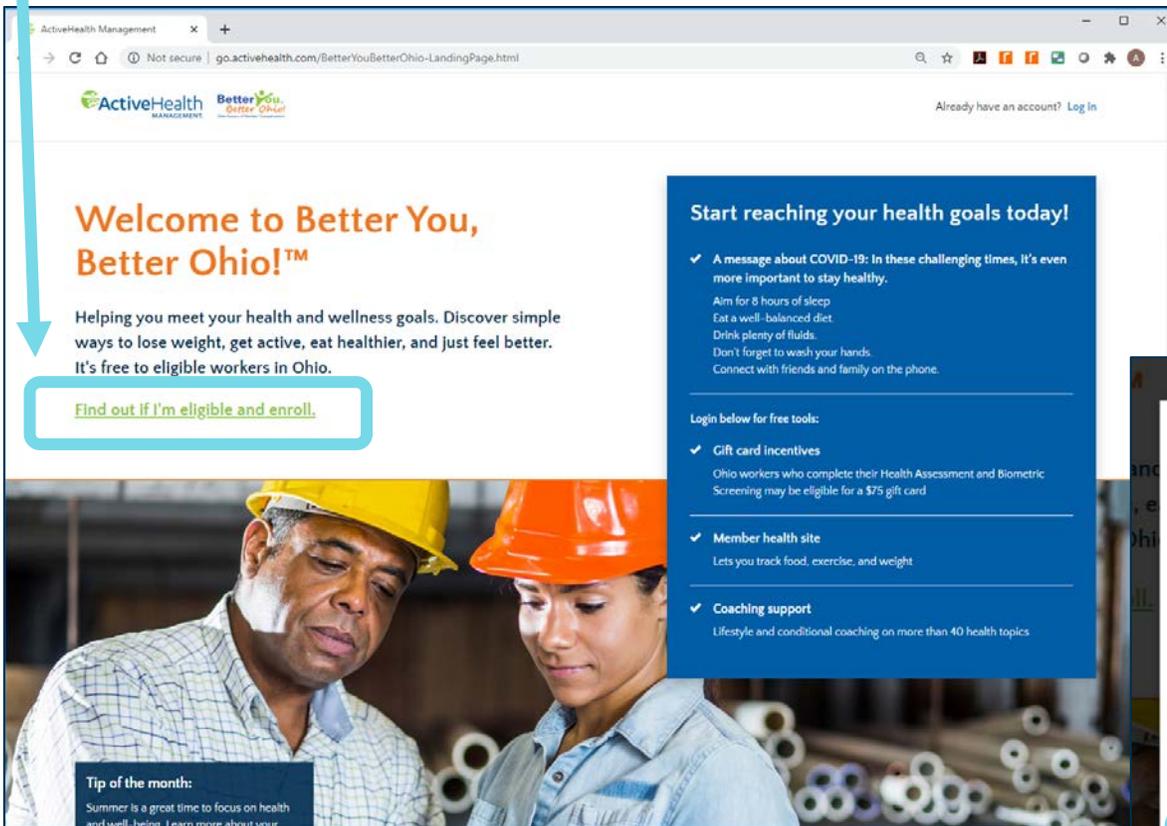
And how to earn your \$75 reward



Step 1: See if you are eligible

Note: All images are samples. Actual pages online may be a bit different.

Go to [Go.ActiveHealth.com/BetterYouBetterOhio](https://go.ActiveHealth.com/BetterYouBetterOhio). Then click the green link **Find out if I'm eligible and enroll**.



If you're eligible, click the **Request to Enroll** button.

Step 2: Enroll in the program

Fill out the form and click the green **Submit** button at the bottom of the page.

ActiveHealth Management x Pre Registration x +

myactivehealth.com/Portal/PreRegistrations/Index

Ohio Bureau of Workers' Compensation

Better You, Better Ohio!

Request to Enroll

*Required Field

Thank you for your interest in Better You, Better Ohio™! Please answer the following questions to the best of your knowledge. An * denotes a required field. We take your privacy seriously. We don't share your individual health information with your employer. And, we do not share it with the Ohio Bureau of Workers' Compensation (BWC).

Completing this form is quick and easy. If you need clarifications relative to any of the questions below, please consult the frequently asked questions here. Participants should enter their own information, to comply with privacy laws.

Complete this form if

- You are eligible for Ohio BWC's Substance Use and Recovery Workplace Safety Program

OR

- You currently work for company with less than 151 employees
- Your work for a company that does not offer a health and wellness program
- You work for a company in one of the industry sectors listed in the Industry field below

Please complete this form only one time. If you are already registered [login here](#). Thank you.

Need assistance or have questions? Please email AHMBYBCInquiries@activehealth.com or call 855-206-1306.

First Name* Last Name* Date of Birth*
mm/dd/yyyy

Gender* Personal Email Address* Personal Phone Number*
 Male Female

Home Address* Home City* State*
Alaska

Home ZIP/Postal Code*
Enter your 5 digit zip/postal code

Please select your employer's business description to the best of your knowledge.

Industry* Company Size*
Select Select

Company Name* Company Address Including Zip Code* Company Phone Number*

Please review and accept the terms and conditions

Terms of Use

ActiveHealth's Web & Mobile Terms of Use

Welcome to ActiveHealth's web and mobile experience. These ActiveHealth Web & Mobile Terms of Use (the "Terms") apply to those websites and software applications (including mobile applications) that we operate and that contain a link to these Terms (an "Application" or together the "Applications").

By using our Applications you are agreeing to these Terms. Please read them carefully.

We may modify these Terms at any time by posting the revised Terms on the Applications. You can determine when these Terms were last revised by referring to the "LAST UPDATED" legend at the bottom of these Terms. Any modifications will be effective immediately

I accept the Terms and Conditions *

I confirm that my employer does not currently have a health and wellness program *

I confirm that the information provided is correct and actual *

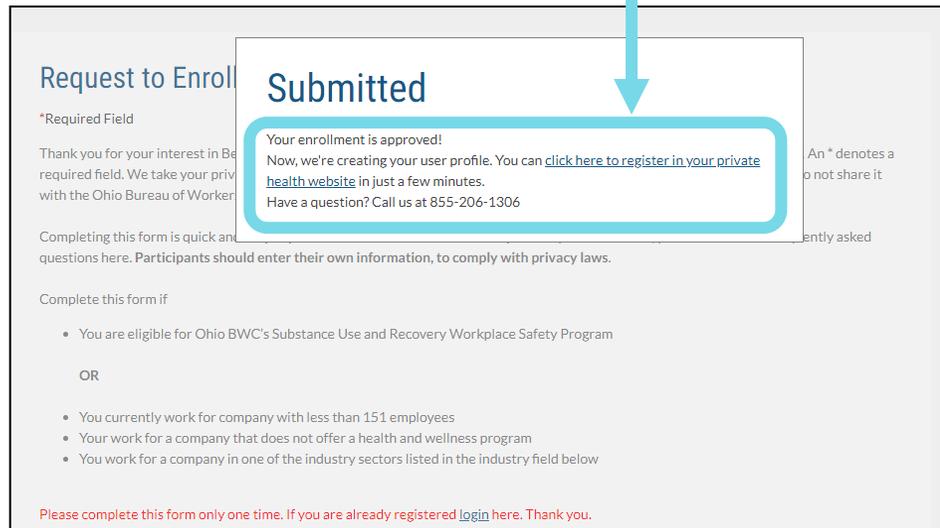
Submit

Step 3: Get ready to create your account on your personal health website

Option 1: After you click **Submit**, click on the link in the pop-up box after a few minutes.

OR

Option 2: Return to [Go.ActiveHealth.com/BetterYouBetterOhio](https://go.ActiveHealth.com/BetterYouBetterOhio). Scroll down a bit. Then click on **Create an Account**.



Request to Enroll Submitted

*Required Field

Thank you for your interest in BetterYouBetterOhio. We take your privacy seriously with the Ohio Bureau of Workers Compensation. Completing this form is quick and easy. If you have any questions here, Participants should enter their own information, to comply with privacy laws.

Complete this form if

- You are eligible for Ohio BWC's Substance Use and Recovery Workplace Safety Program

OR

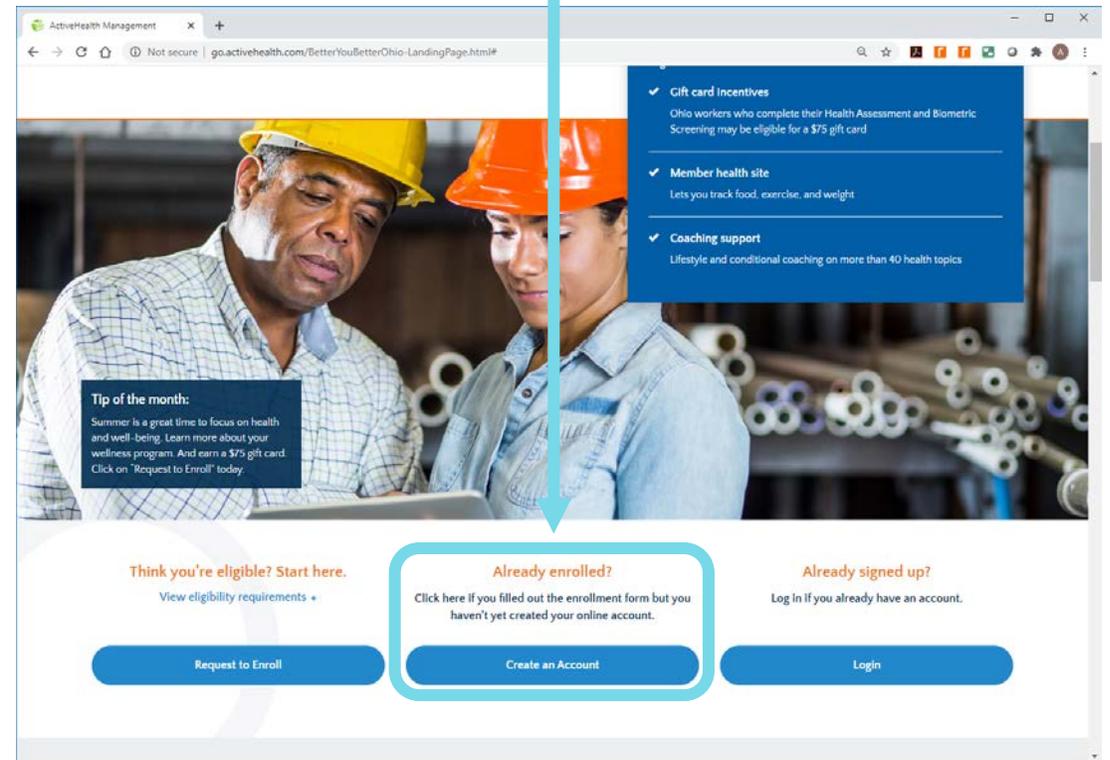
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- You work for a company in one of the industry sectors listed in the industry field below

Please complete this form only one time. If you are already registered [login](#) here. Thank you.

Submitted

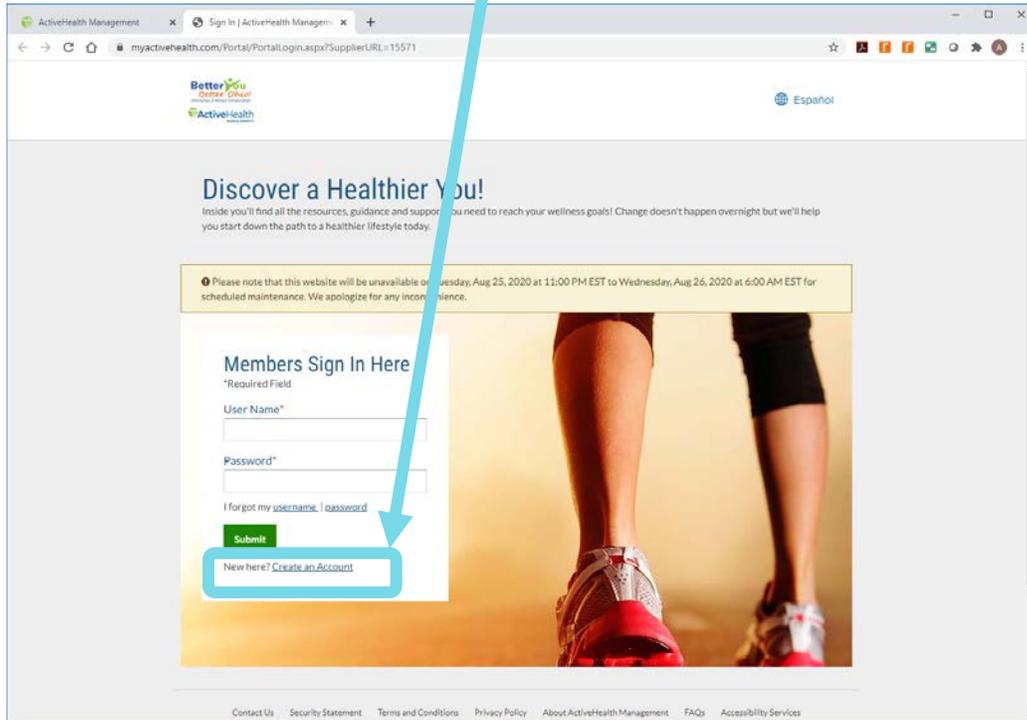
Your enrollment is approved! Now, we're creating your user profile. You can [click here to register in your private health website](#) in just a few minutes. Have a question? Call us at 855-206-1306

An * denotes a required field. An # denotes a field that is not shared with the Ohio Bureau of Workers Compensation.



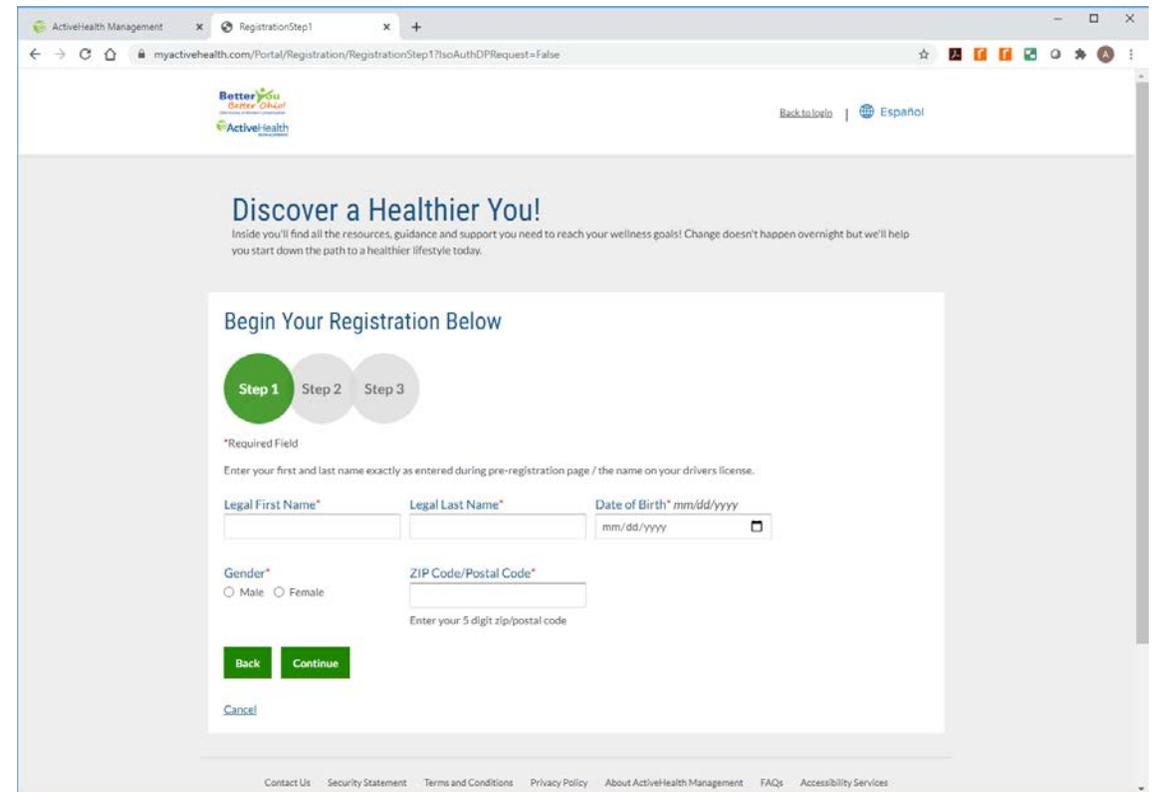
Step 4: Create your account

Click on **Create an Account**.



If you need to get to this page directly, type [MyActiveHealth.com/BetterYouBetterOhio](https://myactivehealth.com/BetterYouBetterOhio) into your browser.

And then complete the steps shown online. Be sure to use the same information and spelling that you used to enroll.



Step 5: Log in and complete your health assessment on your personal health website

Home Coaching Actions Records Library Messages

Welcome, KRYSTAL

Get the facts about coronavirus
[Learn more](#) about protecting yourself and those around you.

Your First Step to Better Health
Fill out your Health Assessment to get personalized tips and coaching. [Let's Go](#)

Tips and strategies

Discover ways to maintain and improve your health

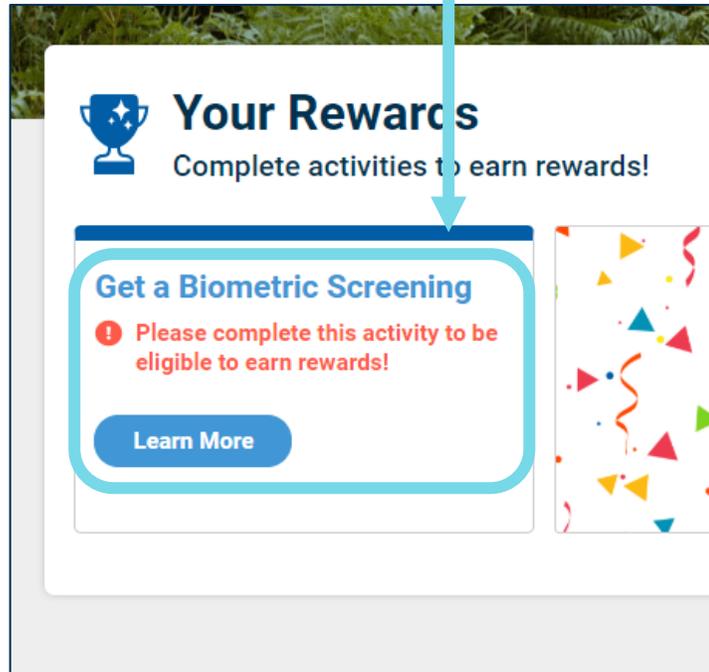
- 4 - 5 minutes to read
Create a flexible budget that
- 5 - 7 minutes to read
Secrets for spending less at
- 2 - 3 minutes to read
The art of adult friendships:

Click **Let's Go** to start your health assessment.

Step 6: Get ready for your biometric screening

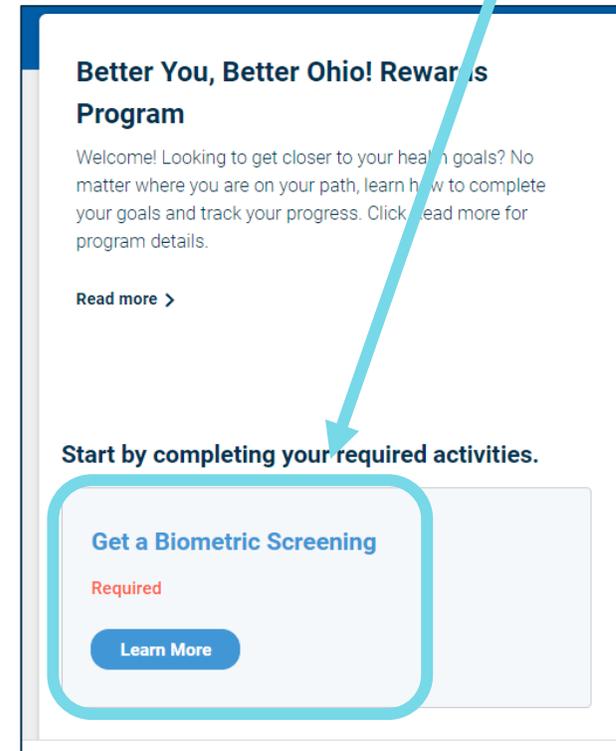
First, check your email for information about your biometric screening. It may take a few business days after you enroll for you to receive the email about your biometric screening. The email will be sent by a company called **Quest**. You can select your biometric screening option after you receive that email from Quest.

Click from the home page.



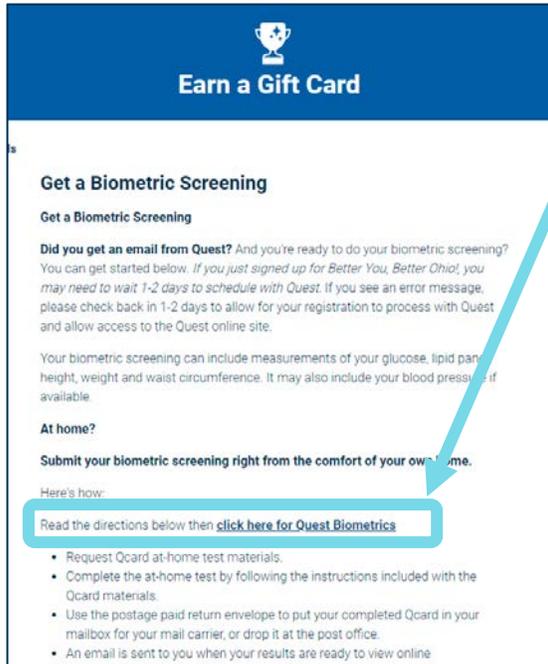
OR

Click from the rewards page.



Step 7: Choose your biometric screening option

After you receive the welcome email from Quest, return to your personal health website. Go to the **Rewards** section.

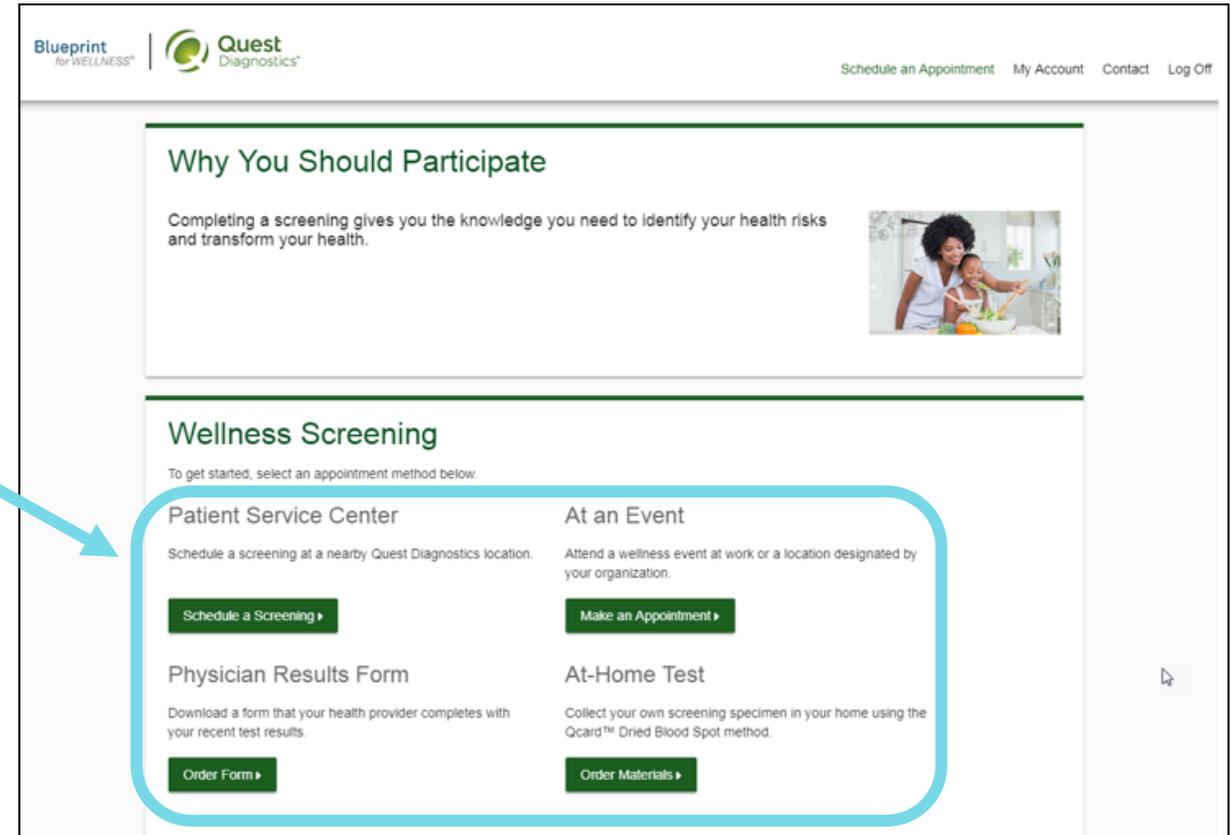


Once you're in the Rewards section of your personal health website, click the link that says **click here for Quest Biometrics**.

A page will open that shows your choices for your biometric screening. Pick the one that works best for you.

If you have questions about your biometric screening, please contact the Quest Service Center:

855-6-BEWELL (855-623-9355)
Monday - Friday, 8:00 AM - 9:30 PM ET
Saturday 8:30 AM - 3:00 PM ET



Step 8: Redeem your \$75 reward once your biometric screening results have posted to your personal health website

Once your health assessment is complete and your biometric screening results are posted to your personal health website, you can redeem your reward. Depending on the type of biometric screening you submitted, it can take up to 2-4 weeks for the screening result to appear on your personal health website.

To redeem your reward, log in at MyActiveHealth.com/BetterYouBetterOhio. Click on **REWARDS** on the upper right, and then click on **My Redeem Rewards**.

The screenshot displays the 'Earn a Gift Card' section of the 'Better You, Better Ohio! Rewards Program'. At the top right, there is a 'REWARDS \$75 / \$125' indicator. The main heading is 'Earn a Gift Card' with a trophy icon. Below this, the program name is 'Better You, Better Ohio! Rewards Program'. A welcome message follows: 'Welcome! Looking to get closer to your health goals? No matter where you are on your path, learn how to complete your goals and track your progress. Click Read more for program details.' To the right, the progress is shown as 'Your progress: \$75 / \$125' with the subtext 'Great start! Keep it going.' A progress bar below this shows \$0 on the left and \$125 on the right, with a green bar indicating \$75 earned. A 'Read more >' link is on the left. A 'My Redeem Rewards >' button with a gift icon is on the right, highlighted with a red box and a red arrow pointing to it from the text below.

Questions? We're here to help.

We're just a click or phone call away:

Call us at 855-206-1306

Or email at AHMBYBOInquiries@activehealth.com



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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