



## IN THIS EDITION:

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## MARK YOUR CALENDAR:

- **Friday, January 13:** Gym Reimbursement Requests Due for Quarter 4
- **Monday, January 16:** Martin Luther King Jr. Day



## Setting Goals Year-Round

Whether the beginning of the New Year or not, it is always a good time to reflect and project, thinking about all that you achieved so far and focusing on the healthy, positive changes you would like to make moving forward. The creation of clear and compelling goals can focus your energy into actionable behaviors, which can then lead to progress in ultimately accomplishing those goals. A good place to start is by setting a [S.M.A.R.T. goal](#), which stands for Specific, Measurable, Attainable, Relevant, and Timely. S.M.A.R.T. goals help clarify ideas and intentions, build motivation, and increase focus, making sure goals are thoughtful, clear, and concrete. This results in a greater chance of achieving lasting behavior change!

Follow these [goal-setting tips](#) for success!

- Make sure your goal is a “want” rather than a “should”.
- Write your goal clearly (S.M.A.R.T.).
- Break your goal into smaller steps.
- Set aside time in your calendar to implement each step.
- Create accountability for the goal.
- Make a contingency plan.
- Practice persistence and self-compassion.
- Use tactics to inspire yourself.
- Adopt a growth mindset.
- Celebrate often at milestone markers as well as when you achieve your goal!

As you set goals for yourself this new year (and all year-round) [use this worksheet](#) as a guide.



## Gym Reimbursement Program - Quarter 4 Requests Due Tomorrow (Friday, January 13th)

Did you know that you can receive up to \$25/month toward the cost of your gym membership?

Eligible memberships include boutique studios, personal training, at-home/virtual memberships, and more! If you're not sure if your membership qualifies, contact ThriveOn – we're here to help!

All you have to do is use your membership on at least 8 different days each month. Proof of payment and proof of attendance required. [Click here](#) for more information and to complete your Q4 (October, November, and December) reimbursement request today.

# NURSE'S NOTES



From your United  
Healthcare Health  
Engagement Nurses,  
Carmen and Therese.

## January 2023 - Preventive Care for a Healthy New Year!

It's a new year and a great time to refresh yourself and review preventive measures you can take to be the healthiest you in 2023! Now is the time to connect or reconnect with preventive care while making sure you have a Primary Care Provider (PCP). If you don't have a PCP, Nurse Therese or Nurse Carmen can help you find one.

Why is preventive care so important?

- Regular preventive care visits and health screenings may help to identify potential health risks for early diagnosis and treatment.
- Helping prevent disease and detecting health issues at an early stage is essential to living a healthier life.
- Following preventive care guidelines — and your doctor's advice — may help you to stay healthier.

[MyUHC.com](https://myuhc.com) provides a great preventive care tool – simply plug in your age and gender and it will tell you which preventive care screenings you should consider! Plus it will give you tips for your appointments, such as which questions you should ask your doctor. [Click here](#) to access the preventive care checklist and don't forget to download the MyUHC app on your phone for access right at your fingertips!

For one Franklin County Cooperative employee, a preventive screening saved her life. Susan is healthy and active, but like many she fell behind and postponed her routine mammogram during the pandemic. Thanks to the nudge of her primary care provider, Susan got her routine mammogram in January 2022 where she received some unexpected and unwelcome news - cancer. A month later Susan had surgery to remove the cancer. She says "I'm lucky though. Not all women are." [Click here](#) to read Susan's full story. And take Susan's suggestion - talk to your doctor, understand your risk level, and schedule your preventive screenings today.



Nurse Carmen, RN



Nurse Therese, RN

As a member of the Franklin County Cooperative, you have access to several confidential and free resources to help you thrive in your everyday life. This includes private conversations with Franklin County's dedicated Health Engagement Nurses, Therese Lentz, RN and Carmen Long, RN. Your conversations with Therese and Carmen are confidential and at no cost to you. They are available for things such as finding a primary care physician, support and education for disease prevention and management, and helping you achieve your personal health goals.

Call the Onsite EAP & Health Engagement Nurse Support Line at 614-525-6773 or email [Therese\\_Lentz@uhc.com](mailto:Therese_Lentz@uhc.com) or [Carmen\\_Long@uhc.com](mailto:Carmen_Long@uhc.com).

Phone: 614-525-3948

Email: [ThriveOn@franklincountyohio.gov](mailto:ThriveOn@franklincountyohio.gov)

**Thrive**On  
Your Health and Wellness Program