

# 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. 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.



## Your personal health website and app:

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. You can also use the ActiveHealth app. Sign in to the website or the app after you enroll in Better You, Better Ohio!



## 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.



## 24-hour Nurse Line:

With the free 24-hour Nurse Line, you can get answers to your health and well-being questions from a registered nurse at any time. Whatever you need to know, we'll explain it simply and clearly. You'll get the facts you need to help you live well and feel better.

## 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](https://Go.ActiveHealth.com/BetterYouBetterOhio)**

Questions? We're here to help. Call **855-206-1306**  
or email **[AHMBYBOInquiries@activehealth.com](mailto:AHMBYBOInquiries@activehealth.com)**

**Better You**  
**Better Ohio!**  
Ohio Bureau of Workers' Compensation

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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# 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 few minutes to complete.

## Taking a health assessment

- Can help you find ways to improve your health
- May help prevent health problems before they occur
- Provides helpful tips for living a healthier life
- Includes a detailed report on your health



**Enroll today at**  
[Go.ActiveHealth.com/BetterYouBetterOhio](https://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:** You need to update your health assessment each calendar year. Sign in to your personal health website. Then click **Retake** to update your health assessment.



Services are provided by ActiveHealth Management, Inc. Our programs, care team and care managers do not diagnose or treat members. 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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## Stay one step ahead

**Schedule your Better You, Better Ohio! biometric screening**

It can give you a complete view of your overall health and help you uncover hidden health risks.

**Act now!**

**Enroll, register and complete the Health Assessment first.**

**Go online Feb. 1 to select your onsite screening time.**

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

**It's just one simple step toward helping you  
stay on top of your well-being.**



The information provided by ActiveHealth Management's health and wellness programs is general in nature. It is not meant to replace the advice or care you get from your doctor or other healthcare professional. If you have specific needs or would like more complete health information, you should see your doctor or other healthcare provider.

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## Frequently asked questions: Biometric screening

### What's a biometric screening?

A biometric screening is used to measure your risk for certain health issues. The screening collects key numbers. It measures things like blood pressure, cholesterol and blood glucose. That's your blood sugar. It can also measure your body mass index (BMI). A nurse will ask you some questions. They'll weigh and measure you. Then they'll take a blood sample. They'll either do a finger stick or draw your blood, depending on which location you choose.

### Why is a biometric screening important?

It's a quick way to check in on your health. Your results can help you understand key measurements. It doesn't take the place of a regular checkup with your health care provider. It's a great way to see if you're on track. Or if you need to follow-up between regular visits.

### Is there a reward for getting a biometric screening?

Yes. The Better You, Better Ohio! program includes rewards. You can earn a \$75 e-gift card by doing two things. You need to complete a biometric screening and a health assessment. We must have your results by December 30, 2022 to earn your reward. Be sure to pick your gift card option when it's available.

### What is the deadline for earning the biometric screening reward?

We must have your screening results by December 30, 2022 to earn your reward. It takes between two and four weeks after your screening to get the results. So be sure to schedule it early enough to get the results in by December 30, 2022.

### Are there different screening options?

Yes. There are different screening options.

- You can use a Qcard home self-collection screening kit.
- You can go to an approved Quest patient service center.
- You can ask your health care provider to fill out the physician form.
- You can go to an onsite event if your employer offers one.

The time it takes to get your results is different for each option. Be sure to give yourself enough time to get your results in before December 30, 2022. You can find the last date to request forms or kits in your personal health portal after you register. Just visit [MyActiveHealth.com/BetterYouBetterOhio](https://MyActiveHealth.com/BetterYouBetterOhio) for this information.

### Can my employer or Ohio Bureau of Workers' Compensation (Ohio BWC) see my personal health information?

No. The Better You, Better Ohio! program doesn't share your private health information with your employer or Ohio BWC.

### How much does the biometric screening cost?

There's no cost to you if you:

- Go to an approved Quest patient service center
- Go to an onsite event that your employer hosts
- Use the Qcard home self-collection kit

You may have costs if you choose to use the physician form. You may need to have a visit with your health care provider. And there may be charges from your health plan for the visit and the lab work.

### Tell me more about my options.

### 1. Qcard home self-collection kit

This is a kit you can use at home. It can check your cholesterol and blood sugar. It's safe and easy. You or your family member can call a toll-free number if you need help.

Here's how it works. Quest mails the kit to your home. It includes everything you need to collect your sample. You use UPS to send the blood sample back to the lab on the same day you do the test. Quest tests the sample. You'll get an email when your results are ready to view online. Then you'll get a report in the mail in two to three weeks.

### 2. Approved Quest patient service center

It's easy to schedule your visit. Just sign into your personal health portal at [MyActiveHealth.com/BetterYouBetterOhio](https://MyActiveHealth.com/BetterYouBetterOhio). Click Rewards. Then click Biometrics. Then click Quest to find a center. Quest has many locations across the State of Ohio.

- Schedule your appointment.
- Print the lab order to show you're part of the program.

You'll need to bring your Quest lab order and a photo ID to your appointment. You'll get an email when your results are ready to view online. Then you'll get a report in the mail in two to three weeks. Quest will also send your results directly to ActiveHealth. It may take up to two weeks for that to happen. You've earned your reward when your results are in and you've taken your health assessment.

### 3. Physician form.

You can use this form when you want to use lab results you get from your health care provider. You'll need to mention the lab values you need for the form when you call. Just print the form, fill out Section 1 and take it with you when you go. Your health care provider will fill out section 2. You must have all lab values and signatures on the form for it to be complete. You can fax the form to Quest. It must be in by December 15, 2022. Make sure to fast for at least eight hours before your appointment. And don't forget to bring your lab order.

### 4. Onsite screening event your employer hosts

Your employer will tell you how to make an appointment.

### Why doesn't my employer host an onsite screening event?

Your employer may not have enough people at your location. There needs to be a minimum number of participants. You can choose one of the other options. You can go to an approved Quest patient service center. You can ask your health care provider to fill out the physician form. Or you can ask for a Qcard home self-collection kit.

### Will you send my screening results to my health care provider?

No, but you'll get a report with your results. You can share it with your health care provider.

### Need help? Just call 855-206-1306. Or you can email

[AHMBYBOInquiries@activehealth.com](mailto:AHMBYBOInquiries@activehealth.com).

**It's easy to complete your screening. And there's no cost to you.  
We won't share your results with your employer or the Ohio Bureau  
of Workers' Compensation.**



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