



# You're Enrolled! Better You, Better Ohio!

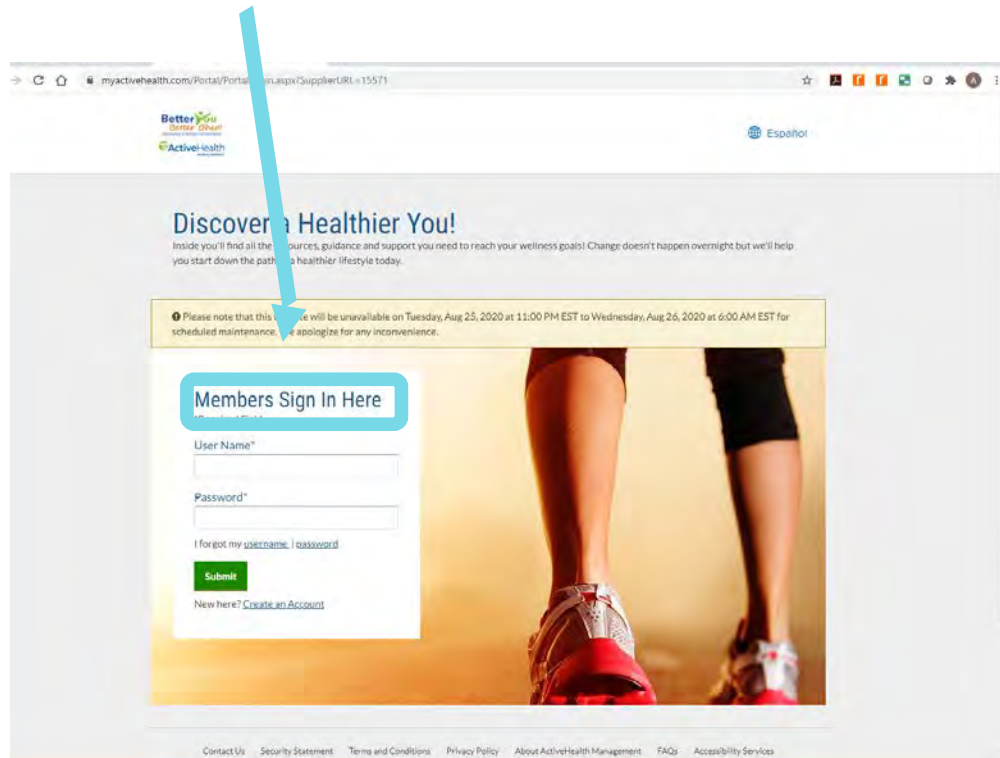
Your next steps guide



# Step 1: Login to your account

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

Type [MyActiveHealth.com/BetterYouBetterOhio](https://myactivehealth.com/BetterYouBetterOhio) into your browser.



Need assistance?  
Call 855-0206-1306  
or email [ahmbyboinquiries@activehealth.com](mailto:ahmbyboinquiries@activehealth.com)

# Step 2: 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

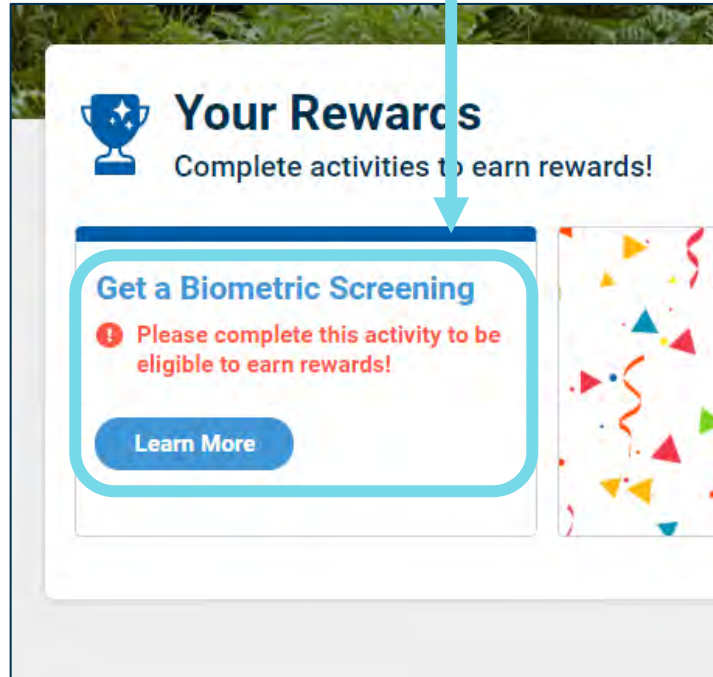
- 4 - 5 minutes to read  
**Create a flexible budget that**
- 5 - 7 minutes to read  
**Secrets for spending less at**
- 2 - 3 minutes to read  
**The art of adult friendships:**

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

# Step 3: Get ready for your biometric screening

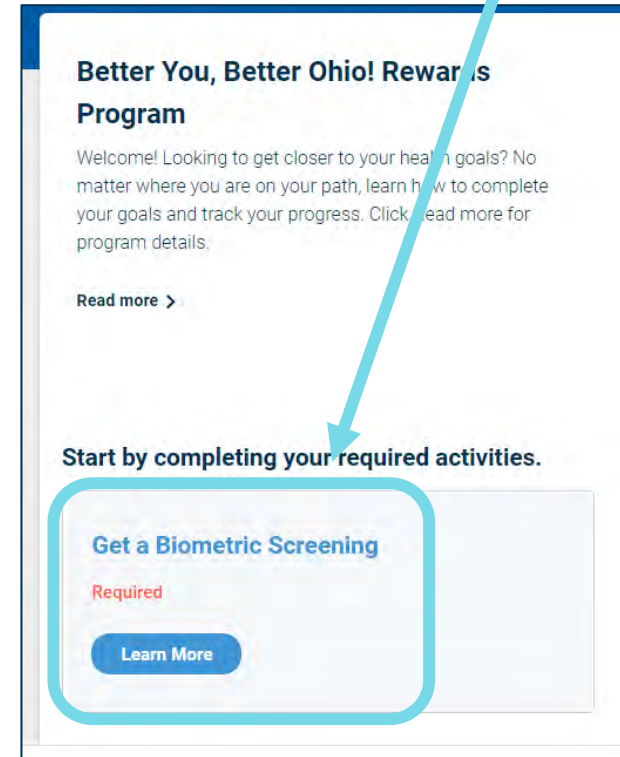
Click on "Learn More" in the Get a Biometric Screening tab or from the Rewards page.

Click from the home page.



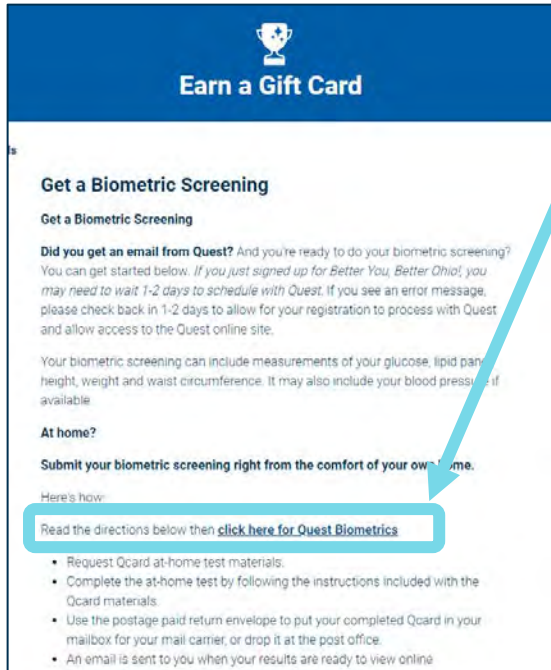
OR

Click from the rewards page.



# Step 4: Choose your biometric screening option

Now that you are on the Get a Biometric Screening page select your screening option.

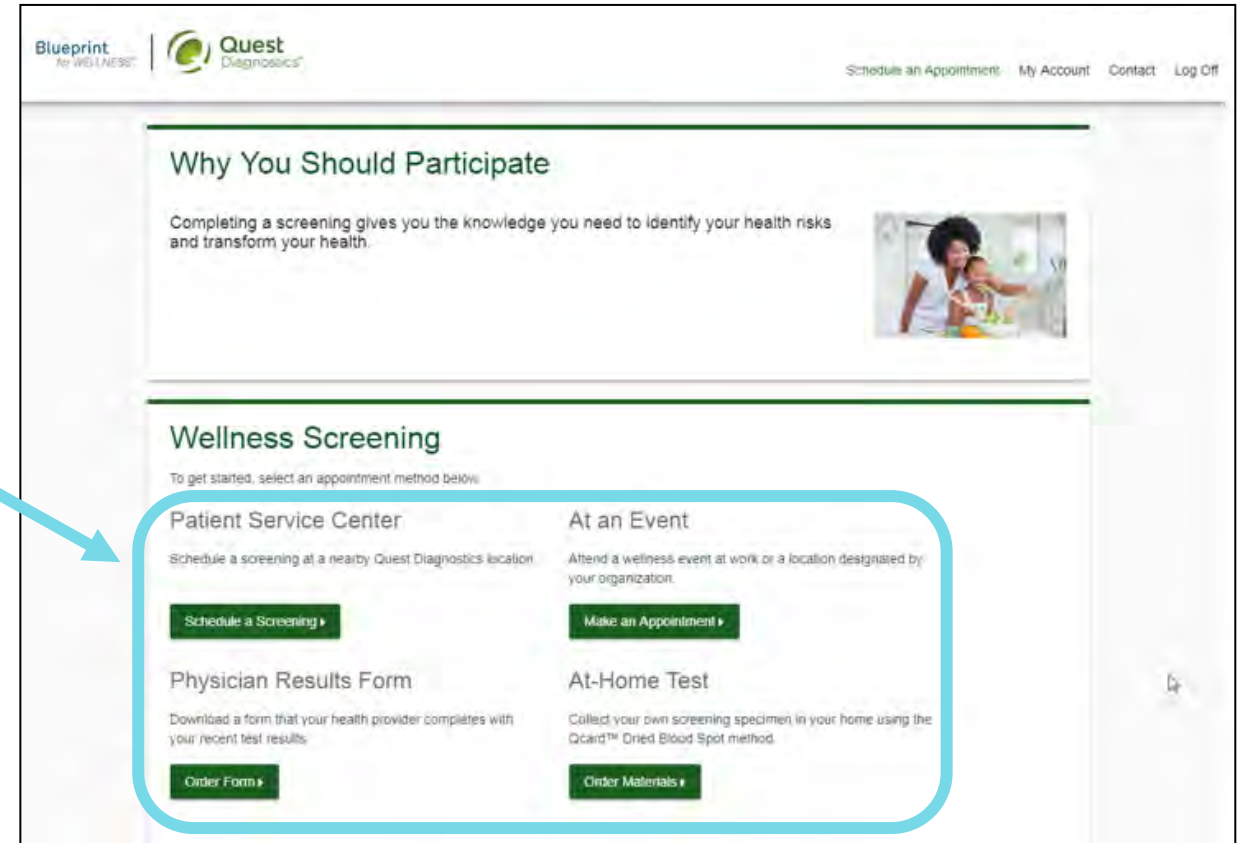


Once you're in the Rewards section of your personal health website, click the link that says **click here for Quest Biometrics**.

A page will open that shows your choices for your biometric screening. Pick the one that works best for you. If your employer is offering an onsite screening select "At an Event."

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

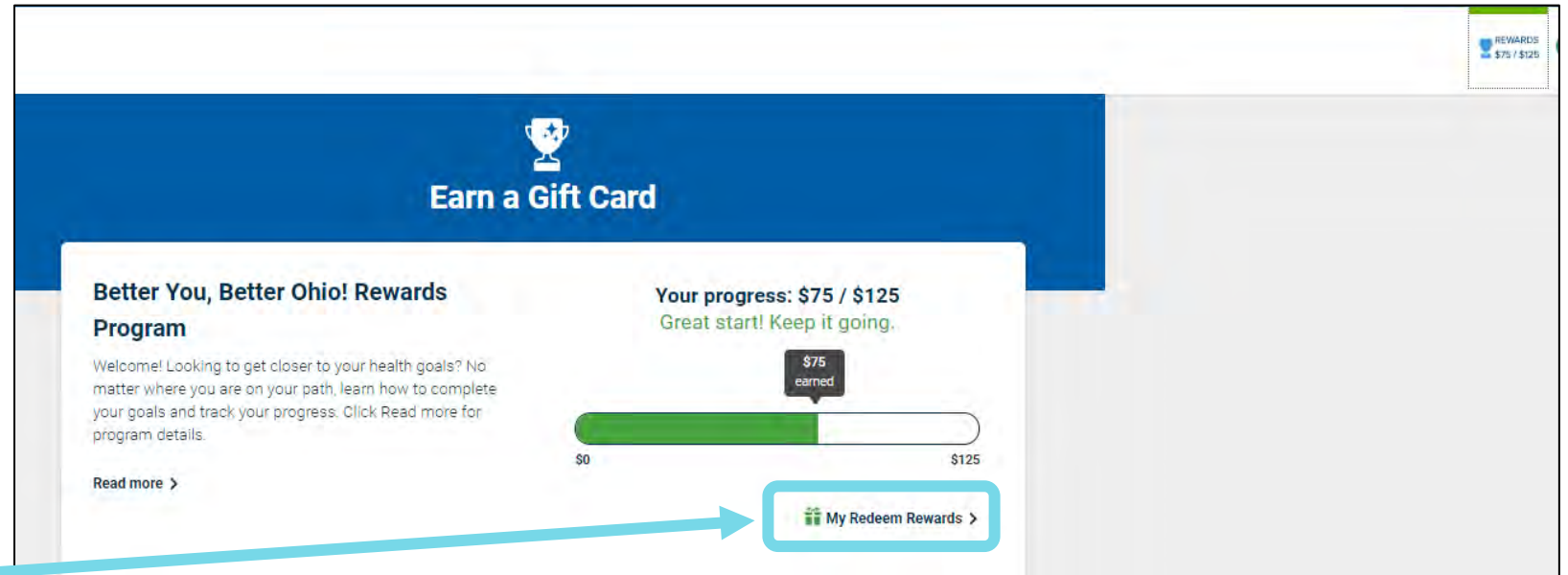
855-6-BEWELL (855-623-9355) Monday - Friday, 8:00 AM - 9:30 PM ET Saturday 8:30 AM - 3:00 PM ET



# Step 5: Completed your health assessment and screening? 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](https://MyActiveHealth.com/BetterYouBetterOhio). Click on **REWARDS** on the upper right, and then click on **My Redeem Rewards**.



# 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](mailto:AHMBYBOInquiries@activehealth.com)



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

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