

Complete all 3 steps and receive...



Each person who successfully completes all three steps in the Healthy OHIO program will receive a **\$120** (\$10 per month before taxes, for one year) insurance premium reduction. If both the OU employee and spouse/partner complete all three steps, a **\$240** insurance premium reduction (\$20 per month before taxes, for one year) will be added to the OU employee's paycheck. The reduction will begin January 2012.

*Healthy OHIO
Dates to Remember:*
Health Screenings: September 26 - November 3
Personal Wellness Profile: October 3 - November 25
Health Coaching: October 10 - December 2

*Call WellWorks today
to schedule my
FREE health screening!
593-2093*

Ohio University Human Resources
169 West Union Street
593-1636
www.ohio.edu/hr
hrweb@ohio.edu

WellWorks
Grover Center E124
593-2093
www.ohio.edu/wellworks
wellworks@ohio.edu

Healthy OHIO



Look inside.
You're going to *love* it...

<http://www.ohiou.edu/wellworks/HRA.htm>



OHIO
UNIVERSITY

<http://www.ohiou.edu/wellworks/HRA.htm>

We care about your health. That's why for the fourth year, the Healthy OHIO wellness initiative is returning for you and your spouse/partner. When you participate in Healthy OHIO, you'll receive a greater awareness of your personal health and wellness and receive a \$120 per person insurance premium reduction! All of this from just three simple steps...

Step 1: Free Health Screening



Health screenings are private, quick and confidential. Screenings typically take 15-20 minutes.

Monday—Thursday
September 26th—November 3rd
7:00 a.m.—9:00 a.m.
Human Resources and Training Center
located at 169 W. Union St.

To begin your participation in Healthy OHIO, call WellWorks at 593-2093 to schedule your free health screening.

Step 2: Personal Wellness Profile™

After you receive your results from your health screening, you can complete the online Personal Wellness Profile™ (PWP™) from your own computer. The PWP™ is a survey containing items about medical history and health habits.

Personal Wellness Profile™ Report

Upon completing the PWP™ you will print out a personalized health summary report that provides an overview of your health, your disease risk, and suggestions for improving your health.



Step 3: Individual Health Coaching

Individual health coaching sessions will be held at WellWorks located in Grover Center E124 **October 10th—December 2nd**. The purpose of the coaching is to help you better understand your results and provide you with health information and resources available to assist you with your next step.

