

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. **Questions?** Call (614) 525-3948 or email ThriveOn@franklincountyohio.gov.

General Well-Being

2nd.MD*: Questions about a medical concern? 2nd.MD can help you determine if a second opinion is right for you. 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 support, encouragement and connection to resources and benefits. They may reach out to you to offer their services or you can contact them at (614) 525-6773.

FRANKLIN COUNTY 5K & THRIVEON CHALLENGE: Each year ThriveOn hosts a 5k walk/run for employees and eligible dependents (spouses/ domestic partners and children). Information is typically made available in June. Visit runsignup.com/franklincounty5k to learn more.

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. Visit fccThriveOn.com to get started.

MEDICAL VIRTUAL VISITS*: Virtual Visits connects you with 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, log in 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. PHS nurses are here to help, from understanding your claims to learning more about a new diagnosis. For more information, call (877) 440-5983.

PET INSURANCE: Receive a discount on pet insurance with MetLife. Coverage for routine check-ups, unexpected illnesses, and everything in between. Enroll at MetLife.com/getpetquote.

Mental Well-Being

BEHAVIORAL COACHING: Receive personalized, self-paced support managing symptoms of depression, stress and anxiety. The eight-week program with a dedicated coach delivers a tailored path to help you build coping skills. Visit LiveandWorkWell.com (code: EAP) to get started.

BEHAVIORAL HEALTH VIRTUAL VISITS*: Convenient access to mental health professionals for concerns like depression, anxiety, general therapy and prescription medication. To get started call (800) 354-3950. In-person visits are also available.

BLOOM MENTAL WELL-BEING FOR KIDS: From Nationwide Children's Hospital, Bloom provides access to digital courses and videos to help you help the kids in your life build mental well-being. Visit bloom.brainier.com and use code BLFC01 to create an account.

CALM: Relieve stress, sleep better, and live more mindfully with easy-to-use tools like guided meditations, soothing sleep stories, and mindfulness exercises. Visit LiveandWorkWell.com (code: EAP).

DEPRESSION AND ANXIETY MEDICATION*: 100% coverage of Tier 1 and Tier 2 anti-depressant and anti-anxiety medications. Prescription required.

EMOTIONAL WELLBEING SOLUTIONS (formerly EAP): Master's level clinicians available 24/7 for confidential telephonic support for life's challenges. Receive 8 in-office or virtual counseling sessions per problem per year. All household members eligible. Visit LiveandWorkWell.com (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 program that teaches techniques and provides personalized tips to help relieve 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 here](#).

SOLUTIONS FOR CAREGIVERS: Caring for an aging family member can be overwhelming. Solutions for Caregivers offers up to six hours of free, professional help with care planning, legal and financial guidance, virtual assessments, and more. Call (800) 354-3950 to get started.

SUBSTANCE USE TREATMENT HELPLINE*: Understanding the different types of treatment and knowing where to go are critical. Call (855) 780-5955 or visit LiveandWorkWell.com/Recovery for 24/7 access to specialized clinicians who make it as easy as possible to find appropriate treatment, including clinical evaluation, usually within 24 hours.

TALKSPACE: Get the extra support you need in a way that works for you. TalkSpace allows you to virtually connect with mental health providers. Visit talkspace.com/connect to get started. Call (800) 354-3950 to obtain your authorization code.

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**.

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. Available to employees and immediate family members. Call **(855) 366-7700** to be connected with a CancerBridge expert.

CHIROPRACTIC CARE*: Receive up to 25 visits per year. \$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.

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.

KAIA HEALTH*: 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.

MAINTENANCE MEDICATIONS*: 100% coverage of medications in the following categories. Prescription required.

- Tier 1 & Tier 2 glycosides, anti-blood pressure, anti-diabetic, anti-cholesterol, anti-anginal, and anti-coagulant medications.
- Diabetic supplies, injectable insulin, blood glucose monitors, and continuous glucose monitors (CGM).

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

SPECIALIST MANAGEMENT SOLUTIONS (SMS)*: End-to-end support from orthopedic nurses, for a full-range of musculoskeletal conditions. 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*: Available if you meet specific clinical criteria and have a prescription. Subject to the normal copay.

WEIGHT WATCHERS CLINIC*: WeightWatchers' comprehensive weight management program pairs clinically-proven medications with access to board-certified clinicians, Registered Dietitians, fitness coaches, and a Care Coordinator - to help members lose weight. Enroll in WeightWatchers to access the WeightWatchers Clinic at WW.com/fcc. If you are taking a GLP-1 for weight loss or are planning to, you are strongly encouraged to engage with the WeightWatchers Clinic.

Physical Well-Being

GYM MEMBERSHIP REIMBURSEMENT: Visit a gym or utilize your at-home membership at least 8 days per month and receive up to \$50. Be reimbursed 50% of your costs, up to \$25/month for utilizing your membership 4-7 days per month. Visit gymreimbursement.franklincountyohio.gov to learn more.

NUTRITIONAL VISITS*: Unlimited visits with an in-network dietitian covered at 100%. Visit BeWell.franklincountyohio.gov to learn more.

PREVENTIVE CARE*: Many routine preventive services are covered 100% with a \$0 copay including dental and vision exams, flu and COVID-19 vaccines, mammograms, well-woman exams, pap smears, skin cancer screenings, annual physicals and colonoscopies. Visit myUHC.com to find a provider.

PREVENTIVE MEDICATIONS*: Certain preventive medications are covered 100%, including contraceptives 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: With the WeightWatchers program, you can access personalized plans and an award-winning app with in-person or virtual coach-led workshops. Join for free today at WW.com/fcc.

Family Forming and Women's Health

DOULA COVERAGE*: Engage with a *virtual* doula through Maven at \$0 cost or receive up to \$3,000 reimbursement for *in-person* doula expenses. Visit BeWell.franklincountyohio.gov for more information.

FERTILITY SERVICES*: In-network fertility treatments and medications are covered, up to \$30,000 lifetime maximum per member. Applicable deductibles, coinsurance, and out-of-pocket maximum apply. Visit BeWell.franklincountyohio.gov for more information.

MATERNITY SUPPORT PROGRAM (MSP)*: If you have a baby on the way, MSP is here to help with personalized support including access to maternity nurses, educational resources and specialized services for you and your baby – before, during and after pregnancy. Earn \$50 for enrolling and \$150 for completing the program. For more information, call **(877) 440-5983** or visit BeWell.franklincountyohio.gov. *Note: MSP will be sunseting 12/31/26. No incentives will be distributed for enrollment or completion after that date.*

MAVEN*: End-to-end virtual support for all paths to parenthood: preconception, pregnancy and postpartum, fertility treatment, adoption and surrogacy. Through Maven, connect with an experienced UHC fertility nurse for clinical guidance and fertility clinic recommendations. Visit BeWell.franklincountyohio.gov for more information.

MAVEN WALLET*: Maven Wallet administers an adoption, surrogacy, and donor material reimbursement program. Lifetime maximums of \$30,000 for adoption/surrogacy and \$10,000 for donor materials applies. Visit BeWell.franklincountyohio.gov for more information.

MENOPAUSE HORMONE REPLACEMENT THERAPY*: 100% coverage of Tier 1 and Tier 2 estrogen and estrogen-combos. Prescription required.

*must be enrolled in the health plan