Take Charge | Live Well

EMOTIONAL HEALTH RESOURCES

Get the support you need, anytime, anywhere.

Dive deeper into healthy activities, resources, and features to enrich mental well-being. If you're looking for motivation to make changes — this is it. Focus on your mental health and use the vast array of expertise right at your fingertips. These resources can help you relieve stress, build resilience, get active, get organized, and, most importantly, feel better and stay better.

Sign up now: join.virginpulse.com/stateofohio
Already a member? Visit **das.ohio.gov/wellness** and click **The Hub** tile.

Download on the App Store

GET IT ON Google Play

The State of Ohio's Take Charge | Live Well program contracts with Virgin Pulse to manage wellness resources, activities, and Take Charge | Live Well program rewards for employees and spouses enrolled in the State of Ohio medical plan. Personal health information provided is not shared with the State.

TAKE CHARGE LIVE WELL

Virgin Pulse

Getting started

Sign in and learn more about the specialized resources available to you. You may participate in as many of the programs as you'd like, to enhance your experience and help you achieve your health and well-being goals.

Step 1   Open the Virgin Pulse mobile app or go to the website.

Step 2   Once you've signed in, click **Programs**.

Step 3   Choose the program(s) that will help you meet your well-being goals.

Step 4   Click **Start Now** and then **Confirm and Continue**.

Step 5   Accept the program's Terms and Conditions, if prompted.

Step 6   Download the partner program's mobile app for iOS or Android and create an account. It will sync up automatically with your Virgin Pulse program.

Learn about our emotional health resources

Coaching

Talk to a health and well-being expert to address health concerns and manage your goals. Your first 30- to 45-minute session will help you build a meaningful relationship with your coach. Then you'll work to find small steps you can take to make progress toward your goal. Discover new motivation and get personal guidance with one-on-one sessions and plan steps to help you stay on track. You could earn $25 per completed call (1x per month). If needed, you can also make referrals to the State of Ohio EAP, Optum Behavioral Health.

Schedule your coaching call online via the coaching tile on the **Programs** page or call 888-573-3113.

SilverCloud

The ups and downs of life can throw you off. Silvercloud offers online mental health programs that give you the tools and skills to feel better and, more importantly, stay better.

Wellbeats

Wellbeats offers more than 30 channels and hundreds of virtual fitness classes with something for every age, stage, and ability. User-friendly filters make it easy to find exactly what you're looking for. Access classes from 1–60 minutes in length in a wide variety of stages and difficulties. Wellbeats also offers content on emotional activities such as yoga, mindfulness, and more. You could earn $50 for every 10 Wellbeats fitness classes you complete (3x per month).

Whil

Whil is a leader in mindfulness, yoga, and meditation training. Learn to feel calm, build resilience, and live better than ever while improving your emotional well-being and relationships. Access a multitude of simple audio exercises to train your brain to relax and help you calm anxiety, focus your attention, and improve your sleep.

Other resources:

Engage in resources that help you improve your emotional well-being, increase resilience, manage stress, and more — all this in bite-size steps.

Journeys®

Choose your path to better well-being by taking small, achievable steps that allow you to "try on" and build healthy habits that stick. Improve your eating habits, move more, sleep better, or manage a health condition — one step at a time.

Events Calendar

Stay organized and up-to-date with the calendar feature. Find the Events Calendar under the Social tab and view upcoming webinars and educational events so you never miss a thing.

Healthy Habit Tracker

Healthy Habits offer you bite-size ways to build a healthy routine and improve well-being. Over time, these small steps add up to big changes that'll make you successful.

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Virgin Pulse