

Postcard
from the
path...

Small Changes, Big Rewards

Making too many changes at once can be overwhelming and easily lead to discouragement. Build your path to success with small changes.

Drink 8 glasses of water daily

Most people consume too many empty calories through sugary liquids and caffeinated beverages and do not drink enough water. This may result in dehydration and higher calorie consumption. Water is a natural appetite suppressant - carry water with you to remind you to drink it.

10 minutes at a time is just fine

Exercise does not need to take hours out of your day. Aim to get in at least three 10-minute sessions every day — on breaks, before or after work. Studies show that 10 minute increments have the same outcome and may provide more energy throughout the day. Increase physical activity by parking farther away, taking the stairs or walking to a co-worker's desk rather than sending an email.

Eat breakfast every day

You've probably heard that breakfast is the most important meal of the day, but it is often skipped. A morning meal revs up your metabolism and keeps it burning all day long. People who skip breakfast tend to consume more calories throughout the day. Remember

that breakfast can be as simple as whole grain toast with peanut butter, yogurt and fruit, or cereal with milk.

Limit screen time

The more time you spend on the computer or watching TV, the less active you are. Cut back by recording your favorite TV shows and engaging in exercise while you watch.

Work with a health coach

Your health coach will help you achieve reasonable goals. Call 866-272-5507, to talk with an APS Healthcare health coach.

Source: APS Healthcare

Healthcare and Dependent Care Spending Account Reminder

The deadline for submitting claims and supporting documentation for calendar year 2009 expenses is March 31, 2010. Claims and documentation must be received by FBMC by March 31, 2010 in order to receive reimbursements and avoid forfeiting funds. For questions about flexible spending accounts, contact FBMC Customer Care Center at 1-800-342-8017. Customer Care Center Representatives are available 7 a.m. to 10 p.m. EST Monday through Friday.

Please go to das.ohio.gov/benefits to give your input on 5 quick benefits/wellness questions.

OhioDAS

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



OPEN ENROLLMENT

2010

Coming this Spring

Make sure your eligible dependents don't get left out!
Visit eBenefits.ohio.gov.
Make sure your dependents are included in each plan.

TOP TEN

Steps to Prepare for Open Enrollment

- 1 Know your OAKS user name and password.
- 2 Log on to OAKS Self Service eBenefits at eBenefits.ohio.gov.
- 3 Click on "View Paycheck." Verify your home mailing address.
- 4 Click on "Benefits" / "Benefits Summary".
- 5 View your current plan choices.
- 6 Click on each plan type to view your enrolled dependents.
- 7 Verify that your dependents are enrolled in the plans you want.
- 8 Click on each dependent's name; verify all information on the page.
- 9 If you choose to add an eligible dependent at open enrollment, gather the required documentation. For information on dependent eligibility, see the Benefits Web site at das.ohio.gov/benefits.
- 10 Report any errors in the above information to your agency HR officer.

For help with any of the steps above, call HCM Customer Service at 800-409-1205.