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Have you started your healthy living program?



This is the second year the State of Ohio is offering employees and their families the opportunity to participate in the health and wellness initiative Take Charge! Live Well! State employees and their spouses enrolled in a state health plan are eligible to participate and may earn up to \$200 in cash!

Getting started is easy...

Take the health assessment and use your individualized report to make a plan for your health. If you participated in 2008 you may take the health assessment again.

Confidential telephone health coaching is one of the many benefits you are eligible to receive as a State of Ohio health plan participant.

- ★ Take the call when the health coach calls! All discussions are confidential.
- ★ Attend a health screening scheduled at over 50 work sites this year.
- ★ To view scheduled health screenings visit... Ohio.gov/takechargelivewell
- ★ Call the nurse advice line for help 24/7. Look for the Nurseline postcard and magnet in your mail.

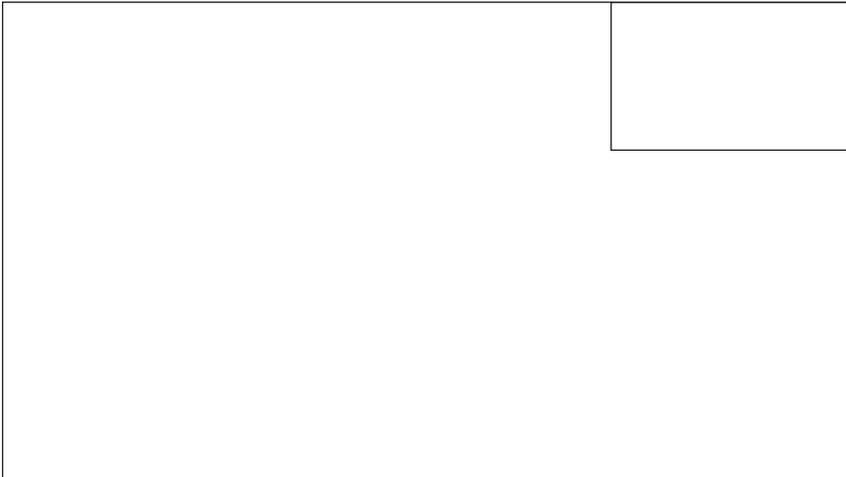
Confidentiality...

The information you provide Take Charge! Live Well! is confidential, as are your results. The state receives aggregate information only which is used to design future health management programs.

Earn up to \$200...

The Take Charge! Live Well! incentive re-started July 1. Earn up to \$100 for you and \$100 for your spouse!

visit: ohio.gov/takechargelivewell



Take Charge! Live Well! Champions Share Their Stories of Success...

"I took the Take Charge! Live Well! Health Assessment and used the report's suggestions for stabilizing my blood sugar levels. Participating in the road show health screening has helped keep me on track. I'm continuing to lose weight and I have more energy. I received a good report from last doctor visit!

Take Charge! Live Well! gives me the tools I need to help ask good questions at doctor visits."--
Penelope Dillard-State Medical Board

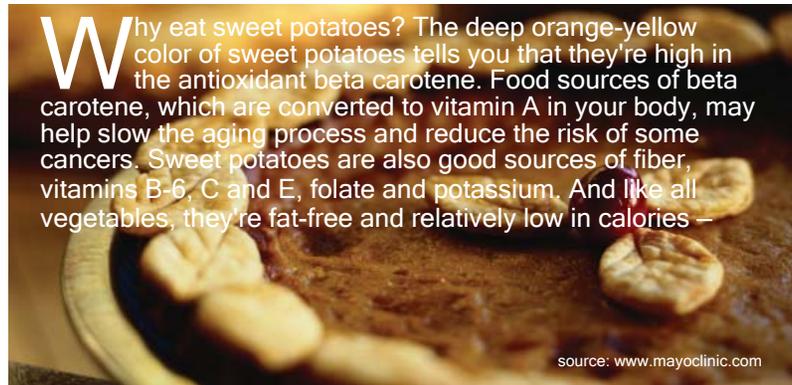
"I was motivated by the \$50 incentive to take the online assessment. Once I took it, I found I was at risk for several conditions, so I scheduled a doctor's appointment. Now I have my health conditions under control and have lost 30 pounds. I feel better and have more energy."

--*Fred Nelson-Ohio River Valley
Juvenile Correctional Facility
Department of Youth Services*

I took the health assessment, and I attended the Road Show. Now I'm working with my online health coach and finding the program very helpful. I started a new eating plan in June, and I've lost 45 pounds. Now I'm adding in exercise. I really enjoy these

programs, and they've helped me make real changes in my life. I feel healthier and more energetic."

--*Kelly Humb-Industrial
Commission*



Why eat sweet potatoes? The deep orange-yellow color of sweet potatoes tells you that they're high in the antioxidant beta carotene. Food sources of beta carotene, which are converted to vitamin A in your body, may help slow the aging process and reduce the risk of some cancers. Sweet potatoes are also good sources of fiber, vitamins B-6, C and E, folate and potassium. And like all vegetables, they're fat-free and relatively low in calories --

It's time to...

Existing participants of Take Charge! Live Well!...it's time to recommit to your health and wellness program!

ohio.gov/takechargelivewell

Take Charge! Live Well! Tips:

- ★ Take the Health Assessment
- ★ Talk to your health coach
- ★ Attend a Brown Bag meeting
- ★ Schedule routine exams
- ★ Attend a Road Show



Top Ten Great Healthy Foods!

1	Almonds
2	Apples
3	Blueberries
4	Broccoli
5	Red Beans
6	Salmon
7	Spinach
8	Sweet Potatoes
9	Vegetable Juice
10	Wheat Germ

Top Ten Healthy Foods retrieved via www.mayoclinic.com