



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. You can 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.



MyActiveHealth – your personal health website:

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. Sign in after you enroll in Better You, Better Ohio!



ActiveHealth app:

Always on the go? No problem. The ActiveHealth app is ready for you wherever you are. Just search for "ActiveHealth" in your app store and download the app.



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.

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! 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.



2021 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



Go digital, go healthy

Do you want 24/7 access to health information? Let's get digital! Learn how our online digital platform and mobile app can support your well-being. And how connecting your devices and apps can help make reaching your health goals easier.

January 19

[Register here](#)



Makeover my heart

Heart disease is the leading cause of death among both men and women. Join us to learn the lifestyle changes you can make to lower your risk.

February 16

[Register here](#)



Gut check: What you should know about colon cancer

Colorectal cancer is the second-leading cause of cancer related death in the United States. Screening for this cancer can find it early when it's easier to treat. And it can even prevent it. Find out what you can do to get screened and how to lower your risks.

March 16

[Register here](#)



Work, life and you

Feeling overwhelmed by everything life throws your way? Unsure how to balance it all? We get it. Let's take a closer look at how you can organize your time, prioritize what's important, and take control of your life.

April 20

[Register here](#)



Make your emotional health a priority

Mental health. Emotional health. Behavioral health. The names have changed over time. But whatever you call it, it's an important part of your overall well-being. In this session, we'll talk about what it is and how you can improve it.

May 18

[Register here](#)



Is your headache a migraine?

Do you ever have a headache? We'll talk about what kinds of headaches people have. We'll go over what causes them and what you can do about it. And we'll talk about migraines and how to prevent and treat them, and when to call the doctor.

June 16

[Register here](#)



Fit fitness into your workday

How much do you sit during the day? You may not be able to fit in a full workout over your lunch break. But you can find ways to move, stretch, and help your posture during work.

July 20

[Register here](#)



Good night, sleep well

Did you know over 3 out of 10 U.S. adults don't get enough sleep? Getting too little sleep or even poor sleep can have a harmful effect on your health. Getting enough good sleep isn't a luxury. It's a necessity. You can think of it as a "vital sign" of good health.

August 17

[Register here](#)



Healthy eating for families

Eating as a family is good for your physical and emotional health. In this session, we'll discuss why that's true. We'll talk about the basics of meal planning and how to shop smart. And we'll explore how family meals can help your kids form good habits to last a lifetime.

September 21

[Register here](#)



An attitude of gratitude

Give yourself the gift of gratitude. Practicing gratitude can help boost your mood. But that's not all it does. Join us to discuss how to add happiness and gratitude to your life.

October 19

[Register here](#)



A growing concern: Reduce your diabetes risk

More than 86 million Americans have higher than normal blood sugar. Are you one of them? You can reduce your risk for type 2 diabetes with a few simple steps. Learn the basics of this growing disease, the risk factors, and how you can achieve better health.

November 16

[Register here](#)



Reduce holiday stress with mindfulness

The holiday season can be a time for celebration. But they can also be one of the most stressful times of the year. Learn how to practice mindfulness and self-care during this busy time.

December 14

[Register here](#)

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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?

Call us at 855-206-1306

or email us at AHMBYBOInquiries@activehealth.com