

# Postcard from the path...



# OhioDAS

...walking together down a path of  
wellness, through insight and  
information for a healthy workforce.

## Take Charge! Live Well! year begins July 1

*Take Charge! Live Well!*, the state's health and wellness program, provides you with access to valuable tools, information and services to assist you in making healthy lifestyle choices. Beginning July 1, the State of Ohio and the Joint Health Care Committee will partner with APS Healthcare to be the sole provider of the 2009-2010 *Take Charge! Live Well!* program.

If you are currently working with a health coach from Aetna or United Healthcare, you will soon receive a welcome letter from APS.

For more information, please visit [Stateofohio.apshealthcare.com](http://Stateofohio.apshealthcare.com) or contact APS Healthcare at 866.272.5507 from 8 a.m. to 8 p.m. Monday through Friday.

### Nurse Advice Line

*Take Charge! Live Well!* provides you with 24/7 access to professional nurses for a variety of medical questions or concerns. Nurses are available to give you information to help you make an informed decision regarding your health care. Some of the medical concerns that the Nurse Advice Line can assist you with include, but are not limited to: decisions about going to the emergency room, questions about what to do if your child is sick, common illnesses, nutrition, medications and injuries.

### Personalized Wellness Coaching

A team of qualified, professional Wellness Coaches, including nurses, dietitians and counselors are available to personally assist you with meeting your wellness goals. Contact your Health Coach to determine a convenient schedule to talk about your health and wellness needs. You will earn a \$50 incentive when you work with a Health Coach.

*As always, the confidentiality of your personal health information is legally protected.*

Diane Tobias,  
Rehabilitation  
Services  
Commission

"My Health Coach has always shown genuine concern for me in the challenges of managing my diabetes and valued my questions by getting me answers. I recently contacted her for an opinion and not only did she give me her ideas, she polled other nurses and contacted the dietician to get me more options. I think one of my main regrets in retirement will be having to say 'goodbye' to all the support I've received from my Health Coach."

## New year begins July 1, 2009

Earn incentive rewards before June 30. Have you earned your full **\$100 Take Charge! Live Well!** incentive? If not, hurry! All incentive activities for fiscal year 2009 must be completed by June 30. Go to [ohio.gov/tclw](http://ohio.gov/tclw) to take your health assessment.

### Starting July 1 - To take your annual Health Assessment, follow these steps:

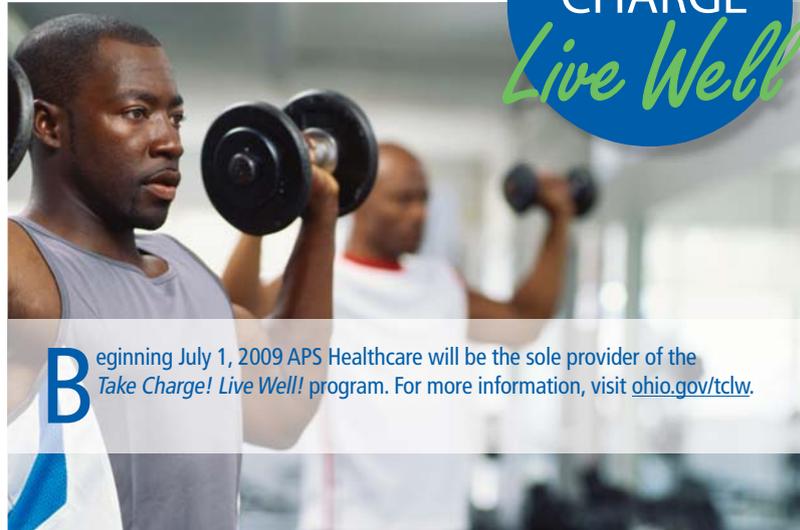
#### First-time users:

1. Go to [stateofohio.apshealthcare.com](http://stateofohio.apshealthcare.com) and click on the **Sign Up** button at left to get started.
2. Complete the user registration to log on. **Note: Your member ID number is your eight-digit OAKS System employee ID number.**

3. Select **Sign Up**.
4. Once your information has been verified, the **Profile** screen will appear. **Follow the instructions on the screen carefully to complete your Profile.**
5. When finished, select the **Update** button.
6. The **Agreement** screen will appear.
7. Read the **Privacy Policy** and select **Continue** to agree to the terms.
8. Select the **APS/HealthMedia** link in red.
9. Once logged on, select the **Program** button (the star) and then select the Health Risk Assessment or Program of your choice.

#### Returning users:

1. Log in at left, entering your user name and password.
2. Select the **APS/HealthMedia** link in red.
3. Once logged on, select the **Program** button (the star) and then select the Health Risk Assessment or Program of your choice.



**B**eginning July 1, 2009 APS Healthcare will be the sole provider of the **Take Charge! Live Well!** program. For more information, visit [ohio.gov/tclw](http://ohio.gov/tclw).

## TOP TEN

### Great ways to use your Flexible Spending Accounts for summer!

\*\*To participate in the Flexible Spending Account program, enroll this fall at [myfmbc.com](http://myfmbc.com).

1	Summer Day Camps <i>(Dependent Care Spending Account)</i>
2	Child Care and Elder Care Services <i>(Dependent Care Spending Account)</i>
3	Over-the-counter Analgesics and Antihistamines <i>(Health Care Spending Account)</i>
4	Diagnostic Tests/Health Screening <i>(Health Care Spending Account)</i>
5	Hearing Aids and Exams <i>(Health Care Spending Account)</i>
6	Optometrist Fees <i>(Health Care Spending Account)</i>
7	Orthodontic Treatment <i>(Health Care Spending Account)</i>
8	Weight Loss Programs/Meetings <i>(Health Care Spending Account)</i>
9	Smoking Cessation Programs/Treatment <i>(Health Care Spending Account)</i>
10	Nursing Services <i>(Health Care Spending Account)</i>

For more information go to [www.myfmbc.com](http://www.myfmbc.com), under the Resources section and select Eligible Healthcare Expenses.

### Take this Know Your Numbers Card with you to your doctor

Total Cholesterol \_\_\_\_\_  
 Glucose \_\_\_\_\_  
 HDL \_\_\_\_\_  
 LDL \_\_\_\_\_  
 Triglycerides \_\_\_\_\_  
 Blood Pressure \_\_\_\_\_