

Now is the time to  
discover where  
your health stands



## ThriveOn 2018: Health Advisor Session 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.*

### What is a health advisor session?

If you obtained your health screening onsite in 2017, you met with a nurse afterward to review your results. Your 2018 health advisor session 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.

**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 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. To schedule your webinar, go to <http://thriveon.staywell.com>, click on **Step 3: Health Advisor Session**, scroll down to webinar and select the date and time you wish to schedule.

### Why is a health advisor session important?

A health advisor is going to help you tie together all of the information from the online health assessment and health screening. During your session, the advisor will review your screening results and assessment data, and then connect you to free benefit programs offered through the Franklin County Cooperative Health Improvement Program. The advisor will explain potential health risks and the best way to help mitigate those risks.

### Will my session be private?

Yes, sessions will be conducted in a private area with an Alyfe Wellbeing Strategies' team member. Our goal is to give you information about your health in an easy, convenient, and private manner.

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**ThriveOn**  
Your Health and Wellness Program



### Who is eligible to participate in the sessions?

All benefits eligible employees and benefits enrolled spouses or domestic partners can participate in the health advisor sessions.

### How long will the health advisor session take?

**Onsite:** The health advisor session will take approximately 20 minutes out of your 30 minute scheduled appointment.

**Webinar:** All webinars will last for 30 minutes.

### Do I need to schedule an appointment?

**Onsite:** Yes, schedule an appointment by scheduling your health screening appointment:  
<http://bit.ly/fchealthscreening>.

**Webinar:** Yes, to schedule your webinar, go to <http://thriveon.staywell.com> and click on **Step 3: Health Advisor Session**, scroll down to webinar and select the date and time you wish to schedule.

### How do I prepare for my health advisor session?

1. Complete your online health assessment at least 48 hours prior to your appointment by logging into <http://thriveon.staywell.com> and clicking on **Step 1: Health Assessment**.
2. Bring a printed copy to your health advisor session:
  - *To print:* After completing your health assessment at <http://thriveon.staywell.com>, click on **Health Profile** within the bar just below image, center link. Once the page is open, click the blue **Print** button on this page.

### Will my information be kept confidential?

Yes, all information discussed between you and the health advisor is your Protected Health Information. You allow Alyfe Wellbeing to access this information by signing the Compass Consent Form during your appointment. Your personal results will not be shared with your employer.

### Who is Alyfe Wellbeing Strategies?

Alyfe Wellbeing Strategies is a vendor that the Franklin County Cooperative contracts with to provide onsite health screenings and health advisor sessions. Alyfe Wellbeing does not share any of your protected health information with your employer.