



## 2022 Frequently Asked Questions

The ThriveOn Wellness Your Way program encourages you to know your health status and supports you to make changes to optimize your health and well-being. **If you have any questions, please call 1 (888) 255-0162.**

### [Your 2022 ThriveOn Program Wellness Your Way](#)

- [Online Health Assessment and Annual Preventive Exam](#)
- [Biometric Screening](#)
- [Well-Being Activities](#)
- [Gym Membership Reimbursement](#)

### [Incentive Details](#)

- [How do I receive my incentives?](#)
- [Who is eligible to earn incentives?](#)
- [Where do I track my incentives?](#)

## YOUR 2022 THRIVEON PROGRAM

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### 1. Who is our partner?

ThriveOn is partnering with OhioHealth Employer Services (OHES) to provide our wellness services. OHES provides online health assessments, biometric screenings, health coaching, onsite and virtual wellness programs, team and individual wellness challenges and flu vaccines as part of your ThriveOn wellness program.

This partnership does not impact your choice of providers under your health plan (United Healthcare). It is in no way a suggestion to use OhioHealth providers when seeking healthcare nor does it limit your ability to seek care from non-OhioHealth providers.

### 2. Do we have a new ThriveOn web portal?

No – it is the same portal as last year, fccThriveOn.com, powered through WebMD.

### 3. Do I need to create a new username and password?

No! If you created one previously, you can use your same information. If you did not create one previously, follow these instructions to create an account on the portal:

- Visit fccThriveOn.com and click **“Create an account.”**  
**Registration ID:** Enter the first **7 letters** of your last name followed by your date of birth (MMDDYYYY). **Note: Spouses/domestic partners need to create their own accounts using their own name and DOB.**
- Example: *If your last name is Anderson and your date of birth is May 21, 1980, you would enter Anderso05211980. If your last name is shorter than 7 letters, enter your full last name followed by your date of birth (MMDDYYYY).*



- Answer the corresponding profile questions, read and agree to the Privacy Policy and click Go.

#### 4. How do I reset my username/password?

For password assistance, participants should call 1 (888) 255-0162 or use the “Forgot username or password” button on the portal log-in page.

#### 5. Is my health information confidential?

Yes! Your privacy is important to us. 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 web portal.

#### 6. Is there a mobile app?

Yes! To download the app, follow these instructions:

- Download the WebMD ‘Wellness At Your Side’ Mobile App from App Store or Google Play.
- Enter your connection code on the first page.
  - Your connection code is **ohwellness**.
  - If you have not previously created an account, click on “Create an Account” and follow the instructions in Question 3.

## Wellness *your* Way

Wellness Your Way is an incentive program that allows you to choose your own path for living healthy and achieving personal goals, while earning incentives along the way.

#### 1. Why Wellness Your Way?

We created Wellness Your Way to allow employees and spouses to choose how they participate in wellness. This also allows for members to engage in wellness year-round!

#### 2. Who is eligible to participate?

Benefits-eligible employees, benefits-enrolled spouses/domestic partners, and COBRA members are eligible to participate in the Wellness Your Way activities. Please see the ‘Incentive Details’ section on page 8 for more information about who is eligible to earn ThriveOn incentives.

#### 3. What are the incentives and activities for the Wellness Your Way program?

Incentives are earned as each wellness activity is complete. You must be registered and track all activities at fccThriveOn.com to earn incentives.

# Wellness *your* Way Checklist

Benefits-eligible employees and benefits-enrolled spouses/domestic partners can earn incentives by completing the activities outlined below.

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

*You must be registered and track all activities at [fccThriveOn.com](http://fccThriveOn.com) to earn any incentives.*



### COMPLETE AN ONLINE HEALTH ASSESSMENT AND ANNUAL PHYSICAL EXAM

**Earn:** Deductible Reduction in 2023 | **Deadline:** August 31, 2022

#### 1. Complete your Online Health Assessment.

- + Visit [fccThriveOn.com](http://fccThriveOn.com).
  - **Returning users:** Sign in with your username and password.
  - **New users:** Click “Create Account” and follow the prompts.
- + Once logged in, click “Health Assessment” to begin.

AND

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

- + Exams from September 1, 2021 through August 31, 2022 are accepted.
- + No forms needed to earn credit for your preventive exam.
- + \$0 copay

*Note: there could be a several month lag between your visit and completion shown on the portal.*

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



### COMPLETE A BIOMETRIC SCREENING

**Earn:** \$200 | **Deadline:** December 31, 2022

You have three options to complete your biometric screening:

- + **AT WORK:** Biometric Screenings are offered at various work locations. Visit [fccThriveOn.com](http://fccThriveOn.com) to see availability and to schedule an appointment.
- + **AT YOUR PHYSICIAN'S OFFICE:** Download the Biometric Screening form from [fccThriveOn.com](http://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](http://fccThriveOn.com) and schedule an appointment at any OhioHealth WorkHealth location. Visit [OhioHealth.com/WorkHealth](http://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, 2022

Learn more about each activity at [fccThriveOn.com](http://fccThriveOn.com).

- + Meet 3/5 healthy biometric targets.
- + Complete a wellness workshop (virtual).\*
- + Get a mammogram, pap smear and/or colonoscopy.
- + Complete 2 financial wellness courses (virtual).
- + Complete 2 health coaching sessions (virtual).\*
- + Complete 2 culinary coaching sessions (telephonic).\*
- + Complete a meQ skill bundle and reassessment (virtual).
- + Complete a healthy lifestyle program (virtual).\*
- + Participate in 24 virtual fitness classes per quarter (virtual).
- + Complete a quarterly challenge (virtual).\*
- + Complete 2 visits with Nurse Vickie or Therese (telephonic).\*
- + Complete a Daily Habits program (virtual).\*
- + Get a flu vaccine and/or COVID-19 vaccine.
- + Participate in the Franklin County 5k.

\*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 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 reimbursement per household (except households with two employees). Visit [gymreimbursement.franklincountyohio.gov](http://gymreimbursement.franklincountyohio.gov) to learn more.



## Earn Your Reduced Deductible

Earn: Deductible Reduction for 2023

Deadline: August 31, 2022

### 1. What are the requirements to earn my reduced deductible?

Yes. A reduced deductible is awarded for completing the Online Health Assessment AND getting an annual physical exam with your Primary Care Provider. If only one item is completed, you will not receive the reduced deductible.

### 2. Does my spouse/domestic partner also need to complete both items to earn a reduced deductible?

Yes. If a spouse/domestic partner is enrolled in the health plan, both the employee and spouse/domestic partner must complete the Online Health Assessment and the annual physical exam by the August 31, 2022 deadline to receive the deductible reduction for 2023. If both employee and spouse/domestic partner are enrolled in the health plan, but only one completes the requirements, no one in the family earns the deductible reduction.

### 3. What is the Online Health Assessment?

The Online Health Assessment takes approximately 10 minutes to complete. It asks a series of questions related to your diet, exercise, sleep, medical history and lifestyle to create a roadmap toward a healthier life. It is one of the simplest ways to identify the things you are doing well and the areas where your health behaviors could improve. Your assessment is completely confidential and is not released to your agency or the Benefits & Wellness Department.

### 4. How do I complete the Online Health Assessment?

You will need to utilize the web portal to complete your Online Health Assessment. If you haven't already created an account for the portal, follow the registration instructions provided on page 1. Once in your portal, click on "Health Assessment" to begin. You are encouraged to complete your health assessment as soon as possible to take full advantage of the ThriveOn programs and resources available to you.

If you are unable to complete the Online Health Assessment for any reason, please contact the helpline at 1-888-255-0162 and select menu option 1.

### 5. Can I take the Online Health Assessment on my mobile device?

Yes! Follow the instructions on page 2 to access the health assessment on your mobile device.

### 6. Does my primary care provider (PCP) need to be an OhioHealth physician, physician assistant or nurse practitioner?

No, you can visit the PCP of your choice (physician, nurse practitioner or physician's assistant).



**7. What counts as an annual physical exam?**

An annual physical exam is a periodic comprehensive evaluation that may include past medical and family history, complete physical exam, routine blood work, review of medications and more. We recommend having a discussion with your provider to ensure that the exam you are receiving will be billed as an annual physical. There is a \$0 copay at INN providers.

**8. What should I do if I don't have a primary care provider?**

If you do not currently have a primary care provider please contact Nurse Carmen at [Carmen\\_Long@uhc.com](mailto:Carmen_Long@uhc.com) or (614) 208-1608 or Nurse Therese at [Therese\\_Lentz@uhc.com](mailto:Therese_Lentz@uhc.com) or (614) 974-9234. They can assist you in finding a provider that meets your needs.

**9. Do I need to bring anything to my annual physical exam?**

If you wish to earn credit for your biometric screening while at your annual physical, you must bring the Biometric Screening form to your appointment. Download the form at [fccThriveOn.com](http://fccThriveOn.com).

**10. Do I need to submit proof that I had my annual physical exam?**

If you are enrolled on the health plan, you do not need to submit anything additional to get credit for your annual physical. If you are not enrolled in the health plan and are completing this step in anticipation of enrolling in the health plan, you will need to submit a form from your PCP. This form and instructions on how to submit it can be found at [fccThriveOn.com](http://fccThriveOn.com)

**11. When will my annual physical exam show as completed on the portal?**

OhioHealth will give you credit on the portal once the claim is submitted by your provider and processed by United Healthcare. Please note that due to processing time, it may take several months for credit to appear on the portal.

**Complete a Biometric Screening**

Earn: \$200 incentive

Deadline: December 31, 2022

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*HINT: You can complete your biometric screening for \$200 and earn credit toward your reduced deductible by completing your annual physical exam with your PCP at the same time!*

**1. What is a Biometric Screening?**

A Biometric Screening measures some basic physical characteristics like your height and weight, blood pressure, blood sugar/a1c and cholesterol levels, as well as several other health indicators. It provides a current snapshot of your overall health and wellness and identifies potential health conditions such as diabetes, heart disease or hypertension that could develop down the road.



## 2. Where and when can I get a Biometric Screening?

You have three options for completing a Biometric Screening:

1. **ONSITE AT WORK:** Biometric Screenings are offered at various onsite work locations. Schedule an appointment through the web portal at [fccThriveOn.com](http://fccThriveOn.com). You do not need to bring anything with you. You do not need to submit any forms.

### What can I expect at an onsite screening?

Onsite screenings are conducted by OhioHealth clinicians and take about 15-20 minutes from start to finish. The clinician performs a quick finger stick to draw a sample of your blood. Fasting is recommended, but not required prior to your screening appointment.

#### The blood sample screens for:

- Glucose
- A1C (if deemed necessary)
- Total Cholesterol
- HDL (Good Cholesterol)
- LDL (Bad Cholesterol)
- Triglycerides

#### Necessary body measurements taken are:

- Height
- Weight
- Body Mass Index (BMI)
- Waist Circumference
- Blood Pressure

2. **AT YOUR PHYSICIAN'S OFFICE:** Schedule a routine visit with your primary care provider (PCP).  
*HINT:* If you complete your biometric screening with your PCP, schedule it as an annual physical so you can earn credit toward the Reduced Deductible incentive too!

Download the Biometric Screening form from [fccThriveOn.com](http://fccThriveOn.com) and take it with you to your appointment. Follow the instructions provided with the form. You are responsible for making sure that the form is submitted by the deadline.

3. **AT ANY OHIOHEALTH WORKHEALTH LOCATION:** To find a WorkHealth location near you, visit [OhioHealth.com/WorkHealth](http://OhioHealth.com/WorkHealth). Schedule an appointment by calling the WorkHealth scheduling office at (614) 566-9675. This option is similar to visiting a lab.

Download the Biometric Screening Form from [fccThriveOn.com](http://fccThriveOn.com) and take it with you to your appointment. Follow the instructions provided with the form. The clinician will submit the form on your behalf once your results are in.



### 3. When will my screening results appear in my portal?

Your results post to your web portal within 15 business days of your onsite screening date. If your screening results are submitted on a Biometric Screening form by your primary care provider or WorkHealth, your results appear in your portal within 15 business days of OhioHealth receiving your screening form. A notification is sent when the results are posted.

### Complete up to 4 Well-Being Activities

Earn: up to \$200 incentive (\$50 each)

Deadline: December 31, 2022

#### 1. What are the well-being activities and how do I complete them?

Almost all of the well-being activities can be done from the comfort of your own home. Visit [fccThriveOn.com](http://fccThriveOn.com) to learn more about each activity, requirements and how to register.

- Meet 3/5 healthy biometric targets (based on your biometric screening results)
- Complete a wellness workshop (virtual)\*
- Get a mammogram, pap smear and/or colonoscopy
- Complete 2 financial wellness courses (virtual)
- Complete 2 health coaching sessions (virtual)\*
- Complete 2 Culinary Coaching sessions (telephonic)\*
- Complete a meQ resiliency skill bundle and reassessment (virtual)
- Complete a healthy lifestyle program (virtual)\*
- Participate in 24 virtual fitness classes per quarter (virtual)
- Complete a quarterly challenge (virtual)\*
- Complete 2 visits with Nurse Carmen or Therese (telephonic)\*
- Complete a Daily Habits program (virtual)\*
- Get a flu vaccine and/or COVID-19 vaccine
- Participate in the Franklin County 5k

2. complete these activities up to two times each for a total of \$100.

#### 2. What are the biometric targets?

- Blood pressure – less than 130/85
  - Glucose – 60-100 mg/dl (fasting) or <140 mg/dl (non-fasting)
  - HDL cholesterol – men: 40 or above, women: 50 or above
  - Triglycerides – less than 150 mg/dl
  - Waist circumference – men: 40" or below, women: 35" or below
- Note: healthy biometric targets are defined by Metabolic Syndrome.*



**3. What if I only meet 1 or 2 of the healthy biometric targets?**

If you do not meet 3 of the 5 healthy targets, simply complete any of the other Well-Being Activities listed to earn incentives.

**Earn a Gym Membership Reimbursement**

Earn: up to \$75 per quarter (\$25 per month)

Deadline: varies per quarter

**1. How do I earn reimbursement for a gym membership?**

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 reimbursement per household except households with two employees (i.e. spouses, parent/dependent child). Visit [gymreimbursement.franklincountyohio.gov](http://gymreimbursement.franklincountyohio.gov) for more information, including quarterly deadlines, and to submit your reimbursement request.

**INCENTIVE DETAILS**

**1. Incentive Payout Guidelines**

Please keep these two criteria in mind in regards to issuing incentive payouts:

- ThriveOn cannot issue incentive payouts to anyone who is not in an active payroll status.
- Incentive payouts are made on a pre-determined schedule throughout the year. ThriveOn cannot issue incentive payouts ahead of schedule.

Incentive	Activity Completion Dates	Payout Date
Q1 Gym Membership Wellness Your Way	1/1/2022 – 3/31/2022	5/20/2022
Q2 Gym Membership Wellness Your Way	4/1/2022 – 6/30/2022	8/12/2022
Q3 Gym Membership Wellness Your Way	7/1/2022 – 9/30/2022	11/18/2022
Q4 Gym Membership Wellness Your Way	10/1/2022 – 12/31/2022	2/10/2023

**2. How do I receive my incentives?**

ThriveOn program incentives are paid on a quarterly basis throughout the program year through payroll. Depending upon when the activity was completed, it can take several months to be paid. Incentives for spouse/domestic partner activity is paid through the employee payroll. All incentives awarded through the ThriveOn program are taxed as normal income.





**3. Who is eligible to participate in ThriveOn and earn incentives?**

- Employees that are benefits-eligible can participate and earn incentives, even if they are not enrolled in the health plan.
- Spouses/domestic partners must be benefits-enrolled to participate in ThriveOn programs and earn incentives.
- COBRA members are not eligible to earn cash incentives, however we encourage you to take advantage of wellness program offerings such as biometric screenings, flu shots, webinars, challenges and all the resources available on the ThriveOn portal. One incentive COBRA members can earn is the Reduced Deductible incentive. Please see the Reduced Deductible section of the FAQ for more information on how to earn the incentive.

**4. Where do I track my Wellness Your Way activities and incentives?**

In order to earn any incentives this year, you must be registered on the ThriveOn wellness portal ([fccThriveOn.com](http://fccThriveOn.com)). After signing in, click on “Incentives” at the top of the screen, then click “Earn Now” to learn more and track each incentive. You can access this site from any mobile device, tablet, laptop or computer.

*If you have any questions or concerns, please call 1 (888) 255-0162.*