

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. Visit fccThriveOn.com to learn more.

General well-being

ASK YOUR UNITED HEALTHCARE HEALTH ENGAGEMENT NURSE:

Understanding chronic conditions such as diabetes or high blood pressure can be challenging. Your UHC Health Engagement Nurses are here to help you understand your condition and connect you with the programs available to help you. Contact Nurse Therese or Nurse Carmen at (614) 525-6773 or by email at Therese_Lentz@uhc.com or Carmen_Long@uhc.com.

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, UTIs, etc. Prescriptions can also be called into your local pharmacy. To schedule an appointment, login to the UHC app.

NURSELINE*: Call Nurseline 24/7 to talk with a registered nurse if you have an immediate health concern and need help determining your best options for obtaining care. Not sure if you should go to the Emergency Department or wait until the morning to go to Urgent Care? Call Nurseline at (877) 440-5983.

ONE-ON-ONE HEALTH COACHING: Work one-on-one with a health coach to address a variety of health and wellness needs, including exercise, nutrition, tobacco cessation, weight management and more. Coaching is available via phone or CoachConnect (online chat). Visit fccThriveOn.com to get started.

PERSONAL HEALTH SUPPORT (PHS)*: Navigating health care isn't always easy. That's why there's a team of people dedicated to helping you. From understanding your claims to learning more about a new diagnosis, PHS nurses are here to help. For more information, call (877) 440-5983 or visit MyUHC.com.

Chronic condition management

ACUPUNCTURE*: Acupuncture is a covered service for any 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.

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

CANCERBRIDGE: Have you or a loved one been diagnosed with cancer? CancerBridge provides information specific to your cancer inquiry, expert cancer navigation and insights into treatment options. Call (855) 366-7700 to be connected with a CancerBridge expert.

CHIROPRACTIC CARE*: Receive up to 25 in-network chiropractic visits per year at a \$20 copay per visit. First three visits at \$0 copay for newly diagnosed back pain. Call (877) 440-5983 for more information. No out-of-network coverage.

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 pharmacy plan. (Tier 3 medications subject to the applicable copay). Physician prescription required.

KAIA MUSCULOSKELETAL SUPPORT*: Whether it's a stiff neck, aching shoulders or more severe back issues, it can be hard to enjoy life when pain shows up. That's where Kaia steps in. Kaia provides a free personalized pain relief program. Visit startkaia.com/uhc to get started.

DIABETES SUPPORT PROGRAM*: If you have type 2 diabetes, you can learn how to manage it successfully with UHC's Diabetes Support program. You'll get tools, tips and advice from a registered nurse who knows what it takes to live well with diabetes. Contact your Health Engagement Nurses at (614) 525-6773 to learn more and enroll today.

MASSAGE THERAPY*: Receive up to 15 visits per year for in-network massage therapy at \$20 copay per visit. For more information call (877) 440-5983.

ORTHOPEDIC HEALTH SUPPORT (OHS)*: Exclusive end-to-end support from orthopedic nurses, specific to full-range of musculoskeletal conditions: knee/hip, disc repair/spinal fusion, shoulder, carpal tunnel, elbow/hand, ankle/feet. OHS nurses discuss treatment options and how your benefits are applied, provide holistic advocacy from pre to post-surgery and assist in selection of high quality providers. Incentives are available (\$500), if certain surgical procedures are performed at Centers of Excellence facilities. Call (877) 440-5983 for more information.

Mental well-being

BEHAVIORAL HEALTH VIRTUAL VISITS*: Convenient access to mental health professionals for concerns like depression, anxiety, general therapy and prescription medication. To schedule a virtual visit for behavioral health go to [LiveandWorkWell.com](https://www.LiveandWorkWell.com), select Find Care and then click on Virtual Visits. In-person visits are also available through your EAP.

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](https://www.LiveandWorkWell.com) (access code: EAP) or call (800) 354-3950 to get started.

ENRICH FINANCIAL WELLNESS: Finances can be a major cause of stress, but Enrich is here to help. With Enrich you can set and track personal financial goals, complete courses on a variety of topics, utilize interactive calculators, and even talk or chat with a financial coach, all for free. Visit [fccThriveOn.com](https://www.fccThriveOn.com) to get started.

MEQUILIBRIUM (meQ): meQuilibrium is an online tool designed to help you become more resilient in the face of stress – both at work and at home. meQ can help you relieve feelings of overwhelm and burnout, improve sleep, feel motivated and more. Visit [fccThriveOn.com](https://www.fccThriveOn.com) to get started.

ONSITE EAP CONSULTANT: Schedule a confidential visit with Franklin County's Onsite EAP Consultant, Tammie Yancey, for assistance or coaching on topics such as work-life balance, parenting and family concerns, depression, anxiety and stress. Contact Tammie at Tammie_Yancey@optum.com or (614) 525-6773 or schedule a visit online by clicking [here](#).

SELF CARE BY ABLETO: Self Care by AbleTo is a personalized self-help app that provides on-demand help with stress, anxiety and depression. You can access guided meditations, mood tracking and more. Visit [LiveandWorkWell.com](https://www.LiveandWorkWell.com) (access code: EAP) and look for Self Care on your homepage to get started.

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. Call 1 (855) 780-5955 or visit [LiveandWorkWell.com/Recovery](https://www.LiveandWorkWell.com/Recovery) for 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.

TALKSPACE: With TalkSpace you can get the extra support you need in a way that works for you. TalkSpace allows you to message with an EAP provider at your convenience as well as schedule video visits when needed. Visit [talkspace.com/connect](https://www.talkspace.com/connect) to get started.

Physical well-being

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

NUTRITIONAL VISITS*: Unlimited visits with an in-network nutritionist or dietician covered at 100%. Visit [BeWell.FranklinCountyOhio.gov](https://www.BeWell.FranklinCountyOhio.gov) to learn how to get started today.

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.

TOBACCO CESSATION PRODUCTS*: 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. Tobacco cessation coaching is also available at [fccThriveOn.com](https://www.fccThriveOn.com).

VIRTUAL FITNESS CLASSES: A variety of live and on-demand classes are available. Visit [fccThriveOn.com](https://www.fccThriveOn.com) and sign up today for classes such as Yoga, HIIT, Kickboxing, 10 minute stretch and more.

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): With the WeightWatchers program and award-winning app, you can lose weight, eat healthier, move more and develop a more positive mindset. ThriveOn subsidizes the cost of Weight Watchers so you only pay 50%. Learn more at [WW.com/FCC](https://www.WW.com/FCC).

Maternity and family forming

MATERNITY SUPPORT PROGRAM*: If you have a baby on the way, the Maternity Support Program is here to help. You'll receive a personalized approach including access to maternity nurses, educational resources and specialized services for you and your baby – before, during and after your pregnancy. Earn \$50 for enrolling and \$150 for completing the program. For more information, call (877) 440-5983 or visit [BeWell.FranklinCountyOhio.gov](https://www.BeWell.FranklinCountyOhio.gov).

MAVEN FAMILY FORMING*: Maven provides end-to-end support for every path to parenthood. They can help navigate preconception, pregnancy and postpartum; fertility treatment; and adoption and surrogacy. In addition, Maven Wallet provides an adoption and surrogacy expense reimbursement. Visit [BeWell.FranklinCountyOhio.gov](https://www.BeWell.FranklinCountyOhio.gov) for more information.

**must be enrolled in the health plan*