

PATHWAYS TO WELLNESS

Step 1: ASSESS YOUR HEALTH

- Complete your biometric screening through an on-site screening or through your physician: **Earn \$75**
- Complete your Gallup-Healthways Well-Being 5™ survey: **Earn \$50**
BONUS: Submit BOTH by Nov. 30, 2015: **Earn another \$25**

Step 2: TAKE ACTION – It's Your Choice!

- Complete the Coaching Pathway; OR **Earn \$200**
- Complete the Online Pathway

COACHING PATHWAY

Prerequisite: Well-Being 5 survey and biometric screening must be completed prior to earning a reward for the Coaching Pathway.

- Complete four telephonic coaching sessions.

OR

ONLINE PATHWAY

Prerequisite: Well-Being 5 survey must be completed prior to starting your Online Pathway.

1. Complete your online Well-Being Plan.
2. Choose five of the online tools below to help you achieve your wellness goals. Each of the five online tools you choose must be completed 10 times.
 - Exercise and Fitness tracker
 - Steps tracker
 - Weight tracker
 - Food log
 - Servings tracker
 - View/Read/Listen Resources – view online videos or read online stories.
 - Journal Entry – update your personal wellness journal.
 - Complete Action Item – complete an action item assigned within a certain focus area or by a personal health coach.

Reward cards are considered taxable compensation. The taxes on the amount of your reward will be deducted from your paycheck.

For more detailed information about rewards and the *Take Charge! Live Well!* program, go to the *Take Charge! Live Well!* website at ohio.gov/tclw and click on the **Program Guide** button.