

Feel better, get active and be healthier

with Better You, Better Ohio!™



Don't miss out! Your wellness program includes:

Health Coaching

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.

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.

Your personal health website and app

We've made it easy to track your activity, get wellness advice, find healthy recipes and more. You'll find it online on MyActiveHealth, which is your personal health website. You can also use the Sign in to the website or the app after you enroll in Better You, Better Ohio!

24-hour Nurse Line

You can get clear, simple answers to your health and well-being questions from a registered nurse at any time. And there's no charge to you.



And earn reward cards as you work on your health:

- **\$75 reward card** when you complete your online health assessment and a biometric screening
- **Plus \$50 reward card** when you do virtual group coaching or one-on-one coaching over the phone
- **Plus \$50 reward card** when you track your physical activity in [MyActiveHealth.com](https://www.myactivehealth.com)

Questions? We're here to help.

Scan the QR code, call **855-206-1306** or email AHMBYBOInquiries@activehealth.com



Enroll today at Go.ActiveHealth.com/BetterYouBetterOhio

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 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.

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