

# Move up to better health

## Introducing a free health and wellness program for Ohio's small businesses

Promoting better health for employees is a key to success for any business. And **Better You, Better Ohio!** is helping to make it happen. The Ohio Bureau of Workers' Compensation has launched a free new health program along with ActiveHealth® Management. Employees will have access to these helpful resources:



**Quick and easy health assessment** that provides a picture of employee current well-being

**Biometric screening** that measures blood sugar, blood pressure and body mass

**Digital lifestyle and condition coaching** on more than 40 health topics

**Mobile app** that makes it easier for employees to stay healthy, wherever they go

### Eligible employees can earn \$75

When eligible employees complete a free health assessment and biometric screening, they will receive a \$75 gift or credit card.\*

ActiveHealth does not share employees' health information with employers or the Ohio Bureau of Workers' Compensation.

**Ready to make your small business even healthier?  
Just share the attached email with your employees.**

**To learn more about this free program, call 855-206-1306  
or visit [go.activehealth.com/betteryoubetterohio](http://go.activehealth.com/betteryoubetterohio).**

\*Eligible employees must meet **all** conditions below:

1. Your employer has **50 or fewer employees**.
2. Your employer does **not** have a **health and wellness program** for its employees.
3. Your employer is in any of the following industry sectors: **agriculture, automotive repair and service, construction, firefighting, healthcare, manufacturing, police and public safety, public employees, restaurant and food service, transportation and trucking, trash collection, or wholesale and retail.**

The information provided by the ActiveHealth Management health and wellness programs is general in nature. It is not meant to replace the advice or care that employees get from their doctor or other healthcare professional. If employees have specific healthcare needs or would like more complete information, they should see their doctor or other healthcare provider.

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