

The programs and resources listed below are available to you through the Franklin County Cooperative and ThriveOn. Unless otherwise noted, they are provided at no additional cost to you. Many of these programs can earn you incentives. Visit fccThriveOn.com to learn more.

ACUPUNCTURE*: Acupuncture is a covered service for any covered diagnosis under the health plan. In-network only. Limited to 15 visits per year. \$20 copay per visit. For more information, call (877) 440.5983.

BEHAVIORAL HEALTH VIRTUAL VISITS*: Just as virtual visits are available for medical care, they are also available for behavioral health services. Use Virtual Visits for Behavioral Health for general behavioral health concerns like depression, anxiety, general therapy and prescription medication. Anyone covered by the behavioral health plan is eligible to receive this service. To schedule a virtual visit for behavioral health go to LiveAndWorkWell.com, select Find a Resource and then click on Virtual Visits.

BLOOD PRESSURE MEDICATION*: 100% coverage for Tier 1 & Tier 2 oral blood pressure medications through your retail or mail order pharmacy plan. (Tier 3 medication is subject to applicable copay). Must obtain a prescription from your physician.

CANCERBRIDGE: Have you or one of your loved ones been diagnosed with cancer? Talk to a physician who specializes in your cancer to understand the next steps you should consider taking. CancerBridge provides you with unparalleled access to some of the world's foremost experts in cancer. A confidential navigation service, CancerBridge makes talking with those experts as easy as dialing the phone. Visit MyCancerBridge.com or call (855) 366.7700 for more information.

COGO: The COGO bike-share is a green and affordable way to get to your favorite lunch spot, run mid-day errands, and reduce workday stress through exercise. There are nearly 50 stations around town to pick up a bike. The first 45 minutes of your ride are included in the cost of your discounted membership. COGO memberships are \$75, but Franklin County employees only pay \$30. Registration and information available on BeWell.FranklinCountyOhio.gov.

DIABETIC SUPPLIES, INJECTABLE INSULIN AND ANTI-DIABETIC MEDICATIONS*: 100% coverage for diabetic supplies (lancets, test strips, etc.), injectable insulin, Blood Glucose Monitors, Continuous Glucose Monitors (CGM), and Tier 1 and Tier 2 anti-diabetic medications through your retail or mail order pharmacy plan. (Tier 3 medications subject to the applicable copay.). Blood glucose monitors are limited to 1 every 365 days. Continuous Glucose monitors are limited to 1 every 3 years. Must obtain a prescription from your physician. CGM obtained through the medical plan is subject to the deductible. Insulin pumps are only available through your medical plan, subject to the deductible.

EMPLOYEE ASSISTANCE PROGRAM (EAP): Contact EAP 24/7 for immediate access to Masters level counselors for confidential support for everyday challenges. Receive up to 8 in-office or virtual counseling sessions per problem per year. Financial and legal services also available at a discount. Available to any member of your household. Visit LiveandWorkWell.com to learn more. Access code: eap.

GYM MEMBERSHIP REIMBURSEMENT: Visit a gym or utilize your at-home/virtual membership on at least 8 different days each month and receive up to \$25/month toward the cost of your membership. Documentation of attendance and payment required. One membership per household (except households with 2 employees). Visit gymreimbursement.franklincountyohio.gov to learn more and submit your reimbursement request today.

MATERNITY SUPPORT PROGRAM*: If you're thinking about having a baby or have one on the way, the Maternity Support Program is here to help with information and support - throughout your pregnancy and after giving birth. When you enroll in the program, you are able to work with a maternity nurse who is available to answer your questions, help you find specialized services, provide education and so much more. Earn \$50 for enrolling and \$150 for completing the program. For more information, call (877) 440.5983 or visit BeWell.FranklinCountyOhio.gov.

MEDICAL VIRTUAL VISITS*: Virtual Visits provides access to physicians 24/7 through your mobile device or computer. Good for after hours care for a wide range of non-emergency services such as cold/flu, sinus problems, urinary tract infections, etc. Prescriptions can also be called into your local pharmacy. To find doctors and schedule an appointment, download the Health4Me app from the app store of your choice.

MEQUILIBRIUM: meEquilibrium is an online tool designed to help you become more resilient in the face of stress - both at work and at home. Visit fccThriveOn.com to get started.

NURSELINE*: One toll-free number provides 24/7 access to registered nurses who provide personalized information that is right for you. Use this when you have an immediate health concern and need help determining your best options for obtaining care. Not sure if you should go to the ER or wait until the morning to go to Urgent Care? Call Nurseline at 1 (877) 440.5983.

NUTRITIONAL VISITS*: Two visits per plan year with an in-network nutritionist/dietician at no cost. Additional visits may be available under the preventive benefit if you meet certain clinical criteria. Visit BeWell.FranklinCountyOhio.gov/Programs to learn how to get started today.

ONE-ON-ONE HEALTH COACHING*: One-on-one interaction with a health coach to address a variety of health and wellness needs based on YOUR schedule. Work with a health coach on a variety of health goals from stress management, exercise, nutrition and tobacco cessation. Coaching is available via phone or CoachConnect (online chat). Visit fccThriveOn.com to get started.

ONSITE EAP CONSULTANT*: Schedule a confidential visit with Franklin County's new Onsite EAP Consultant, Michelle Crow-Yeatts, for assistance or coaching on topics such as work-life balance, parenting and family concerns, depression, anxiety and stress. Contact Michelle at (612) 474.6030 or Michelle_Crow-Yeatts@optum.com or [schedule a visit online](#).

PERSONAL HEALTH SUPPORT*: Personal Health Support gives you access to services and clinical support across the range of health and wellness goals, from staying healthy and getting healthy to managing a chronic condition. Enroll in PHS to work one-on-one with a specialized nurse to help meet your goals. For more information, call (877) 440.5983 or visit MyUHC.com.

PREVENTIVE CARE VISITS*: Many routine preventive exams are covered 100% with a \$0 copay including dental and vision exams, mammograms, pap smears, routine physicals and colonoscopies.

SMOKING CESSATION PRODUCTS AND PRESCRIPTIONS*: 100% coverage for over-the-counter and prescription nicotine replacement products. Includes nicotine patches, gum, inhalers, nasal spray and Chantix. Written prescription from your doctor required. Smoking cessation coaching is also available at fccThriveOn.com.

SUBSTANCE USE TREATMENT HELPLINE*: Addiction is not a character weakness. It is a treatable disease. Understanding the different types of treatment and knowing where to go are critical. The helpline provides 24/7 access to highly specialized licensed clinicians who make it as easy as possible to find appropriate treatment, including face-to-face clinical evaluation, usually within 24 hours. Visit LiveandWorkWell.com/Recovery or call 1 (855) 780.5955.

VIRTUAL FITNESS SESSIONS*: A variety of virtual fitness classes are available to employees and spouses. Classes are free of charge and you can participate in as many as you like. Visit fccThriveOn.com and sign up today for classes such as Yoga, HIIT, Kickboxing, 10 minute stretch and more.

VISIT WITH NURSE VICKIE*: Vickie, our onsite nurse, is available to help you navigate your health and wellness programs. Vickie is familiar with your medical, pharmacy, behavioral health and wellness programs and is a great person to talk to if you don't know where to turn or not sure where to start. 100% of your interaction with Vickie is confidential. Contact Vickie at (614) 208.1608 or Vickie_Yowell@uhc.com.

WEIGHT LOSS MEDICATIONS AND SURGERY*: Medications to help you reduce your weight are available through your pharmacy program. Must meet specific clinical criteria and have a prescription from your physician. Subject to the normal copay. For those that qualify, bariatric surgery is a covered benefit under the medical plan. Very specific criteria apply and services must be performed at select facilities. Covered the same as any other surgical procedure.

WEIGHT WATCHERS (WW)*: When it comes to losing weight, everyone's needs are different. That's why Weight Watchers is offering my WW, their most customized program ever. WW meets members where they are with access to Digital or Digital + Unlimited Workshop membership plans. Both provide the tools and support you need for success, including food and activity tracking, access to 5,000+ recipes, a member-only social network and 24/7 support from WW coaches. Franklin County Cooperative is subsidizing the cost of WW memberships for employees and enrolled spouses. For more information and to enroll, visit weightwatchers.com/us/FCC.

WELLNESS YOUR WAY (FORMERLY 4 FOR \$300)*: Wellness Your Way is ThriveOn's new and improved incentive program! It allows you to choose your own path for living healthy and achieving personal goals, while earning incentives along the way. Benefits-eligible employees and benefits-enrolled spouses/domestic partners can participate and earn incentives. Visit fccThriveOn.com to learn more and get started today!

**must be enrolled in the health plan*