Franklin County Cooperative
Health Improvement Program

EXCITING NEW 2017 THRIVEON PROGRAMS!

ThriveOn
Your Health and Wellness Program

ThriveOn is excited to announce two new programs effective Jan 1, 2017. The first is a gym membership reimbursement program and the second a preventive exam incentive.

GYM MEMBERSHIP REIMBURSEMENT

ThriveOn will pay up to $25 a month or $300 a year toward the cost of your 'full service' gym membership. Gyms are considered 'full service' if a variety of the following physical activities is offered:

- Cardiovascular (treadmills, stationary bikes, elliptical machines, stair climbing machines, aerobics classes, etc.)
- Strength (weight machines, free weights, toning classes, etc.)
- Stretching (padded areas for stretching, resistance bands, yoga, Pilates classes, etc.)

A Gym Membership Reimbursement Form will be posted at http://bewell.franklincountyohio.gov in December. The form must include your workout dates (or you can submit a print out of visits if supplied by your gym) and signature of a gym representative. Along with the form, ThriveOn will need proof of payment in order to calculate your monthly reimbursement. A deadline for submission is set for each quarter. You will receive your quarterly reimbursement through payroll, i.e. it will be included in your paycheck as taxable income.

This program replaces the current onsite fitness classes and allows you the flexibility of working out when you want, with who you want and wherever you want.

YOU WILL EARN $50 FOR EACH PREVENTIVE EXAM.

Preventive exams for our health are like oil changes or tune ups for our car. These periodic exams are preventive and preserve good health. You do all of these things to keep up the quality of your car … or your health!

Effective Jan 1, 2017, ThriveOn will pay you $50 if you get one of the following age appropriate preventive exams:

- Routine mammogram
- Routine cervical exam (pap)
- Routine prostate exam
- Routine colonoscopy

This applies to preventive exams obtained by you or your spouse/partner if enrolled.

The incentive will be paid out each quarter through payroll, i.e. you will receive the $50 in your check. It is taxable.

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THRIVEON INCENTIVE PROGRAM EFFECTIVE MARCH 1ST

Here is a glimpse of the ThriveOn wellness campaign that will begin Mar 1, 2017. As with all ThriveOn programs, you are not required to participate. But as stated in Administrator Wilson's message, each one of us is responsible for our own health behavior and we all will be asked to take an active role in improving our health.

$300 FOR 3 THINGS

If you complete the following 3 things, you will receive $300. Your spouse/partner is eligible as well. That is $300 for you and $300 for your spouse/partner if you both complete the 3 things. Plus, you won't have to wait until the end of 2017 to get it. You will receive your $300 through payroll as a taxable benefit as soon as the 3 things are completed. You must be enrolled in the health plan to be eligible.

1) **Complete a Health Assessment**
   The Health Assessment is a series of lifestyle and health questions that you answer online. It provides you a summary of your overall health based upon your answers and is one of the simplest ways to identify areas where your health behavior could improve. The information gathered is 100% confidential and not released to your agency or the Benefits and Wellness Office. It is not used to determine the level of your benefits in any manner.

2) **Get a Health Screening (either onsite or at your physician's office)**
   If you get a health screening onsite, a nurse will stick your finger and take a little blood. You will receive immediate results as to your cholesterol, triglycerides, etc. You will also be weighed and have your blood pressure taken. You could also fulfill the health screening requirement by getting a routine exam with your family physician.

3) **Be Tobacco Free**
   A question regarding your tobacco use is included in the Health Assessment. If you are a non-tobacco user, you are leading a tobacco free lifestyle. If you do use tobacco, all we ask is that you complete a series of phone calls with a health coach or work toward quitting tobacco with your physician. If you do, you qualify as tobacco free.

2018 DEDUCTIBLE REDUCTION

If you complete the $300 FOR 3 THINGS program in 2017, you will also receive a deductible reduction in plan year 2018. Our individual medical plan deductible will be $400 in 2018. By participating in ThriveOn wellness programs, you are showing that you are taking control of your health. So in addition to the $300 earned in 2017, you will receive a $200 deductible reduction in 2018. If both you and your spouse/partner are covered under the health plan, you must both participate in order to receive the deductible reduction. The deductible reduction also applies to any children covered by your plan.

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100 WELLNESS POINTS FOR A CHANCE TO WIN $1,000

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In 2017, ThriveOn will offer points for wellness activities. If you earn 100 points, you will be entered into a drawing for $1,000. If both you and your spouse/partner earn 100 wellness points, you both will be entered into the drawing. Ten (10) names will be drawn. Each wins $1,000!

Points will be earned for things like completing a health assessment and screening, obtaining a routine physical from your family doctor or annual dental exam from your dentist, fitness and community activities, etc. You will be able to begin earning points Mar 1, 2017. All points must be recorded by Nov 2017.

MEET YOUR THRIVEON WELLNESS CHAMPIONS!

Front L-R: Amanda Blake (ThriveOn Coordinator, Benefits and Wellness), Jennifer Breckenridge (Children Services), Aaliyah Earvin (Prairie Township)
Back L-R: Lisa Dickerson (Job and Family Services), Kathy Tucker (ThriveOn Administrative Secretary), Jennie McAdams (Public Health), Paula Kirk (SWACO), Bryan Winbush (Job and Family Services), Joel Bradley (Sheriff), Christina Walker (Sheriff), Linda Meeks (Child Support), Jodi Leis (Assistant Director, Benefits and Wellness), Randi Good (Prairie Township), Alexis Blaylock (CBCF)

WHAT IS A WELLNESS CHAMPION?

A Wellness Champion is someone who is willing to raise the level of health awareness at their worksite. ThriveOn relies on this group to promote programs (like the $50 for a preventive exam or the $300 FOR 3 THINGS) as well as provide feedback from you about these programs.

We encourage you to get to know your Wellness Champion. This committee will be an integral part of the success of ThriveOn. If your agency is not represented and you are interested in being a Wellness Champion, please shoot us an email at ThriveOn@franklincountyohio.gov. The only requirement is a willingness to serve and a desire to promote the ThriveOn message!