

Congratulations! You just completed your onsite screening.

Now take your next steps to better health – and earn rewards.

How to earn your \$75 reward



Health assessment: If you haven't already, take the online health assessment. Go to MyActiveHealth.com/BetterYouBetterOhio. Call or email us if you need help with your user name or password.



Choose your reward: Have you already done your online health assessment? About two weeks after today's screening, get ready to choose your reward. Go to MyActiveHealth.com/BetterYouBetterOhio. Under rewards, pick either your e-gift card or your physical gift card. The e-gift card is the fastest option to get your reward.



Watch for your reward: Your e-gift card is sent to your email. Your physical gift card is mailed to your address. It will be in a plain white envelope for privacy.

And then try coaching for an additional \$50 reward

Biometric screening is done? Online health assessment is done? Say hello to your health coach. Health coaching can help you make small changes to live healthier and feel better.

An **additional \$50 gift card** is waiting for you after you complete three Healthy You coaching sessions. You have two ways to do your coaching:

- **Virtual group health coaching:** Attend an online class on a topic that is important to you. Go to MyActiveHealth.com/BetterYouBetterOhio and click on group coaching.
- **Telephonic health coaching:** Work one-on-one with a health coach. Call us at 855-206-1306 or email at AHMBYBOInquiries@activehealth.com to get started.

Questions? We're here to help. Call **855-206-1306**
or email **AHMBYBOInquiries@activehealth.com**



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