



Video Transcript

Take Charge! Live Well!



Now that you've learned a little more about your benefits, what if we told you that you could earn up to \$200 through the new Take Charge! Live Well! program.

Take Charge! Live Well! is an exciting new program brought to you by the Department of Administrative Services and the state's labor-management Joint Health Care Committee, to improve the overall health of employees and families—and to help keep the cost of health care benefits manageable. Designed with you in mind, the program offers easy ways to get involved so you can start small or big, depending on your personal health goals.

Here's how it works:

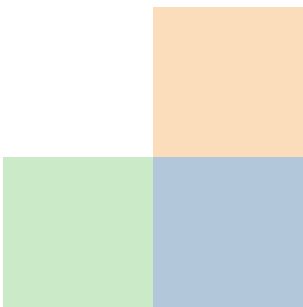
It all starts with a health assessment, (show stock shot of health assessment) which you can complete in just 20 minutes. It's quick and easy and can provide immediate results if you take it online. Completing the health assessment will earn you a \$50 incentive and it will show you areas of your health where you're doing well—and areas that might need improvement.

This assessment gives you a snapshot of your health and shows you practical steps to take so you can be in charge of your own health.

Once you've taken your health risk assessment, you'll be introduced to additional voluntary parts of the program. Participating in some of the additional services will get you an additional \$50. These include services such as:

- Personalized health coaching.
- Preventive care reminders.
- Online lifestyle behavior programs.
- Healthy living educational materials.
- Chronic condition management services.
- A nurse advice line, and
- Workplace Health Screenings

If your spouse gets involved in the program, you could earn an additional \$100, so your total incentive could equal \$200.





Video Transcript

Take Charge! Live Well! continued

Not a bad incentive for an already great benefits program.

To learn more, please refer to your benefits documentation or visit the Take Charge! Live Well! web site where you can view interactive videos and link directly to the online health assessment.

