

Your ThriveOn Incentive Overview

2025 Wellness Program



Wellness *your* Way



ThriveOn
Your Health and Wellness Program

Thrive Together!

Wellness Your Way empowers you to choose wellness activities that align with your lifestyle, with the potential to earn up to **\$1,000 in wellness incentives**. By joining forces with family, friends, and coworkers, you'll enhance your motivation and enjoy healthy habits together.



Who is eligible?

All employees (even those not enrolled on the health plan) 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. To earn any incentives, you must be registered at fccThriveOn.com. Get started today 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**

Get started today!

Grab a wellness buddy and start earning incentives all year long. The more you participate, the more incentives you can earn.

Log in to the wellness portal at fccThriveOn.com today – you can 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.

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 THE ONLINE HEALTH ASSESSMENT AND ANNUAL PHYSICAL WITH A PCP

Earn: Deductible Reduction in 2026

Deadline: August 31, 2025

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

1. Complete the Online Health Assessment.

- Log in to fccThriveOn.com and click “Health Assessment” to begin.

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

- Exams from September 1, 2024 through August 31, 2025 are accepted.
- No forms needed to earn credit for your annual physical exam if enrolled in the health plan.

EARN YOUR \$200 BIOMETRIC SCREENING INCENTIVE AT THE SAME TIME YOU COMPLETE YOUR ANNUAL PHYSICAL. Download the Biometric Screening form at fccThriveOn.com and take it with you to your annual physical. Follow the instructions to submit the form to earn credit and receive your \$200.

COMPLETE A BIOMETRIC SCREENING

Earn: \$200

Deadline: December 31, 2025

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. No forms needed and results are automatically reported on your behalf.
- + **AT YOUR PHYSICIAN’S OFFICE:** Download the Biometric Screening form at fccThriveOn.com and take it with you to your appointment. It is the participant’s responsibility to ensure completed forms are submitted by the deadline.
- + **AT A WORKHEALTH LOCATION:** Download the Biometric Screening form at fccThriveOn.com and schedule an appointment at any OhioHealth WorkHealth location. Visit OhioHealth.com/WorkHealth to find a location near you. WorkHealth staff will submit the form on your behalf once your results are available.

COMPLETE UP TO 4 WELL-BEING ACTIVITIES

Earn: Up to \$200 (\$50 per activity)

Deadline: December 31, 2025

Learn more about each activity at fccThriveOn.com.

- + Complete activities on meQuilibrium (virtual).*
- + Complete an Enrich financial assessment and course (virtual).*
- + Complete an on-demand wellness workshop (virtual).*
- + Complete 2 health coaching sessions (telephonic).*
- + Complete a healthy lifestyle program (virtual).*
- + Complete a quarterly challenge (portal).*
- + Complete 2 visits with your UHC Health Engagement Nurses (telephonic).*
- + Complete a Daily Habit plan and/or Side Quest (portal).*
- + Get a mammogram, pap smear, and/or colonoscopy.*
- + Get a flu and/or COVID-19 vaccine.*
- + Participate in the Franklin County 5k.
- + Complete your routine dental/vision exams.*
- + Create your own well-being activity (i.e. race/walk, volunteering, pet adoption).

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

EARN GYM MEMBERSHIP REIMBURSEMENT

Earn: Up to \$150 per quarter (\$50 per month)

Deadline: Varies by quarter

Visit a gym or use your virtual membership and receive reimbursement for your membership costs. To qualify, you must provide documentation of both attendance and payment. One person per household eligible per month (except households with two employees). Eligible memberships include full-service gyms, boutique studios, personal training, virtual memberships, and more.

Reimbursement rates:

0-3 days per month - no reimbursement

4-7 days per month - 50% of monthly cost, up to \$25/month

8+ days per month - 100% of monthly cost, up to \$50/month

Reimbursement deadlines:

Q1 (January-March): **April 18, 2025**

Q2 (April-June): **July 18, 2025**

Q3 (July-September): **October 17, 2025**

Q4 (October-December): **January 16, 2026**

Learn more at gymreimbursement.franklincountyohio.gov.



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

Log in today! **fccThriveOn.com**

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



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