**YP4H RESOURCES**

<table>
<thead>
<tr>
<th>RESOURCE</th>
<th>DESCRIPTION</th>
<th>CONTACT</th>
</tr>
</thead>
<tbody>
<tr>
<td>24/7 Nurseline</td>
<td>Access to a registered nurse for your health questions anytime, anywhere for advice, guidance and help finding appropriate care.</td>
<td>Call the OSU Health Plan at 1-800-678-6269, choose option #1</td>
</tr>
<tr>
<td>Biometric Health Screening</td>
<td>Complimentary on-campus biometric health screening that measures health values which consist of height, weight, BMI, pulse, blood pressure, total cholesterol, ATC, HDL and non-HDL.</td>
<td>Visit yp4h.osu.edu; Click Schedule a Biometric Screening under Start Here; Call the OSU Health Plan at 1-800-678-6269</td>
</tr>
<tr>
<td>Buckeye Baby</td>
<td>Access to a trusted nurse from early pregnancy throughout the child's first year of life. A nurse and licensed diettitian health coach will answer your questions, provide guidance about pregnancy, delivery, breastfeeding, baby basics and more.</td>
<td>Call the OSU Health Plan at 1-800-678-6269</td>
</tr>
<tr>
<td>Care Coordination</td>
<td>Support for chronic conditions like diabetes, COPD, asthma and heart disease — as well as reduced costs for certain medications for conditions managed through the program.</td>
<td>Call the OSU Health Plan at 1-800-678-6269, choose option “0” for Customer Service</td>
</tr>
<tr>
<td>Educational Programming</td>
<td>Workshops and webinars with a “hands-on” format covering topics such as nutrition, fitness and stress management.</td>
<td>Visit yp4h.osu.edu; Click Register for an Educational Program from the Quick Links drop-down at the top of the page</td>
</tr>
<tr>
<td>Employee Assistance Program</td>
<td>Provides face-to-face counseling for work/life-related concerns including legal and financial assistance.</td>
<td>Call 1-800-678-6265 or visit osuhealthplan.com/OhioStateEAP</td>
</tr>
<tr>
<td>Individual and Group Health Coaching</td>
<td>Access to health coaches for information, support and resources to achieve health-related goals such as weight loss, smoking cessation and stress management.</td>
<td>Call 1-800-678-6269 or visit go.osu.edu/yp4hhealthcoaching</td>
</tr>
<tr>
<td>Personal Health &amp; Well-Being Assessment (PHA)</td>
<td>Online (or paper) questionnaire about your overall well-being and health habits. After completion, you’ll be eligible to receive a premium credit. Receive an additional credit when your enrolled spouse/same-sex domestic partner completes the PHA.</td>
<td>Visit yp4h.osu.edu; Click Log In To My Plan at the top of the page</td>
</tr>
</tbody>
</table>

**YP4H QUESTIONS?** 614-292-1050 or 1-800-678-6010  yp4h@osu.edu  yp4h.osu.edu

**Look inside** to start or continue your personal health journey!
Start your journey here.

While better health is its own reward, YP4H makes it a little more fun to maintain or reach your personal health goals. Start your journey today towards rewards and a happier, healthier you.

### Points for all incentive levels can be earned through November 30, 2016.

### WHAT YOU NEED TO DO

- **Obtain** your biometric health values.
- **Complete** the Personal Health & Well-Being Assessment (PHA)

### HOW YOU DO IT

- **Schedule a free on-campus screening** or an appointment with your Primary Care Provider (PCP). Required health values include height, weight, blood pressure, total cholesterol, HDL, and a blood sugar value (either glucose or A1C). (50 points)
- **Log in at yp4h.osu.edu**
  - The assessment only takes 20 minutes to complete. (50 points)

### WHAT YOU CAN EARN

- **Get In** (100 points)
  - **Premium Credit** (when enrolled in an Ohio State medical plan)

- **Get Going** (1,000 points)
  - **$25 Amazon gift card**

- **Get Results** (2,500 points)
  - **$75 Amazon gift card**

### Special notes, just for you:

- **Get Going**
  - **(1,000 points)**
  - **(up to 200 points)**
  - **(750 points)**

### Participation:

- Individual and Group Health Coaching, Care Coordination or Buckeye Baby (up to 1,000 points)
- Individual and Team Challenges (up to 1,500 points)

### Bonus Points:

- Achieve four out of five biometric health value ranges when completing an on-campus screening or submitting a PCP form by October 31, 2016. (750 points)

### STEP 2

- **Obtain** your biometric health values.

- **Complete** healthy activities to earn points and receive rewards.

To get started or learn more, visit [yp4h.osu.edu/welcome](http://yp4h.osu.edu/welcome)