

Every day  
is a new opportunity



## ThriveOn 2018 Incentives: 4 Things = \$300 Frequently Asked Questions

*Each one of us is responsible for our own health behavior. Your ThriveOn Health and Wellness Program encourages you to know your health status and supports you to make changes to optimize your health and well-being. Check out the information below on how you can get started improving your health while earning money.*

**If you complete the following 4 things by 8/31/18, you will receive \$300:**

### **STEP 1: Complete the Online Health Assessment**

The online health assessment is a series of lifestyle and health questions that you answer online. It will take you approximately 10 minutes to complete and provides you a snapshot of your health status. It is one of the simplest ways to identify the things you are doing well and the areas where your health behavior could improve. The information gathered is 100% confidential and is not released to your agency or the Benefits and Wellness Office. You can complete your online health assessment by logging into <http://thriveon.staywell.com>. You can access this site from any computer. If you already have a username and password, enter where directed. If you are new to the site, follow the steps to create your account. If you are having trouble accessing your account, you can call the StayWell Helpline at 1-855-719-1908.

### **STEP 2: Get a Health Screening**

A health screening measures some of your most vital statistics: blood pressure, cholesterol, triglycerides, blood glucose, etc. You have three options to get a health screening: Onsite at Work; At your Physician's Office; At a LabCorp Patient Service Center.

**Onsite:** ThriveOn will be offering health screenings onsite at most County buildings between February and May 2018. These screenings are free and take approximately 30 minutes to complete. A nurse will stick your finger to take a little blood and get your height, weight, and blood pressure measurements. You will receive immediate results as well as the opportunity to complete your Health Advisor Session within the same appointment. Schedule your appointment at: <http://bit.ly/fchealthscreening>

**At Your Physician's Office:** You can also fulfill the health screening requirement by getting a routine exam with your family physician. You will need to print the Medical Provider Health Screening Form found at: <http://thriveon.staywell.com> and take that form with you to your appointment for your medical provider to fill out and send in.

Every day  
is a new opportunity

**ThriveOn**  
Your Health and Wellness Program



**LabCorp Patient Service Center:** Print off the LabCorp Screening Voucher from: <http://thriveon.staywell.com> and take it to any LabCorp Patient Service Center that offers Employee Wellness with body measurements. A listing of designated LabCorp Facilities that offer Employee Wellness with Body Measurements within 50 miles of Central Ohio can be found with the LabCorp Screening Voucher at <http://thriveon.staywell.com>.

### STEP 3: Complete Your Health Advisor Session

**If you obtained your health screening onsite in 2017**, you met with a nurse afterward to review your results. Your 2018 session with a health advisor will feel very similar. The health advisor session will last approximately 20 minutes. You will complete your health advisor session immediately following your onsite health screening and will walk away with a list of Benefits and ThriveOn programs specific to you that can help you achieve your health goals.

**If you obtain your health screening at your physician's office or at LabCorp**, you will be required to attend a live 30 minute webinar conducted by a health advisor where overall health goals are discussed. You will walk away with a list of Benefits and ThriveOn programs to help you achieve your health goals.

**Onsite:** ThriveOn will be offering health screenings onsite at most County buildings between February and May 2018. If you complete your health screening onsite, your health advisor session will be included within that onsite appointment. The screening and advisor sessions are free and take approximately 30 minutes total to complete. Schedule your appointment at: <http://bit.ly/fchealthscreening>

**Webinar:** If you chose to receive your health screening at your physician's office or through a LabCorp Patient Service Center, you will have the option of completing your health advisor session through a webinar. To schedule your webinar, go to <http://thriveon.staywell.com> and click on *Step 3: Health Advisor Session*.

### STEP 4: Be Tobacco-Wise

Being Tobacco-Wise means that you are either a non-tobacco user or, if you are a tobacco user, you take steps to work toward being tobacco-free. **\*A question regarding your tobacco use is included in the Online Health Assessment.**

**If you are a non-tobacco user**, you will receive credit for leading a tobacco-free lifestyle and do not need to do anything additional.

**If you do use tobacco**, we ask that you complete an alternative activity to qualify as Tobacco-Wise. To receive credit, you need to either complete a series of phone calls with a Health Coach (3 calls minimum) or work with your physician.

Every day  
is a new opportunity

**ThriveOn**  
Your Health and Wellness Program



**Health Coaching Option:** You can connect with a health coach by calling the StayWell Helpline at 1-855-719-1908. StayWell coaches may also reach out to you and invite you to be coached. You can set up your coaching calls for the times and days of the week that are most convenient for you. You must complete a minimum of 3 calls to receive credit toward being Tobacco-Wise.

**Physician Tobacco-Wise Form:** If you are currently working with your physician toward quitting your tobacco use or should your physician feel it is not an appropriate time for you to quit your tobacco use, you can print off and ask your physician to complete the Physician Tobacco-Wise Form. This form is found at <http://thriveon.staywell.com>. The form gives instructions for submission and you will qualify as Tobacco-Wise once the form is received.

#### What about the 2019 deductible reduction?

By participating in ThriveOn wellness programs, you are showing that you are taking control of your health. So, in addition to the \$300 you will earn in 2018, you will receive a \$200 deductible reduction in 2019. **If both you and your spouse/partner are covered under the health plan, you must both participate in order to receive the deductible reduction.**

#### Who can participate to earn \$300 and the 2019 Deductible Reduction?

**\$300 Incentive:** Any employee or spouse/domestic partner **enrolled** in the Cooperative's Health Plan is eligible to earn the \$300 incentive.

**2019 Deductible Reduction:** If both employee and spouse/domestic partner are enrolled in the health plan, **both** must complete the 4 for \$300 incentive in order to qualify for the 2019 deductible reduction. All family members covered under the employee's policy will receive the 2019 deductible reduction if both employee and spouse/domestic partner complete the 4 for \$300 incentive. **If only the employee or only the spouse/domestic partner complete the 4 for \$300 incentive, no one will receive the 2018 deductible reduction.**

If an employee has waived health plan coverage, or is a new employee not yet enrolled in the plan, they are eligible to participate, however, will not earn the \$300 incentive.

#### Where do I track my incentive?

Track your incentive at <http://thriveon.staywell.com>. You can access this site from any computer. If you already have a username and password, enter where directed. If you are new to the site, follow the steps to create your account. If you are having trouble accessing your account, you can call the StayWell Helpline at 1-855-719-1908. Please log in and verify your points are appearing for the activities you have completed.

Every day  
is a new opportunity

**ThriveOn**  
Your Health and Wellness Program



### How will I receive my \$300?

Once you complete your 4 things (Online Health Assessment, Health Screening, Health Advisor Session, Be Tobacco-Wise) you will receive your \$300 incentive added to your paycheck. Payouts will take place on 3/30/18, 5/25/18, 7/20/18, and 9/28/18 payrolls. It may take up to 2 months for your incentive to appear on your paycheck. The \$300 will be taxed at the appropriate rate.

### How will my covered spouse/partner receive their \$300?

Your covered spouse or domestic partner's incentive will be added to your (the employee) paycheck. If you are both employees of the county, the incentive will appear on the primary health plan holder's pay. Payouts will take place on 3/30/18, 5/25/18, 7/20/18, and 9/28/18 payrolls. It may take up to 2 months for their incentive to appear. The \$300 will be taxed at the appropriate rate.

### When does this incentive program begin and end?

The incentive program kicks off on **February 1, 2018**. The deadline to complete your Online Health Assessment, Health Screening, Be Tobacco-Wise, and Health Advisor Session is August 31, 2018. **There will be no exceptions to this deadline. We will not accept any forms turned in or completed after August 31, 2018. Please make sure you complete all requirements for this incentive prior to August 31, 2018.** If you do not complete the 4 for \$300 requirements by August 31, 2018, you will not earn \$300 and you will not earn the reduction on your 2019 deductible.