

Feel better, get active and be healthier with Better You, Better Ohio!

Don't miss out! Your wellness program includes:



Health coaching:

Ready to do something good for yourself? Now, it's easier than ever. This personalized coaching program can help you reach your health goals. You can learn to eat better, get more active and take charge of your health. You choose how to use the program. Go at your own pace with online digital coaching. Or you can work with a coach in live, group coaching sessions or one to one over the phone.



Your personal health website and app:

Managing your health can be challenging. But the tools that help you don't have to be. That's why we've made it easy to track your activity, get wellness advice, find healthy recipes and more. Whatever gets you closer to achieving your health goals. You'll find it online on MyActiveHealth, which is your personal health website. You can also use the ActiveHealth app. Sign in to the website or the app after you enroll in Better You, Better Ohio!



Health Actions:

Small actions matter — especially when it comes to staying at your best health. You'll get notifications from ActiveHealth with important steps to take to help you achieve your best health. We call these Health Actions. Track them online on your personal health website.



24-hour Nurse Line:

With the free 24-hour Nurse Line, you can get answers to your health and well-being questions from a registered nurse at any time. Whatever you need to know, we'll explain it simply and clearly. You'll get the facts you need to help you live well and feel better.

And earn gift card rewards with Better You, Better Ohio!



Earn rewards as you work on your health:

- **\$75 gift card** when you complete your online health assessment and a biometric screening
- **Additional \$50 gift card** when you do virtual group coaching or one-on-one coaching over the phone

Enroll today at Go.ActiveHealth.com/BetterYouBetterOhio

Questions? We're here to help. Call **855-206-1306**
or email **AHMBYBOInquiries@activehealth.com**

Better You
Better Ohio!
Ohio Bureau of Workers' Compensation

Better You, Better Ohio! is brought to you by the Ohio Bureau of Workers' Compensation and ActiveHealth Management. Your individual health information is private and confidential. We don't share it with your employer. And, we don't share it with the Ohio Bureau of Workers' Compensation.

Services are provided by ActiveHealth Management, Inc. Our programs, care team and care managers do not provide diagnostic or direct treatment services. We assist you in getting the care you need, and our program is not a substitute for the medical treatment and/or instructions provided by your health care providers.

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Trusted resources



Better You, Better Ohio!

Learn more about the program and enroll:

Go.ActiveHealth.com/BetterYouBetterOhio



Eating healthy

- **USDA ChooseMyPlate.gov**
Practical information and tips to help Americans build healthier diets
www.choosemyplate.gov
- **The Centers for Disease Control and Prevention**
Resources on diet and nutrition that can help you live a healthier life
www.cdc.gov/nutrition
- **Academy of Nutrition and Dietetics**
Helpful brochures, tip sheets and other resources for you and your family
www.eatright.org
- **America Heart Association**
Information on healthy eating, dining out and healthy recipes
www.heart.org/en/healthy-living/healthy-eating



Staying active

- **The Centers for Disease Control, Physical Activity**
Helpful resources on exercise, including reports and fact sheets
www.cdc.gov/physicalactivity/resources/
- **National Heart, Blood and Lung Institute**
Tools to help you better understand the need for physical activity
www.nhlbi.nih.gov/health/educational/wecan/tools-resources/physical-activity.html
- **American Heart Association**
Basic fitness information and tips for getting active
www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/Physical-Activity_UCM_001080_SubHomePage.jsp



Managing weight

- **USDA ChooseMyPlate.gov**

Practical information on how to manage your weight and live well
www.choosemyplate.gov/weight-management-calories/weight-management.html

- **Centers for Disease Control and Prevention**

Useful tools and information for better weight management
www.cdc.gov/healthyweight/index.html

- **National Heart, Blood and Lung Institute**

Facts on healthy weight and how to check your health risk
www.nhlbi.nih.gov/health/educational/lose_wt/index.html



Managing stress

- **U.S. National Library of Medicine**

A guide to better stress management, plus a video tutorial
www.nlm.nih.gov/medlineplus/stress.html

- **National Institute of Mental Health**

How stress affects your health and what you can do about it
www.nimh.nih.gov/health/publications/stress/index.shtml

- **American Heart Association**

Tips on coping with stress and living a more balanced life
www.heart.org/HEARTORG/GettingHealthy/StressManagement/Stress-Management_UCM_001082_SubHomePage.jsp



Quitting tobacco

- **SmokeFree.gov**

Information and resources for quitting smoking
www.smokefree.gov

- **American Cancer Society**

Facts on lung cancer, plus a Quit for Life program
www.cancer.org/

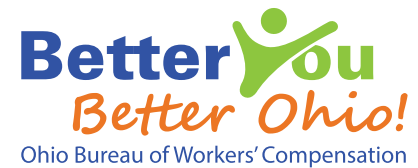
- **American Lung Association**

Help with quitting tobacco and living healthier
www.lung.org



Managing long-term conditions

- **American Heart Association**
Resources for people with cardiovascular diseases and stroke
www.heart.org
- **American Cancer Society**
Resources for people with cancer
www.cancer.org
- **American Diabetes Association**
Resources for people with diabetes
www.diabetes.org
- **Arthritis Foundation**
Resources for people with arthritis
www.arthritis.org



Questions?

Call us at 855-206-1306

or email us at AHMBYBOInquiries@activehealth.com