

# Move up to better health

Want to turn over a healthy new leaf, but don't know where to start? With **Better You, Better Ohio!** you'll discover simple ways to lose weight, get active and just feel better. And it won't cost you a thing.

## Get started

Take charge of your health with free tools from **ActiveHealth® Management**



**Quick and easy health assessment** that provides a picture of your current well-being

**Biometric screening** that measures blood sugar, blood pressure and body mass

**Member health site** that lets you track food, exercise and weight

**Lifestyle and condition coaching** on more than 40 health topics

**Mobile app** that makes it easier to stay healthy, wherever you go

**Earn \$75**

**You can get a picture of your current health by taking a health assessment and getting biometric screenings. And eligible participants can earn a \$75 gift or credit card.\***

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.

Get started today at  
[go.activehealth.com/betteryoubetterohio.](https://go.activehealth.com/betteryoubetterohio)

\*Eligible employees must meet **all** conditions below:

1. Your employer has **50 or fewer employees**.
2. Your employer does **not** have a **health and wellness program** for its employees.
3. Your employer is in any of the following industry sectors: **agriculture, automotive repair and service, construction, firefighting, healthcare, manufacturing, police and public safety, public employees, restaurant and food service, transportation and trucking, trash collection, or wholesale and retail.**

The information provided by the ActiveHealth Management health and wellness programs is general in nature. It is not meant to replace the advice or care that employees get from their doctor or other healthcare professional. If employees have specific healthcare needs or would like more complete information, they should see their doctor or other healthcare provider.

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