

## For Employees Registering without an Employer

1. Eligible employees can request to enroll at the following link: [Pre Registration \(myactivehealth.com\)](https://myactivehealth.com)
  - a. Please remember your email address that you used in the process. This is the same email address you will need for enrolment.

The screenshot shows the 'Request to Enroll' form on the 'Better You, Better Ohio!' website. The form includes a 'Required Field' section with instructions. Below this, there are several bullet points regarding eligibility: 'You are eligible for Ohio BWC's Excuse-to-work and Recovery Workplace Safety Program', 'Your company is not-for-profit company with less than 250 employees', 'Your work for a company that does not offer a health and wellness program', and 'You work for a company in one of the following sectors listed by the Industry Self-Sector'. A red text prompt asks to complete the form only once. Contact information is provided: 'Need assistance or have questions? Please email [AHM@BWCohio.gov](mailto:AHM@BWCohio.gov) or call 888-204-1200'. The form fields include: First Name, Last Name, Date of Birth, Gender (Male/Female), Personal Email Address, Personal Phone Number, Home Address, Home City, and State and Territories (dropdown menu).

2. After completing the enrollment form you will receive an instant notification to register for BYBO! and create a user profile.
  - a. Select the link in the notification **or** complete your registration at the following link: [ActiveHealth Management \(myactivehealth.com\)](https://myactivehealth.com)

The screenshot shows a web browser window with two tabs: 'ActiveHealth Management' and 'Pre Registration'. The address bar shows the URL 'https://myactivehealth.com/portal/PreRegistration/Index'. The page content is the same 'Request to Enroll' form as in the previous image, but a green-bordered box highlights a 'Submitted' message. The message text reads: 'Your enrollment is approved! Now, we're creating your user profile. You can [click here](#) to create your user profile. Have a question? Call us at 888-204-1200.' Below the message, the form fields for First Name, Last Name, and Date of Birth are visible.

3. Complete the registration form using the same information you entered to enroll
  - a. Remember your username and password
  - b. You will use the username and password to continue to access health information on this site whenever you want
  - c. If this doesn't work, please contact call 855-256-0254
  - d. If you cannot reach anyone via phone, please contact BWC by emailing: [BWCBetterYouBetterOhio@bwc.state.oh.us](mailto:BWCBetterYouBetterOhio@bwc.state.oh.us)

ActiveHealth Management x RegistrationStep1 x +

https://www.myactivehealth.com/Portal/Registration/RegistrationStep17...

Better Ohio  
ActiveHealth

Back to login | Español

## Discover a Healthier You!

Inside you'll find all the resources, guidance and support you need to reach your wellness goals! Change doesn't happen overnight but we'll help you start down the path to a healthier lifestyle today.

### Begin Your Registration Below

Step 1 Step 2 Step 3

\*Required Field

Enter your first and last name exactly as entered during pre-registration page / the name on your drivers license.

Legal First Name\* Legal Last Name\* Date of Birth\* mm/dd/yyyy

ZIP Code/Postal Code\*

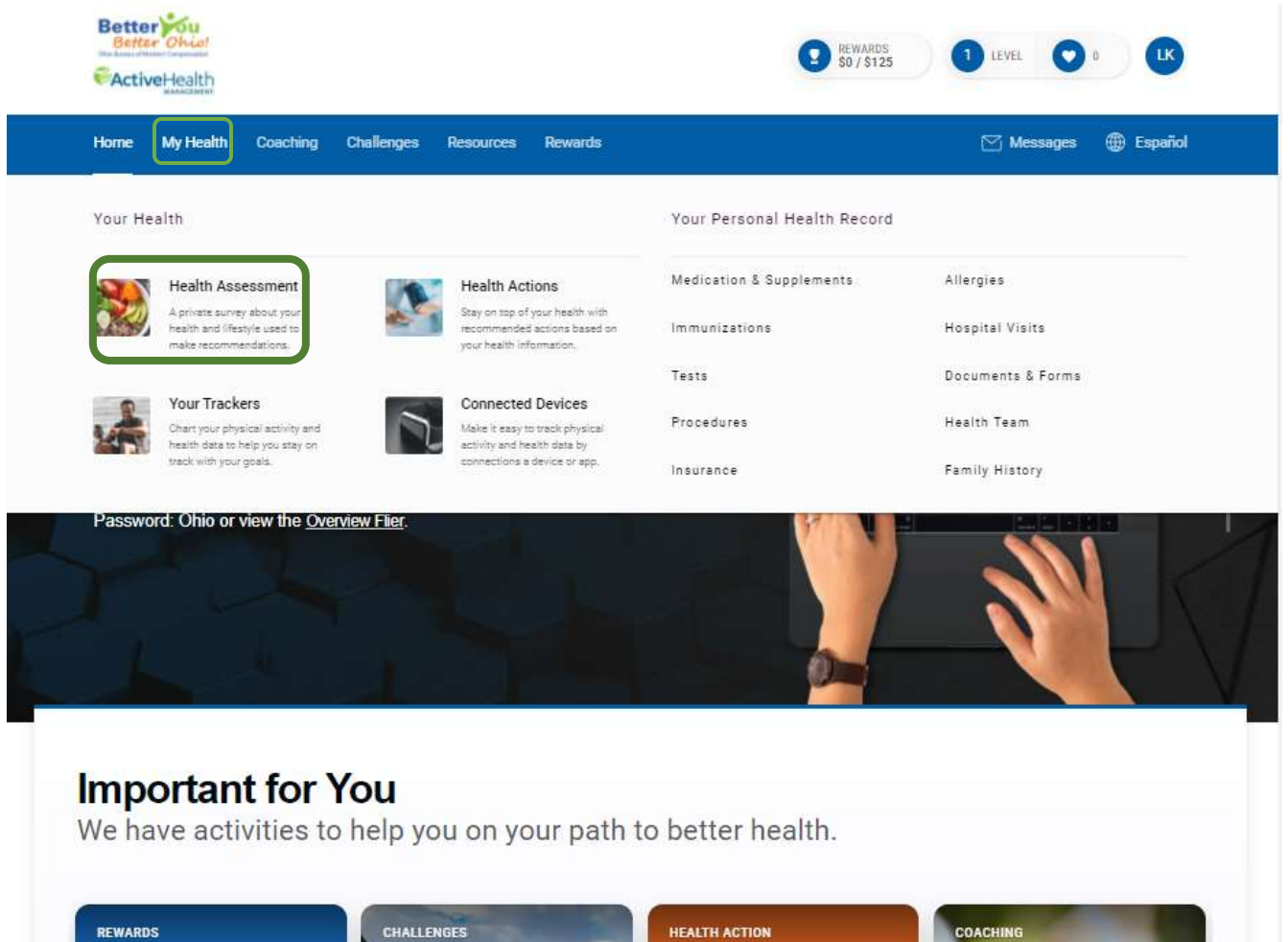
Enter your 5 digit zip/postal code

Back Continue

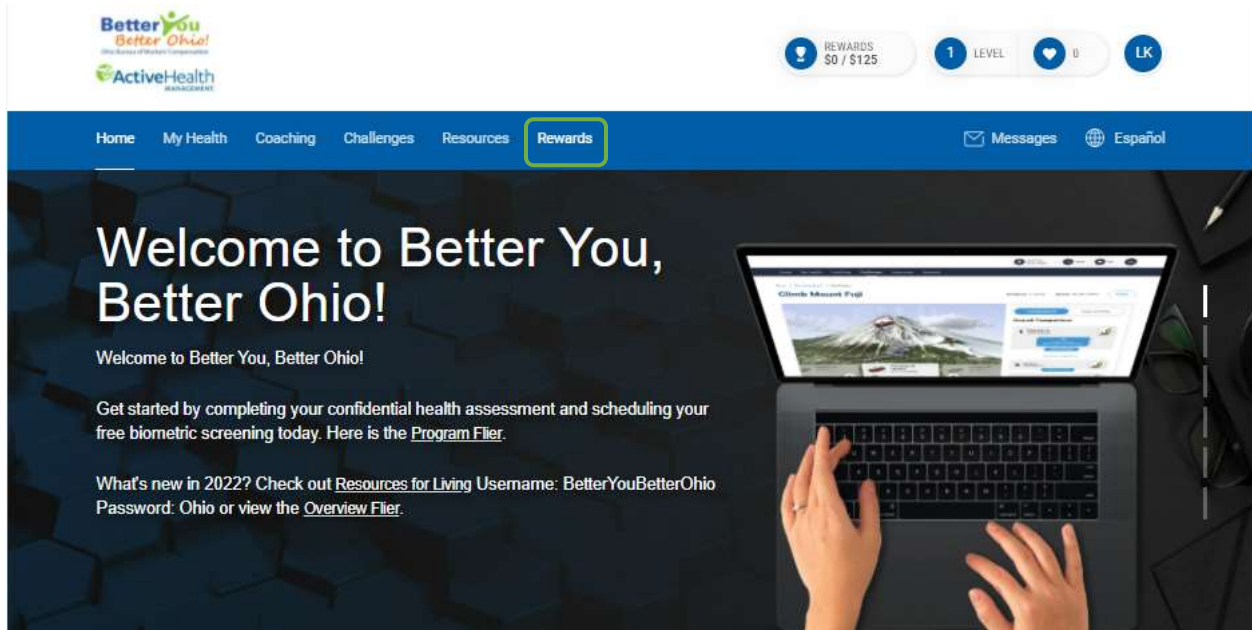
Cancel

4. Complete the online Health Assessment

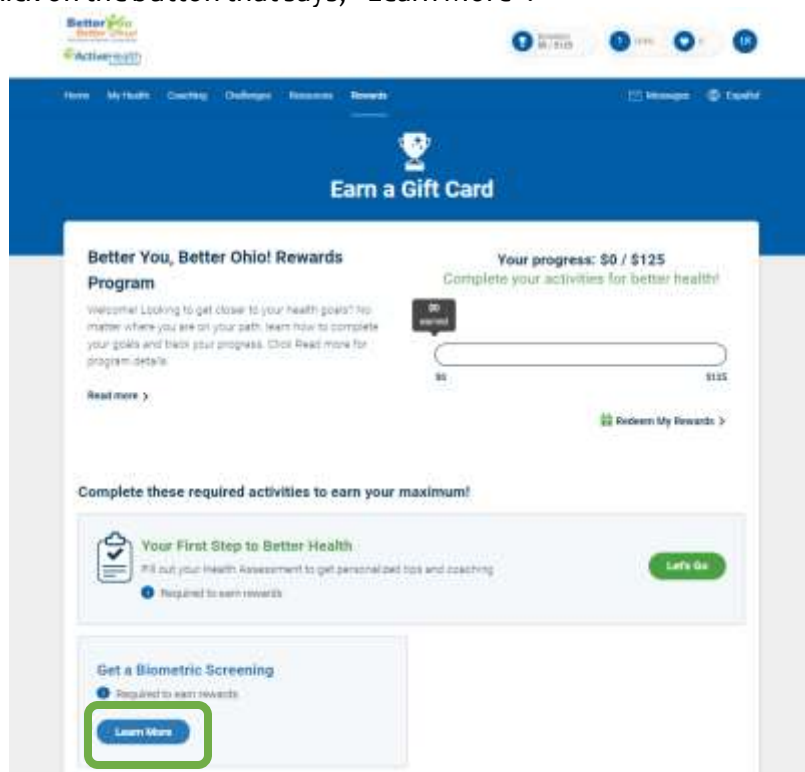
- a. Log into your account using the following link: [ActiveHealth Management \(myactivehealth.com\)](https://myactivehealth.com)
- b. In the section titled "My Health" click on the image and text labeled "Health Assessment"
- c. Complete the health assessment. It takes about 10 minutes and is confidential.



5. Complete your biometric screening:
  - a. Log into your account using the following link: [ActiveHealth Management \(myactivehealth.com\)](https://myactivehealth.com)
  - b. Click on the “Rewards” Tab towards the top of the main page



- c. Scroll about half-way down the page and find the section that says, “Get a Biometric Screening”.
- d. Click on the button that says, “Learn More”.



- e. When the new page appears, click on the link that says, “click here for Quest Biometrics”.

**Earn a Gift Card**

[View All Rewards](#)

### Get a Biometric Screening

**Get a Biometric Screening**  
**When can I select a biometric screening option? The biometric screening program begins Feb. 1, 2022.**  
**After Feb. 1, 2022** read the directions below the [click here for Quest Biometrics](#)  
**Did you get an email from Quest?** And you're ready to do your biometric screening. You can get started below. *If you just signed up for Better You, Better Ohio, you may need to wait 1-2 days to schedule with Quest.* If you see an error message, please check back in 1-2 days to allow for your registration to process with Quest and allow access to the Quest online site.  
Your biometric screening can include measurements of your glucose, lipid panel, height, weight and waist circumference. It may also include your blood pressure if available.

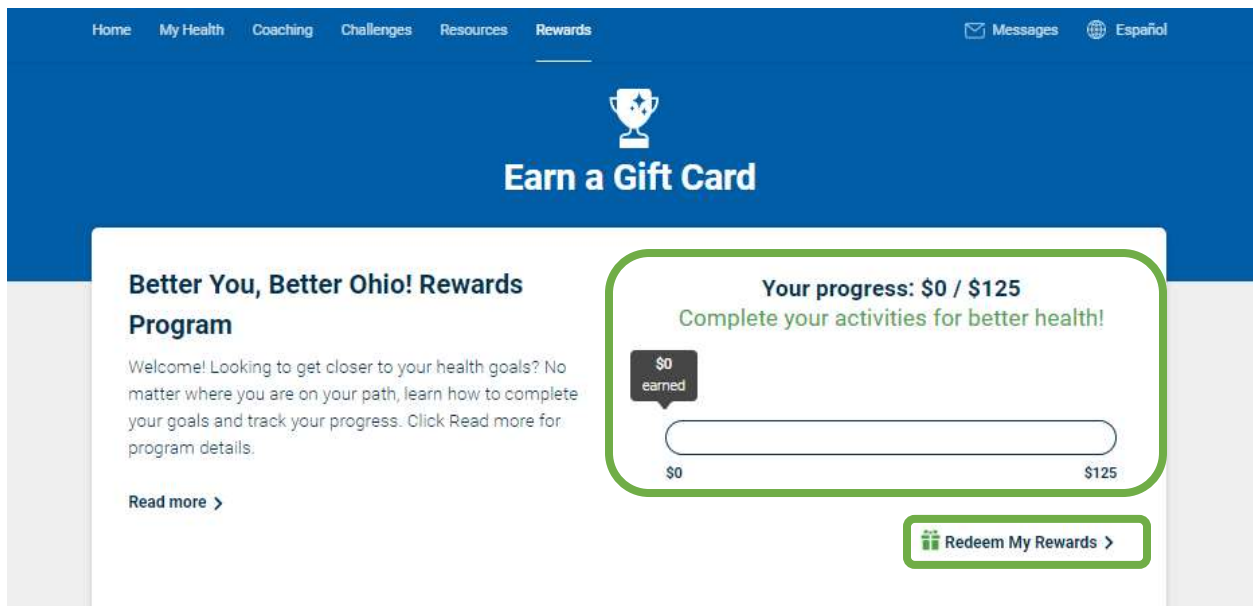
- e. Select the method of screening you would like to complete. You can choose: “At a Patient Service Center”, “At an Event”, “Physician Results Form”, or “Self-Collection”.
1. If you choose “At a Patient Service Center”, you will schedule an appointment at a Quest Location near the zip code you chose to enter.
  2. If you choose “Physician Results Form”, you will be responsible for any co-pay with your physician.
  3. If you choose “Self-Collection”, you will receive an At-Home Test Kit. The At-Home Test kit includes everything you need except a way to get blood pressure. It only takes a small pin prick on your finger.

## Wellness Screening

To get started, select an appointment method below.

<h3>At a Patient Service Center</h3> <p>Schedule an appointment at a nearby Quest Diagnostics location.</p> <p><a href="#">Schedule a Screening ▶</a></p>	<h3>At an Event</h3> <p>Attend an event at work or a location designated by your organization.</p> <p><a href="#">Make an Appointment ▶</a></p>
<h3>Physician Results Form</h3> <p>Download a form that your health provider completes with your recent test results.</p> <p><a href="#">Order Form ▶</a></p>	<h3>Self-collection</h3> <p>Order materials to complete your self-collection.</p> <p><a href="#">Order Materials ▶</a></p>

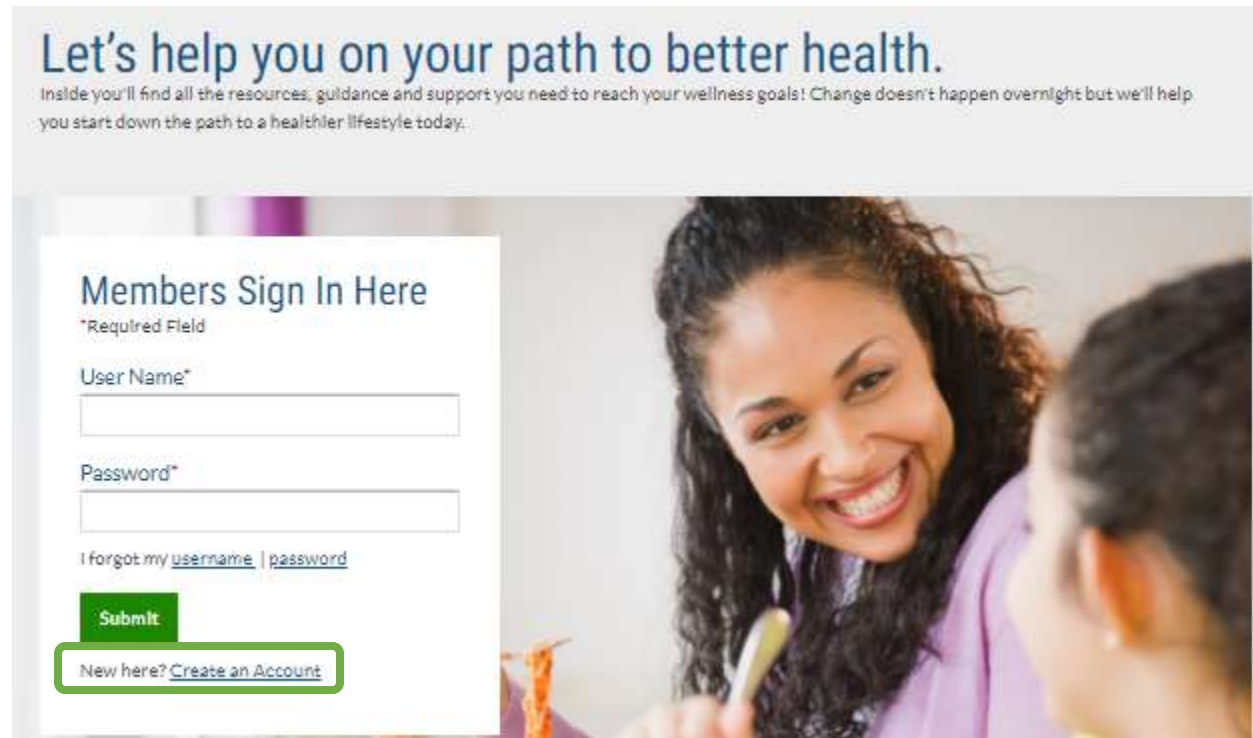
6. You will receive your results from the screening
  - a. It will take 5 – 7 days to receive your results if you used a Physician Form or At-Home Test Kit
7. Claim your rewards!
  - a. After your biometric screening, log into your account using the following link: [ActiveHealth Management \(myactivehealth.com\)](https://myactivehealth.com)
  - b. Click on the “Rewards” Tab towards the top of the main page
  - c. You will see a progress bar in the upper right corner of the webpage that shows your rewards. You can click on the link that says “Redeem My Rewards”



- d. You will be able to see the rewards you have earned, rewards you have requested, and if you have any rewards remaining.
  - e. After clicking “Redeem for Reward Card” you can select what gift card you want.
    1. If gift cards are mailed to you it may take up to two weeks.
    2. You can request an electronic gift card and will receive that within 24 hours.
8. Continue to log in for health education
  - a. The health education on your portal regularly changes and is updated.
  - b. There are health challenges, videos, and flyers you can use.
  - c. ActiveHealth also host periodic giveaways for things like Apple Watches or Fitbits based on your participation with the Member portal. The more you visit and interact, the greater your chances are of winning!

## For Employees Who Were Registered by their Employer or BWC

1. After receiving confirmation from your employer, you will receive an email from Quest to create your account on the Active Health portal. Please use the link provided in your enrollment confirmation email. It will direct you to this site: [Better You, Better Ohio! ActiveHealth](#)
  - a. On this page, towards the bottom of the Log in Box, select the “Create an Account” link.



- b. If you didn't receive an email from Quest:
    - a. Please check your junk or spam folder, or
    - b. Click on the link in the step above and try to sign up anyway.
    - c. If you need additional help please, call **855-206-1306** or email [AHMBYBOInquiries@activehealth.com](mailto:AHMBYBOInquiries@activehealth.com)
    - d. If you are still having trouble signing up, please contact BWC at
    - e. If that doesn't work, contact BWC at [Better You, Better Ohio! Email](#)
2. Once the registration is complete follow **steps 2a** above to learn how to:
    - a. Create your own personal health account
    - b. Complete your Health Risk Assessment
    - c. Complete your Biometric Screening
    - a. Earn your rewards and continue your health education!