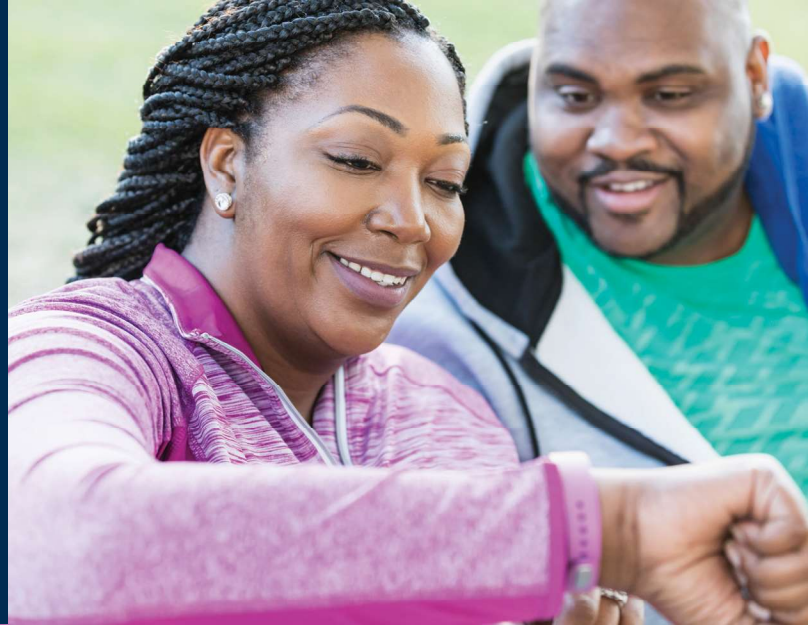


PROGRAM OVERVIEW

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 AHMBYBInquiries@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.



REWARDS

Get on the path to better health with Better You, Better Ohio!™ and earn a

\$75 reward card
Get started today



Earn your \$75 reward card in three easy steps:

- 1** Go to Go.ActiveHealth.com/BetterYouBetterOhio. See if you're eligible and enroll.
- 2** After you enroll and register, log in to your health website. Then complete the online health assessment.
- 3** Follow the instructions on your health website to get a biometric screening.



Ready to get your reward?

After you complete the health assessment and biometric screening, log in to your health website and click on Rewards. Follow the steps to request your reward card.

Want to earn more rewards?

Get up to an additional \$100 for coaching and physical activity tracking. Follow the steps in your health website.

Don't miss out. Better You, Better Ohio! is a free program for eligible workers in Ohio.

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



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.



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

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.

ActiveHealth, the ActiveHealth Management logo, and MyActiveHealth are trademarks of ActiveHealth Management, Inc.
 © 20203ActiveHealth Management, Inc. All Rights Reserved. 01/23

ONSITE SCREENINGS



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. Then select your onsite screening.

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.

ActiveHealth, the ActiveHealth Management logo, and MyActiveHealth are trademarks of ActiveHealth Management, Inc.
© 2023 ActiveHealth Management, Inc. All Rights Reserved. 01/23

tA23665

GROUP COACHING

Let's get healthy together

Join group coaching

Want some support as you work to improve your health? One of our group coaching classes might be right for you.

You can join live, online classes led by experienced coaches. With group coaching you can:

- See programs recommended for you
- Join weekly 30-minute sessions that fit your schedule
- Follow weekly plans that can help you improve your health
- Make small changes, one at a time
- Join from wherever you are

You can use the chat function to answer questions and reach out to the instructor.

Sign up for one. Come back for more.

Topics may include:

- Managing your weight
- Healthy eating habits
- Being active
- Quitting tobacco
- Managing stress
- Getting enough good sleep
- Reduce your risk for conditions like:
 - Pre-diabetes
 - Diabetes
 - High blood pressure

Ready to get started? It's easy.

1. Go to www.MyActiveHealth.com/betteryoubetterohio and sign in.
2. Click on the **Coaching** tab in the top menu bar.
3. Look for the **Join Group Coaching** title. Scroll through the topics and click **Let's go** to find available times.

© 2023 ActiveHealth® Management, Inc. 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.



WELLNESS SUPPORT

Feel better,
together

Achieve your best health with support

Did you know that you have access to coaching sessions by phone? Think about your health goals and what they might be. Do you want to know how to eat better? Sleep better? Maybe you want to quit tobacco or learn how to cope with stress. Whatever you want to work on, health coaching can help you make changes for a healthier you. At your convenience — and on your terms.

There for you at every step



With health coaching, you can:

- Have help setting and reaching your goals
- Join Healthy You sessions for tips on healthy living
- Track your health on your member website or mobile app
- Enjoy making healthy, lasting lifestyle changes

Ready to get started? Call 855-206-1306 and ask to schedule a 15 minute session with a coach.



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.

ActiveHealth, the ActiveHealth Management logo, and MyActiveHealth are trademarks of ActiveHealth Management, Inc.

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 both a biometric screening and a health assessment.

What is the deadline for earning the biometric screening reward?

We must have your screening results by December 29, 2023 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 now. Don't delay!

Are there different screening options?

Yes. There are different screening options.

- You can use a 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. You can find the last date to request forms or kits in your personal health portal after you register. Just visit 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 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. 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.

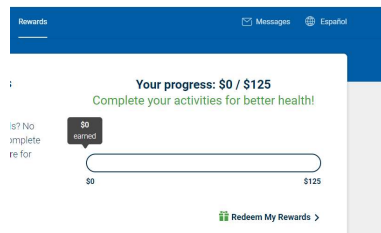
Need help? Just call 855-206-1306. Or you can email AHMBYBOInquiries@activehealth.com.

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.



Here's how to select your reward

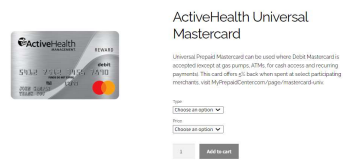
1. Go to www.myactivehealth.com/betteryoubetterohio
2. Click the  icon for Rewards Center.
3. Below your progress bar click "Redeem My Rewards".



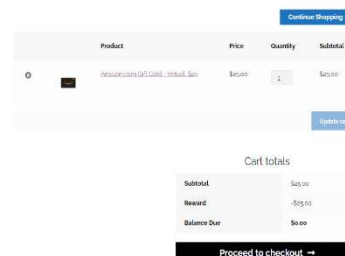
4. Next click "Redeem for Reward Card".



5. Select the card you want to redeem.
6. Select the amount of the reward you want to redeem.



7. Confirm your selection and click "Proceed to checkout" when ready.



8. Confirm your name and email address or mailing address for physical cards. If you want to use a different email address, you need to contact ActiveHealth via email at ahmbyboinquiries@activehealth.com
9. You will receive a confirmation email from betteryoubetterohio@blackhawkrewards.com. The email containing your e-card code is from yourdigitalreward@blackhawkrewards.com.