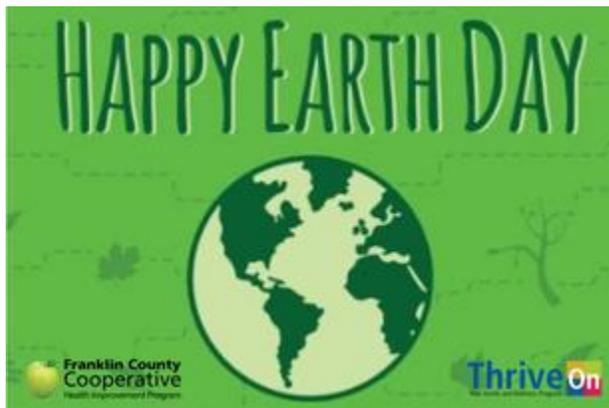


April 22, 2020



Give back to the planet even while indoors

While this Earth Day may look a bit different than most, there are still things we can do to help our planet from inside our homes. One way to do that is by teaching ourselves and our children about waste diversion.

[Click here to access SWACO's list of Earth Day At Home Activities that are fun, can be easily done with items you already have on hand and are enjoyable for the whole family!](#)



Telehealth and Virtual Visits

Telehealth with your provider: During this unprecedented crisis and in an effort to prevent the spread of disease, your local medical provider may be offering telehealth options. Call your provider to find out if this is an option for you. Telehealth is covered at a \$0 copay for the duration of the COVID-19 pandemic.

Virtual Visits through UHC: At this time, Virtual Visits cannot be used to test for, treat or refer patients for testing of COVID19. However, Virtual Visits remain a good option for conditions such as allergies, bladder/urinary tract infection, diarrhea, migraine/headache, pinkeye, sinus problems and stomachaches.

[For more information on telehealth and virtual visits, including instructions on how to schedule a virtual visit, click here.](#)

FSA UPDATE: Newly eligible expenses and communications from MyChoice Accounts

NEW! Over-the-Counter medications and menstrual products are now eligible expenses to purchase with your Flexible Spending Account (FSA) without a prescription effective January 1, 2020. Previously, a prescription was required to purchase over-the-counter medications. In order for your FSA card to approve these items at the point of sale, the pharmacy must have the item coded as FSA eligible. If the item is not approved at the point of sale or if you have any expenses that you already incurred on/or after January 1st, you may submit a request for manual reimbursement.

Submit your claim online by logging into www.fccbenefts.com, [downloading the MyChoice Mobile App](#), or send the [Healthcare Reimbursement Form](#) via email, fax, or mail. Remember to include your itemized receipt.

As a reminder, administration of your Flexible Spending Accounts (FSA) transitioned to Businessolver effective January 1st. MyChoice Accounts will begin communicating with you directly in the upcoming weeks, and we want to be sure you are aware that they are a trusted source. MyChoice Accounts will begin notifying members when documentation is required to approve a claim and when a payment request has been sent to you.

If you have questions about your FSA accounts, please contact the Benefits & Wellness Office.

Online & Remote Resources for Addiction Support, Mental Health, and Domestic Violence Survivors

The social distancing that is required during this COVID-19 outbreak has put a strain on families impacted by addiction, mental health issues and domestic violence. Self-imposed isolation can disconnect us from the very tools that keep us resilient and strong.

OHIO'S STRIVE FOR 5 CHALLENGE

Who are your FIVE?

The challenge is simple: find five people in your life and check-in with them every day for the next 30-days.

Ohio's Strive for Five Challenge is a new, statewide awareness campaign to help individuals and families cope with feelings of stress, anxiety, and isolation by connecting with others.

You are encouraged to reach out, connect, and comfort each other while we all work our way through the COVID-19 crisis and social distancing. Peer-to-peer support has great power in helping to calm anxiety and fear. By reaching out via phone, text, email, or even a hand-written note, you can help.



ThriveOn's StressLESS Challenge begins TODAY!

It's not too late to register for ThriveOn's latest portal challenge. Join the challenge and get rewarded for spending 5 minutes a day on stress-reducing activity for a happier you.

From April 22, 2020 to May 20, 2020 you can earn credit for an alternative wellness activity (Step 4 of the 4 for \$300) by taking charge of your stress! All you have to do is take 5 minutes out of your day for at least 14 of 28 days to practice a relaxation activity and record your progress for 21 of the 28 days.

Fortunately, we live in a digital age where we have many ways to connect electronically. We know how important it is to have support in these difficult times. Below you will find a few resources available to you if you or your family is dealing with addiction, mental health issues or domestic violence:

[- Substance Use Disorder Helpline](#)

Available 24/7 at 855-780-5955

[- Talkspace Online Therapy](#)

With Talkspace online therapy, you can regularly communicate (message or video chat) with a therapist, safely and securely from your phone or desktop. Simply register (first visit only) and choose a provider at www.talkspace.com/connect. Then message anytime, anywhere.

You must be enrolled in Behavioral Health benefits to have access to Talkspace at no cost. When prompted to enter your member ID during registration, enter your full SSN. Your group number is 15010.

Talkspace is only one resource available to you through the EAP. Visit liveandworkwell.com for a look at all mental health resources offered through EAP.

[- CHOICES Hotline for Victims of Domestic Violence](#)

CHOICES provides safety and support to domestic violence survivors. Advocates are answering the 24-hour crisis hotline and offering shelter to those in need of a safe place.

[Call the Hotline at 614-224-4663 or click here to visit the CHOICES website.](#)

To sign up, visit the homepage of the web portal at fccThriveOn.com.



[Join Jenny for a Mindful Moment every Tuesday & Thursday at 11 a.m.](#)

Our new normal is unsettling and it is very common to feel anxious, scattered and afraid. But, there are tools you can use to help.

Join Jenny Pitcher for a Mindful Moment; a virtual guided meditation to help you feel grounded, empowered and more connected to yourself and the outside world. You can do this at your workspace, lying down on your bed or the floor or while you are out on a walk. Your eyes can be open or closed. All you need is an open mind and 5 minutes of time.

Jenny's Mindful Moment will take place every Tuesday and Thursday in April at 11 a.m..

[To register for Tuesdays, click here.](#)

[To register for Thursdays, click here.](#)

Presented by

