



For Immediate Release
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Improvements made to employee wellness program Web site

COLUMBUS – To improve employee access to health resources, the State of Ohio's health and wellness program's Web site recently was redesigned.

"The Web site was built around the concept of ease of navigation," said Bruce Gilbert, administrator for the DAS Office of Benefits Administration Services. "It was designed to be easy to browse and allow visitors to obtain information with minimum effort. Our goal was to assure that even a person using the Internet for the first time could get the information they wanted quickly and easily."

Changes to the *Take Charge! Live Well!* Web site include the addition of a healthy recipes section, resource links to parks and recreation activities throughout the state, daily articles about healthy living and a reader poll.

Wellness coordinators from each state agency also now can schedule and post information about wellness activities directly to the Web site. This ensures employees are provided the most up-to-date information about the health resources available to them.

"By concentrating on creating a user-friendly, interactive site and making sure that the content is well-crafted and easy to read, we can engage employees and encourage them to live healthier and happier lives," Gilbert said.

The *Take Charge! Live Well!* program is open to all state employees and their spouses currently enrolled in a state health insurance plan.

Through the program, employees can participate in health assessments, receive personal health coaching, preventive care reminders and join lifestyle behavior change programs.

For more information about the program, please contact Susan Bythewood Russell at (614) 728-9337 or visit the *Take Charge! Live Well!* Web site at <http://tclw.das.ohio.gov/>.