

[HTTPS://THRIVEON.STAYWELL.COM](https://thriveon.staywell.com)

Fun, creative tips and ideas can motivate you to stay on track. Go to StayWell's wellness portal for all the tools and information you'll need. Think of it as your happiness portal.

- » **Get customized support.** Take the health risk assessment and sign up for a free health coaching program.
- » **Mobile-friendly tools.** Complete activities or track progress with your computer, smartphone or tablet.
- » **Online healthy living programs.** Click the Programs tab for interactive topics such as nutrition, physical activity and stress management.
- » **Cool tools.** Click on the Learn tab for tools to help make small life changes and find your bliss.



Classrooms



Videos



Podcasts



Recipes



Calculators



Quizzes



<https://thriveon.staywell.com>

# Hello Happy.

Simple changes. Start today.

YOUR 2014 - 2015 HEALTH AND WELLNESS PROGRAM

Find important details inside.

**Thrive On**  
Your Health and Wellness Program



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Your happiness portal.  
<https://thriveon.staywell.com>



Get your questions answered.  
Call 855-719-1908.

**StayWell**  
Health Management

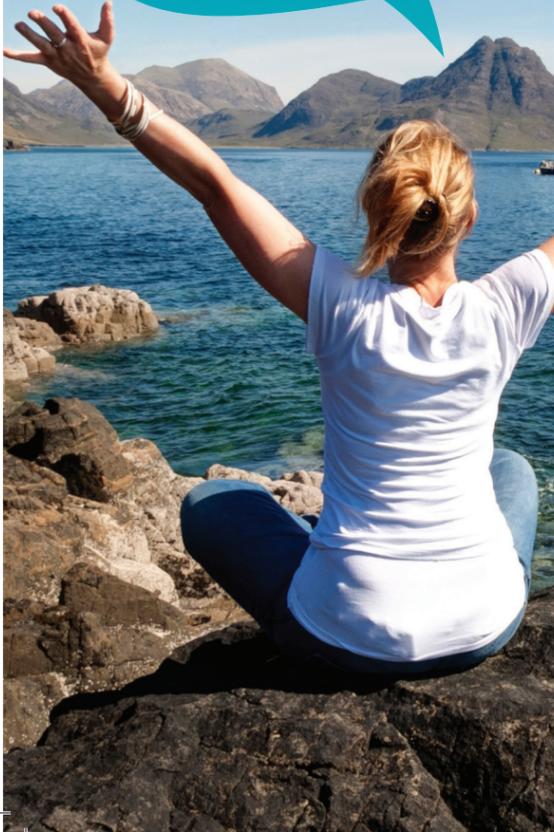
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# Hello Happy.

Simple changes. Start today.

YOUR 2014 - 2015 THRIVE ON HEALTH AND WELLNESS PROGRAM

People who feel happy may live up to 35 percent longer than those who don't.



### SAY HELLO TO HAPPY

When it comes to life's most desired goal — happiness — you're in control. Every step you take to change your attitude, routine or habits can make a difference. One simple tweak can set happiness in motion.

This year, Franklin County Cooperative Health Benefits Program offers you a lineup of activities and programs centered around good health for your body and mind. Together we can all make positive differences in our lives and organization — making happy happen every day.

**PRIVACY PROTECTED. ALWAYS.**

Your personal health information is never shared with the Cooperative or anyone else without your written approval. All information is protected by federal law and remains secure with StayWell® Health Management, our wellness program administrator, who follows strict rules and guidelines to protect your privacy.

SIMPLE CHANGES START HERE: <https://thriveon.staywell.com>

### STEP 1: GET A HEALTH SCREENING



A health screening provides current health information that you can use to focus effort toward creating your unique happiness formula.

In 20 minutes, you'll learn your measurements for height, weight, waist, blood pressure, body mass index (BMI), cholesterol (HDL, LDL and total), triglycerides and glucose. You may also review your confidential results with a health professional.

### REGISTER NOW

Call 614-525-3948 or email [thriveon@franklincountyohio.gov](mailto:thriveon@franklincountyohio.gov) to register. Include your name and the date of the screening event you would like to attend. You may also register online at <https://booknow.appointment-plus.com/1ex7vp5kkk>.

**Can't attend a screening?** Request a Health Care Provider Form by calling 614-525-3948 or emailing [thriveon@franklincountyohio.gov](mailto:thriveon@franklincountyohio.gov). You'll find detailed instructions on the form.

### STEP 2: TAKE THE HEALTH RISK ASSESSMENT



Complete your 10-minute confidential health risk assessment and learn how everyday choices are affecting your happiness and well-being.

- » **Check your score.** See how you rate nationally with others your same age and gender.
- » **Discover your top three priorities.** Receive health recommendations unique to you.
- » **Mobile-friendly.** Take the health risk assessment on the go using your tablet or smartphone.
- » **Invite your medically covered spouse/domestic partner.** He or she can also participate and earn a \$100 gift card.

### COMPLETE BY AUG. 21, 2015

Click **Start My Health Risk Assessment!** on your home page to begin.

### GET HAPPY. GET REWARDED.

Earn 100 points by Aug. 21, 2015, to receive a \$100 gift card. It all starts at <https://thriveon.staywell.com>. For complete details on earning your reward, click the **My Incentive** tab.

ACTIVITY DESCRIPTION	POINTS PER COMPLETION	ANNUAL MAXIMUM POINTS
Complete a health screening <b>REQUIRED</b>	25	25
Complete the health risk assessment <b>REQUIRED</b>	25	25
Complete three calls with a health coach	25	25
Complete the challenge	25	25
Complete a physical exam	25	25
Complete a dental exam	10	20
Participate in an onsite fitness activity	3	15
Attend a lunchtime lecture	3	15
Participate in a community sponsored event	3	15
Receive a flu vaccine	5	5
Attend the How to Make Your Benefits Work for You class	5	5

Volunteering increases feelings of happiness, as well as, decreases stress.

"Happiness is a choice that requires effort at times."  
~ Aeschylus