

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

2nd.MD*: Questions about a medical concern? 2nd.MD can help you determine if a second opinion is right for you. You can even include your original doctor in the video consult. Call (866) 269-3534 to connect with an expert to confirm a new or existing diagnosis, discuss an ongoing condition, or explore alternative treatment options.

ASK YOUR UNITED HEALTHCARE HEALTH ENGAGEMENT NURSE: Your UHC Health Engagement Nurses help you understand health conditions and partner with you to provide ongoing support, encouragement and connection to important resources and benefits. They may reach out to you to offer their services or you can contact them at (614) 525-6773.

HEALTH COACHING: Work one-on-one with a health coach to address a variety of 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.

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, UTIs, diarrhea and pinkeye. Prescriptions can be called into your local pharmacy. To schedule an appointment, login to myUHC.com.

NURSELINE*: Call Nurseline 24/7 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.

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.

PRECISION MEDICINE*: Precision Medicine is medical care designed to identify an individual's risk for developing a certain disease, by using genetic profiling.

Testing is available for all members age 18 years and up under the health plan for the following three conditions:

- Hereditary Breast and Ovarian Cancer Syndrome (BRCA1, BRCA2)
- Colorectal cancer (Lynch Syndrome)
- Hereditary high cholesterol (familial hypercholesterolemia)

Note: Coverage effective date TBD. Call (614) 525-5750 for more information.

Mental Well-Being

BEHAVIORAL HEALTH VIRTUAL VISITS*: Visit with a mental health professional when and where you want, for concerns like depression, anxiety, general therapy and medication management. To schedule, go to LiveandWorkWell.com, select Find Care and then click on Virtual Visits.

EMOTIONAL WELLBEING SOLUTIONS (formerly EAP): Master's level clinicians available 24/7 for confidential telephonic support for everyday challenges. Additionally, receive up to 8 in-office or virtual counseling sessions per problem per year. Discounted financial and legal services also available. Any member of your household is eligible. Visit LiveandWorkWell.com (access code: EAP) or call (800) 354-3950 to get started.

ENRICH FINANCIAL WELLNESS: 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 to get started.

MEQUILIBRIUM (meQ): meQ is a resilience-building online program that teaches techniques and provides personalized tips to help relieve feelings of burnout, improve sleep and increase motivation. Visit fccThriveOn.com to get started.

ONSITE EAP CONSULTANT: Schedule a confidential visit with Franklin County's Onsite EAP Consultant for assistance or coaching on topics such as work-life balance, parenting and family concerns, depression, anxiety and stress. Call (614) 525-6773 or **schedule a visit online**.

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 (access code: EAP) and look for Self Care on your homepage to get started.

SUBSTANCE USE TREATMENT HELPLINE*: Understanding the different types of treatment and knowing where to go are critical. Call 1 (855) 780-5955 or visit 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 a mental health provider at your convenience as well as schedule video visits when needed. Visit talkspace.com/connect to get started.

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.

BIARIATRIC SURGERY*: Specific criteria apply and services must be performed at a Center of Excellence (COE). To assist members seeking weight loss through bariatric surgery, Bariatric Resource Services (BRS) offers comprehensive support before, during and after surgery, increasing the potential for success. Enrollment in BRS is not mandatory, however, it is strongly recommended. Subject to the deductible. Call (888) 936-7246 TTY 711, or visit myuhc.phs.com/brs to learn more.

BLOOD PRESSURE MEDICATION*: 100% coverage of Tier 1 and Tier 2 oral blood pressure medications. Prescription required.

CANCERBRIDGE: Have you or a loved one been diagnosed with cancer? CancerBridge provides information specific to your cancer, 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 visits per year at a \$20 copay per visit. First three visits at \$0 copay for newly diagnosed back pain. No out-of-network coverage. Call (877) 440-5983 to learn more.

CHOLESTEROL MEDICATION*: 100% coverage of Tier 1 and Tier 2 cholesterol medication. Prescription required.

DIABETES CONDITION MANAGEMENT*: If you have type 2 diabetes, learn how to manage it successfully with UHC's Diabetes Condition Management. 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 enroll today.

DIABETIC SUPPLIES AND MEDICATIONS*: 100% coverage for diabetic supplies, injectable insulin, Blood Glucose Monitors, Continuous Glucose Monitors (CGM) and Tier 1 and Tier 2 anti-diabetic medications. Prescription required.

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

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

SPECIALIST MANAGEMENT SOLUTIONS (SMS)*: Exclusive end-to-end support from orthopedic nurses, specific to full-range of musculoskeletal conditions. Specialist Management Solutions (SMS) 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.

WEIGHT LOSS MEDICATION*: Medications to help reduce weight are available if you meet specific clinical criteria and have a prescription. Subject to the normal copay.

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 \$50/month toward the cost of your membership. Visit gymreimbursement.franklincountyohio.gov to learn more.

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

PREVENTIVE CARE*: Many routine preventive services are covered 100% with a \$0 copay including dental and vision exams, flu and COVID-19 vaccines, mammograms, pap smears, routine physicals and colonoscopies.

PREVENTIVE MEDICATIONS*: Certain preventive medications are also covered 100%, including birth control, anti-coagulants and HIV PrEP. Visit BeWell.FranklinCountyOhio.gov for more information.

TOBACCO CESSATION PRODUCTS*: 100% coverage for over-the-counter and prescription nicotine replacement products. Prescription required. Tobacco cessation coaching is also available at fccThriveOn.com.

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

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 75% of the cost. Sign up today at WW.com/FCC for as little as \$4.87 per month.

Maternity and Family Forming

DOULA COVERAGE*: Two options available. Engage with a *virtual* doula through Maven at \$0 cost or beginning March 1, 2024, receive up to \$3,000 reimbursement (you pay upfront and submit a claim) for *in-person* doula expenses. Visit BeWell.FranklinCountyOhio.gov for more information.

MATERNITY SUPPORT PROGRAM (MSP)*: If you have a baby on the way, MSP is here to help. You'll receive personalized support 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.

MAVEN*: Maven provides end-to-end support, particularly for non-traditional paths to parenthood. They can help navigate preconception, pregnancy and postpartum; fertility treatment; and adoption and surrogacy. Visit BeWell.FranklinCountyOhio.gov for more information.

MAVEN WALLET*: Maven Wallet administers an adoption and surrogacy expense reimbursement program. Expenses are paid by the member and paperwork submitted for reimbursement. \$30,000 lifetime maximum. Visit BeWell.FranklinCountyOhio.gov for more information.