

Better You™ Better Ohio!

Ohio Bureau of Workers' Compensation

Discover a healthier you!

With **Better You, Better Ohio!**™ you'll find simple ways to lose weight, get active and just feel better. Better still, you can earn a financial reward by completing a few simple tasks. Take charge of your health and wellness today with **FREE** tools, including a quick and easy health assessment, biometric screening, lifestyle and condition coaching, and much more!

Get started today

Visit go.activehealth.com/BetterYouBetterOhio and click on Request to enroll. Soon after, you'll receive an email confirming your eligibility with instructions on creating your member account.

It's as easy as 1-2-3!

- 1 Create your Better You, Better Ohio!™ member account**
After receiving your confirmation email, visit www.myactivehealth.com/BetterYouBetterOhio then click the Create an Account link.
- 2 Complete your health assessment**
 - Log in to your account at www.myactivehealth.com/BetterYouBetterOhio.
 - Click the Rewards link at the top right of the page.
 - Click the link that says Step 1 - Complete Your Health Assessment.
 - Complete assessment, review your results and start taking actions to improve your health.
- 3 Complete your biometric screening**
 - Log in to your account at www.myactivehealth.com/BetterYouBetterOhio.
 - Click the Rewards link at the top right of the page.
 - Click the link that says Step 2 – Schedule Your Biometric Screening.
 - Click Get Started then click Participate Now. From there, follow the steps to schedule your appointment, print a physician form or request an at-home test.
 - After scheduling an appointment, you'll receive confirmation and reminder emails.

Your individual health information is private and confidential. ActiveHealth does not share it with your employer or the Ohio Bureau of Workers' Compensation.

Earn \$75

Complete a health assessment and get a biometric screening for a snapshot of your health. Eligible participants can earn a \$75 gift card or credit card.



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