

Better health starts here



Check in with yourself

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 short time to complete.

Taking a health assessment



Can help you find ways to improve your health



Provides helpful tips for living a healthier life



May help prevent health problems before they occur



Includes a detailed report on your health

Questions? Scan the QR code, call 855-206-1306 or email ahmbyboinquiries@activehealth.com.



Enroll today at

Go.ActiveHealth.com/BetterYouBetterOhio

Then register on your personal health website. After your registration has been accepted, return to your personal health website. And then complete your health assessment online.

Returning program participants: Your health assessment needs to be updated each calendar year. Sign in to your personal health website. Then click **Retake** to update your health assessment.

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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Better You, Better Ohio! is brought to you by the Ohio Bureau of Workers' Compensation and administered by ActiveHealth Management.

