Healthy OHIO
A WellWorks initiative

2017 Updates and Improvements: Health Screenings & Virgin Pulse
NEW! Who’s Eligible to Participate in Health Screenings and the Virgin Pulse Program?

- Medical Benefits Enrolled OHIO Employees and their enrolled Spouses/Partners
- Effective starting October 1\textsuperscript{st}
Health Screenings will be held throughout October & November

You have 3 Convenient Options for Screenings:

1) Ohio Health Athens WorkHealth Clinic, Castrop Center 3rd Floor
   - October 2nd - November 30th, 7 a.m. - 4 p.m.
   - Schedule by calling: 614-566-9675
Health Screenings, continued

2) Baker Center 2nd Floor Corridor
   - Wednesday, October 18th, 8 a.m. - 6 p.m.
   - Schedule by visiting the link provided in e-mails from WellWorks (also found on the WellWorks website)
   - Difficulty scheduling? Call WellWorks at: 740-593-2093

3) Physician Screening Form
   - October 1st - November 30th
   - Available on the WellWorks Website > Healthy OHIO > Health Screenings
NEW! $60 Reward for your Health Screening

One simple step:
► When you complete your Health Screening, $60* will be added to your January 2018 paycheck
► *Cash reward appears on OHIO Employee’s Paycheck as “Healthy OHIO line item”, taxed as income
Have you tried out Virgin Pulse Yet?

✓ Set and track well-being goals in nine thrive areas
✓ Receive daily well-being tips
✓ Challenge yourself, and friends, to follow healthy habits
✓ Join OHIO-wide step challenges
✓ Take advantage of **free** online learning modules called “SelfHelpWorks” to reduce stress, stop smoking, learn more about nutrition, lose weight, control alcohol, manage diabetes, and get more active.
✓ EARN POINTS and EARN $$$!
NEW! Up to $200/year in rewards for engaging with Virgin Pulse

- Engage with Virgin Pulse via your Member Portal and you’ll EARN POINTS to receive up to $50* each quarter!
- *Points and $$$ are Awarded (and reset) Quarterly
  - Level 1: ≥ 5,000 points: $5
  - Level 2: ≥10,000 points: additional $10
  - Level 3: ≥15,000 points: additional $15
  - Level 4: ≥20,000 points: additional $20
Rewards through Virgin Pulse

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<tr>
<th>VIRGIN PULSE POINTS EARNED</th>
<th>OHIO REWARD</th>
<th>CUMMULATIVE OHIO REWARD</th>
<th>YEARLY TOTALS BY LEVEL</th>
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Get Started with Virgin Pulse Today!

- OHIO Employees: visit healthy.ohio.edu > use single sign-on (i.e. alpha-numeric portion of your e-mail address [bobcatr1@ohio.edu] and your password)

- OHIO Spouses/Partners: find login instructions online at: ohio.edu/wellworks > Healthy OHIO > Virgin Pulse
There’s an App for That! Installing the Virgin Pulse App.

*Ladies and Gentlemen, bring out your phones...*
iPhone Users:

- Step 1: Go to the App Store

Android Users:

- Step 1: Go to the Play Store
iPhone Users:
- Step 2: Search for “Virgin Pulse”

Android Users:
- Step 2: Apps & Games Tab
iPhone Users:

- Step 3: Hit “Get”

Android Users:

- Step 3: Search Virgin Pulse, Hit “Install”
iPhone & Android Users:

- Final Step: Enter the username and password you’ve created for yourself (on the Virgin Pulse website)
More Questions? Visit:  ohio.edu/wellworks
That’s All, Folks!
Questions?