

Your ThriveOn Incentive Overview

2024 Wellness Program



Wellness *your* Way



ThriveOn
Your Health and Wellness Program

This is your year. Invest in your best self!

Wellness Your Way can help you save money and earn up to \$1,000 in incentives. But wellness is more than dollars and cents. Total well-being is about self-care and making healthy choices – so you can take care of your family and be the best version of yourself. Wellness Your Way provides the tools and resources to take care of your well-being, while providing incentives along the way.



Who is eligible?

All employees and enrolled spouses/domestic partners can earn incentives by completing the activities outlined on the next page.

Getting started

All programs and incentives are tracked online. To earn any incentives, you must be registered at fccThriveOn.com. Get started today by signing in or creating an account.

Note: Spouses/domestic partners must have their own account to earn incentives.

- + **Returning users:** Sign in with your username and password.
- + **New users:** Click “Create Account”.
 - Enter your last name (up to 7 letters) followed by your birthday (in MMDDYYYY format). *Example:* If your last name is Anderson and your date of birth is May 21, 1980, you would enter Anderso05211980.
- + Download the Wellness at Your Side mobile app or use your computer to complete your wellness activities and track your progress.



Download the **Wellness at Your Side** mobile app from App Store or Google Play. Connection code: **ohwellness**

Invest in your health today!

Start today so you can earn incentives all year long. The more you participate, the more incentives you can earn!

Login to the web portal at fccThriveOn.com today – you can schedule a biometric screening or download biometric forms to take with you to your doctor’s appointment, participate in well-being activities, track your incentives and more!

You must be registered and track all activities at fccThriveOn.com to earn any of the incentives!



Privacy statement: Your privacy is important to us. ThriveOn, OhioHealth, and WebMD comply with all federal and state privacy laws, rules and regulations to ensure your privacy is protected. Your personal information is only used as described in the privacy statements available on the ThriveOn mobile app, website and BeWell.franklincountyohio.gov/EEONotice.

Wellness *your* Way

COMPLETE ONE INCENTIVE OR ALL INCENTIVES – YOU CHOOSE WHAT YOU EARN!

You must be registered and track all activities at fccThriveOn.com to earn incentives.

COMPLETE THE ONLINE HEALTH ASSESSMENT AND ANNUAL PHYSICAL EXAM WITH A PCP

Earn: Deductible Reduction in 2025 | Deadline: August 31, 2024

1. Complete the Online Health Assessment.

- + Login to fccThriveOn.com and click “Health Assessment” to begin.

AND

2. Complete an annual physical exam with a primary care provider.

- + Exams from September 1, 2023 through August 31, 2024 are accepted.
- + No forms needed to earn credit for your annual physical exam if enrolled in the health plan.

EMPLOYEE AND ENROLLED SPOUSE/DOMESTIC PARTNER MUST COMPLETE BOTH ACTIVITIES TO EARN THE DEDUCTIBLE REDUCTION.

EARN YOUR \$200 BIOMETRIC SCREENING INCENTIVE AT THE SAME TIME YOU COMPLETE YOUR ANNUAL PHYSICAL. Download the biometric screening form from fccThriveOn.com and take it with you to your annual physical. Follow the instructions to submit the form to earn the biometric screening incentive at the same time as your annual physical.

COMPLETE A BIOMETRIC SCREENING

Earn: \$200 | Deadline: December 31, 2024

You have three options to complete your biometric screening:

- + **AT WORK:** Biometric Screenings are offered at various work locations. Visit fccThriveOn.com to see availability and to schedule an appointment.
- + **AT YOUR PHYSICIAN'S OFFICE:** Download the Biometric Screening form from fccThriveOn.com, take it with you to your appointment and submit the completed form by the deadline.
- + **AT A WORKHEALTH LOCATION:** Download the Biometric Screening form from fccThriveOn.com and schedule an appointment at any OhioHealth WorkHealth location. Visit OhioHealth.com/WorkHealth to find a location near you.

COMPLETE UP TO 4 WELL-BEING ACTIVITIES

Earn: Up to \$200 (\$50 per activity) | Deadline: December 31, 2024

Learn more about each activity at fccThriveOn.com.

- + Meet 3/5 healthy biometric targets.
- + Complete activities on meQ (virtual).*
- + Complete an Enrich assessment and course (virtual).*
- + Complete an on-demand wellness workshop (virtual).*
- + Complete 2 health coaching sessions (telephonic).*
- + Complete a healthy lifestyle program (virtual).*
- + Complete a quarterly challenge (portal).*
- + Complete 2 visits with your UHC Health Engagement Nurses (telephonic).*
- + Complete a Daily Habits program (portal).*
- + Get a mammogram, pap smear and/or colonoscopy.*
- + Get a flu shot and/or COVID-19 vaccine.*
- + Participate in the Franklin County 5k & ThriveOn Challenge.
- + Participate in at least 8 virtual fitness classes per month (virtual).*
- + Complete your routine dental and/or vision exam.*

*Complete these activities up to two times each for a total of \$100.

EARN GYM MEMBERSHIP REIMBURSEMENT

Earn: Up to \$150 per quarter (\$50 per month) | Deadline: Varies by quarter

Visit a gym or utilize your at-home/virtual membership at least 8 different days each month and receive up to \$50/month toward the cost of your membership. Documentation of attendance and payment required. One membership eligible for reimbursement per household (except households with two employees). Visit gymreimbursement.franklincountyohio.gov to learn more.





Scan the **QR code** with your phone camera or visit fccThriveOn.com

Log on today! fccThriveOn.com



Questions? Call **1 (888) 255-0162**
TOLL FREE



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