

Timeline for the BYBO! Program:

1. **Employee checks to see if they are eligible and requests to enroll at the following link:**
<http://go.activehealth.com/BetterYouBetterOhio>
 - a. Please remember your email address that you used in the process
 - b. It is under the "Think you're eligible" tab, select request to enroll
 - c. You will receive confirmation that they have received your request
2. **In 48 hours, you will receive an email from Quest to register for the program at the following link:**
<http://go.activehealth.com/BetterYouBetterOhio>
 - a. Please check your junk or spam folder
 - b. Select the "sign up now" button
 - c. Create an account next to the "New here"
 - d. If you don't receive an email, please try to sign up anyway.
 - e. If this doesn't work, please contact call 855-256-0254
 - f. If that doesn't work, contact BWC
3. **Complete the registration process**
 - a. Remember your username and password
 - b. You will use the username and password to continue to access health information on this site whenever you want
4. **Complete the health assessment online:** <https://www.myactivehealth.com/Portal/Portal#RewardCenter>
 - a. Go to bottom left, select "earn a gift card"
 - b. Go to bottom left, step 1-complete health assessment and click on link
 - c. Complete the health assessment-takes about 10 minutes and is confidential
5. **Complete your biometric screening:** <https://www.myactivehealth.com/Portal/Portal#RewardCenter>
 - a. Go back to "earn a gift card" page
 - b. Go to step 2 and schedule your screening by clicking the link
 - c. Enter your information
 - d. Select the method of screening: At home, at Quest PSC, with your physician
 - i. You must fast, including the at-home test kit
 - ii. The at home test kit includes everything but way to get blood pressure, only takes a pin prick on your finger.
 - iii. You will be responsible for any co-pay with your physician
 - iv. You will schedule an appointment at a Quest location near the zip code you chose to enter
6. **You will receive the results from the screening**
 - a. It will take 5-7 says if you used the physician form or the at home kit
 - b. It will take 2-3 days to get results
7. **Claim your reward!** <https://www.myactivehealth.com/Portal/Portal#RewardCenter>
 - a. Go back to the "earn a gift card" page.
 - b. Go to step 3, "request your gift card" and go to the link
 - c. Select what gift care you want, there is also a tab for a Mastercard debit card that has no activation fee
 - d. You can have it mailed to you-it may take up to 2 weeks.
 - e. You can request an electronic gift card-this takes 24 hours.
8. **Continue to log in for health education**
 - a. The health education changes
 - b. There are challenges, videos, and flyers
 - c. ActiveHealth does periodic giveaways for things like apple watches or Fitbit based on your participation on their website. The more you engage, the greater your chances of winning.