



Take your **Take Charge!** **Live Well!**

Health Assessment by Nov. 30 and Earn \$25!

**Employees and spouses enrolled
in the State of Ohio medical plan:**

You have until Nov. 30 to take your health assessment.
Take the 15-minute assessment to receive a personalized
wellness report and earn a \$25 incentive.

- Go to ohio.gov/tclw.
- Click on the "Health Assessments" button.
- Questions? Contact APS Healthcare at 1.866.272.5507.

Flexible Spending Account Deadline Reminder: **Use your Flexible Spending Account funds by year end.**

The deadline to use your 2011 Health Care or Dependent Care Spending Account fund is Dec. 31.
Services for these funds must be incurred prior to the end of the calendar year for reimbursement
and to avoid forfeiture. Claims and documentation must be received by March 31, 2012.





Stress Management tips

Stress comes in all shapes and sizes and everyone deals with it in different ways. Here are some tips to use when trying to reduce stress:

- **Smile and Laugh** – Both are contagious and trick our body to feel better. Rent a movie or see a comedian.
- **Pay it Forward** – Do something for someone else – good feelings rub off.
- **Move** – Even just for a minute to stretch or walk around will get your blood flowing.
- **Share Tasks** – Do not be afraid to ask for help with shopping, errands, cleaning, care giving and other tasks. You don't have to do it all.
- **Get Organized** – Make weekly or even daily lists to check things off to see and feel accomplishments.
- **Listen to music or call a friend** – Both can relax your mind and body and help you refocus on your tasks.
- **Learn to say no** – It's okay to say no to additional responsibilities!

Source: APS Healthcare

Join the Great American Smokeout Nov. 17

Only about 4 to 7 percent of people are able to quit smoking on any given attempt without medication or other support.

To increase your chances of quitting, call APS Healthcare at 1.866.272.5507 to enroll in health coaching. Copayments are waived for tobacco cessation medications for enrollees with a doctor's prescription.

Plus, if you participate in four calls with your APS health coach, you receive a \$100 incentive.

