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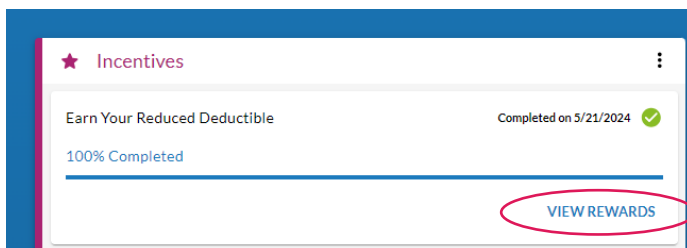
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CHECK YOUR INCENTIVE STATUS!

REDUCED DEDUCTIBLE DEADLINE IS AUGUST 31ST

ThriveOn's Wellness Your Way program offers a valuable opportunity to earn a reduced deductible for 2025, making your healthcare more affordable. Act quickly to take advantage of this benefit and lower your out-of-pocket expenses. Both tasks must be completed to receive the reduced deductible. If a spouse/domestic partner is enrolled in the health plan, they must also complete both tasks by the August 31 deadline. We encourage you to log in to your ThriveOn account at fccThriveOn.com to check your incentive status.



STEPS TO COMPLETE:

- 1. Online Health Assessment:** Log in to your ThriveOn account at fccThriveOn.com and click on the Health Assessment card. Answer the questions and click "FINALIZE". If you haven't registered, [click here for instructions](#).
- 2. Annual Physical:** It can take 45-60 days for annual physical credit to process. If you have already completed your physical, we encourage you to log in to your ThriveOn account and check your incentives page to ensure you have received credit. If it has been more than 45-60 days since your annual physical and you do not have credit, please contact ThriveOn by phone at **614.525.3948** or ThriveOn@franklincountyohio.gov. If you just recently completed your annual physical, please check your account after 45-60 days.

DO I NEED TO SUBMIT PROOF?

If you are enrolled in 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, you will need to submit a form from your PCP. This [form and instructions on how to submit it can be found here](#).

A reduced deductible isn't the only incentive available. Employees and their enrolled spouses/domestic partners can earn incentives through the Wellness Your Way program. Learn more in the [2024 Incentive Guide](#). Start earning today by logging into fccThriveOn.com.

IMPORTANCE OF REGISTERING WITH UHC

YOUR GUIDE TO NAVIGATING YOUR HEALTH PLAN

Utilizing your health plan may feel overwhelming at first, but it can be straightforward once you get familiar with it. Whether you're currently enrolled or joining during this year's Open Enrollment, follow these 7 steps for a smooth start. Keep your member ID card handy—it's your key to accessing all your benefits and will be essential at your appointments.

1. Activate Your Member Account: Setting up your member account online is the first step to managing your health plan effectively. Once you're logged in, you can:

- Find network doctors
- Estimate costs
- View and pay claims
- Check account balances
- Learn about covered preventive care

REGISTER OR SIGN IN TO YOUR MEMBER ACCOUNT

2. Download the [UnitedHealthcare® App](#): The UnitedHealthcare app makes it easier to check your plan details and view your member ID card from your mobile device. You can use the app to take care of tasks like these:

- Find nearby in-network care options
- Video chat with a doctor 24/7
- Track your progress toward your deductible

Use your mobile device to download the app:



3. Stay in the Network: The doctors and facilities in our network have agreed to provide services at a discount – so staying in network makes sense, especially when visiting an out-of-network provider could cost you a lot more for care. Find network doctors, hospitals, labs and more by [signing in to your member account](#).

4. Explore Additional Benefits: By signing into your member account you can explore additional benefits offered such as bariatric support, cancer resource services, diabetes management, digital exercise therapy, and more.

5. Make Your First Appointment: Preventive screenings and immunizations may be covered at no cost. Schedule a checkup with your primary care provider (PCP) to start your preventive care journey.

FIND PREVENTIVE CARE RECOMMENDATIONS

6. Review Your Member ID Card: Your member ID card is essential when you receive care. It shows important details about your plan. Understanding how to use your card can help ensure you get the most from your benefits.

LEARN HOW TO USE YOUR MEMBER ID CARD

7. Go Paperless: Reduce paper clutter by opting for online communications. Sign up for electronic statements and updates through your member account.

ADDITIONAL TOOLS WITH UNITEDHEALTHCARE

Registering with UnitedHealthcare (UHC) can provide access to a variety of tools and benefits, including:

- **Digital tools:** Registered members can use the UHC member site and app to manage their plan 24/7. The site allows members to search for doctors, view claims, and more.
- **Support:** Registered members have access to a registered nurse 24/7 who can discuss symptoms.
- **Information:** Registered members receive important information electronically, such as health statements, claim letters, and explanation of benefits. They can also choose to receive paper communications by changing their mailing preferences.

Registering with UnitedHealthcare isn't just signing up—it's your gateway to a healthier, more informed life. By registering, you'll access tools, resources, and support to make informed decisions about your care. Manage benefits, stay in-network, and explore additional support with ease. Register today and unlock the full potential of your UnitedHealthcare plan.



HOW TO TAKE CONSTRUCTIVE CRITICISM

BUILDING RESILIENCY WITH MEQ

Nothing stings like criticism—even when it's delivered with the best of intentions. Whether it comes from a manager, a colleague, or even a friend, being forced to confront something we could have done better just isn't easy.

While the fear of feedback is understandable, avoiding criticism has its own set of risks. When you dodge or react negatively to feedback, you not only give the impression that you're not willing to listen or improve. You also cut yourself off from a valuable source of information that can help you evolve both personally and professionally.

You can't change how everyone delivers feedback, but you can change how you receive and interpret it. View criticism as a learning opportunity. Focus on what you can learn from it, rather than dismissing it or taking it personally. Separate the message from your emotions to find valuable insights for improvement. Keep this in mind the next time you feel discouraged by criticism. The goal is not to blindly accept any and all feedback—after all, not all criticism is helpful—but to be able to hear and act on it when it benefits you.

For additional tips on building resilience and managing stress, check out meQuilibrium at fccThriveOn.com

ATTEND AN UPCOMING WEBINAR

Join us every month for a series of engaging educational webinars brought to you by Franklin County Cooperative and ThriveOn, featuring a diverse range of topics including nutrition, financial support, health-related discussions, and much more from our trusted vendors.

Healthy Lifestyle Programs

Wellbeing Leadership Forum

Wednesdays, September 4-18 from 12-1pm

These forums support you as a leader on critical wellbeing topics. Join fellow Franklin County Cooperative leaders to share challenges, successes, and ideas to enhance your wellbeing and that of your teams. Topics include recognition, healthy boundaries, and what you can control.

[REGISTER WITH OHIO HEALTH >](#)

Food is Medicine: Vitamins & Minerals

Wednesdays, September 4-25 from 11-11:30am

Micronutrients, did you know they support every organ system in the body? Over the course of this program, learn about the vitamins & minerals that power our bodies, how they benefit us and how to optimally fuel up.

[REGISTER WITH OHIO HEALTH >](#)

CancerBridge

2024 Kitchen Series: Ditch the Mess - One Pot Meals

Thursday, September 5th, 2024 at 11am

Streamline your cooking with Chef Michael Carnahan and Dietitian Cameron Stauffer in 'Ditch the Mess - One Pot Meals.' Discover how to create delicious, fuss-free dishes with minimal cleanup, making mealtime easy without sacrificing taste or nutrition.

[REGISTER WITH CANCERBRIDGE >](#)