

Your ThriveOn Incentive Overview

2023 Wellness Program

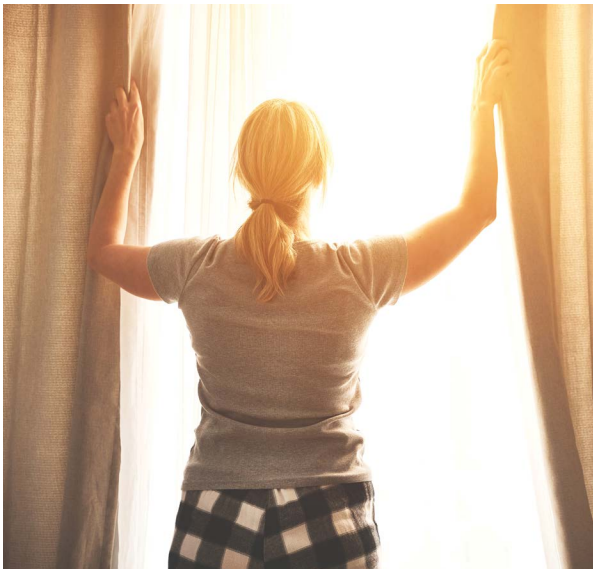


Wellness *your* Way



Your fresh start begins now!

Hit the refresh button on your health this year and discover a healthier version of you. Wellness Your Way empowers you to choose your own wellness journey and offers support and incentives along the way. It's up to you how you participate!



Who is eligible?

Employees and enrolled spouses/domestic partners can earn incentives by completing the activities outlined on the next page.

Getting started

All programs and incentives are tracked online right at your fingertips. To earn incentives, you must be registered at fccThriveOn.com. Get started by signing in or creating an account. *Note:* Spouses/domestic partners must have their own account to earn incentives.

- + **Returning users:** Sign in with your username and password.
- + **New users:** Click "Create Account".
 - Enter your last name (up to 7 letters) followed by your birthday (in MMDDYYYY format). *Example:* If your last name is Anderson and your date of birth is May 21, 1980, you would enter Anderso05211980.
- + Download the Wellness at Your Side mobile app or use your computer to complete your wellness activities and track your progress.



Download the **Wellness at Your Side** mobile app from App Store or Google Play. Connection code: **ohwellness**

Refresh your health!

Grab a wellness buddy and start earning incentives today. Log onto the mobile app or website at fccThriveOn.com today. Schedule a biometric screening or download biometric forms to take with you to your doctor's appointment, participate in well-being activities, track your incentives and more!

You must be registered and track all activities at fccThriveOn.com to earn any of the incentives!



Privacy statement: Your privacy is important to us. ThriveOn, OhioHealth, and WebMD comply with all federal and state privacy laws, rules and regulations to ensure your privacy is protected. Your personal information is only used as described in the privacy statements available on the ThriveOn mobile app, website and [BeWell.franklincountyohio.gov/EEOCnotice](https://www.beWell.franklincountyohio.gov/EEOCnotice).

Wellness *your* Way

COMPLETE ONE INCENTIVE OR ALL INCENTIVES – YOU CHOOSE WHAT YOU EARN!

You must be registered and track all activities at fccThriveOn.com to earn incentives.

COMPLETE AN ONLINE HEALTH ASSESSMENT AND ANNUAL PHYSICAL

Earn: Deductible Reduction in 2024 | Deadline: August 31, 2023

1. Complete your Online Health Assessment.

- + Login to fccThriveOn.com and click “Health Assessment” to begin.

AND

2. Complete an annual physical with your primary care provider.

- + Exams from September 1, 2022 through August 31, 2023 are accepted.
- + No forms needed to earn credit for your annual physical exam.

EMPLOYEE AND ENROLLED SPOUSE/DOMESTIC PARTNER MUST COMPLETE BOTH ACTIVITIES TO EARN THE DEDUCTIBLE REDUCTION.

EARN YOUR \$200 BIOMETRIC SCREENING INCENTIVE AT THE SAME TIME! Download the biometric screening form from fccThriveOn.com and take it with you to your annual physical. Follow the instructions to submit the form to earn the biometric screening incentive at the same time as your annual physical.

COMPLETE A BIOMETRIC SCREENING

Earn: \$200 | Deadline: December 31, 2023

You have three options to complete your biometric screening:

- + **AT WORK:** Biometric Screenings are offered at various work locations. Visit fccThriveOn.com to see availability and to schedule an appointment.
- + **AT YOUR PHYSICIAN'S OFFICE:** Download the Biometric Screening form from fccThriveOn.com, take it with you to your appointment and submit the completed form by the deadline.
- + **AT A WORKHEALTH LOCATION:** Download the Biometric Screening form from fccThriveOn.com and schedule an appointment at any OhioHealth WorkHealth location. Visit OhioHealth.com/WorkHealth to find a location near you.

COMPLETE UP TO 4 WELL-BEING ACTIVITIES

Earn: Up to \$200 (\$50 per activity) | Deadline: December 31, 2023

Learn more about each activity at fccThriveOn.com.

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| + Meet 3/5 healthy biometric targets. | + Complete 2 visits with Nurse Carmen or Nurse Therese (telephonic).* |
| + Complete activities on meQ (virtual).* | + Complete a Daily Habits program (portal).* |
| + Complete an Enrich assessment and course (virtual).* | + Get a mammogram, pap smear and/or colonoscopy.* |
| + Complete an on-demand wellness workshop (virtual).* | + Get a flu shot and/or COVID-19 vaccine.* |
| + Complete 2 health coaching sessions (telephonic).* | + Participate in the Franklin County 5k & ThriveOn Challenge. |
| + Complete a healthy lifestyle program (virtual).* | + Participate in 8 virtual fitness classes per month (virtual).* |
| + Complete a quarterly challenge (portal).* | + Complete your routine dental and/or vision exam.* |

*Complete these activities up to two times each for a total of \$100.

EARN GYM MEMBERSHIP REIMBURSEMENT

Earn: Up to \$75 per quarter (\$25 per month) | Deadline: Varies by quarter

Visit a gym or utilize your at-home/virtual membership 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 reimbursement per household (except households with two employees). Visit gymreimbursement.franklincountyohio.gov to learn more.



Scan the **QR code** with your phone camera or visit fccThriveOn.com



Log on today! fccThriveOn.com



Questions? Call **1 (888) 255-0162**
TOLL FREE



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