



In This Week's Issue:

- **5 b'Ci bW cZDfYj YbHcbk** [Click here to read the full article.](#)
- **7 ca a i b]Im< [\ \ H[S &e]Ú [o Á]q ^Á; !Á** [Click here to read the full article.](#)
- **FY []ghf z-f' h YH f]j YCb'A YU' ?]h9l dYf]YbWwÁ** [Click here to read the full article.](#)
- **Bi fgYgDBChYgk** [Click here to read the full article.](#)



An Ounce of Prevention: Get Tested if You are Sexually Active

Cases of syphilis, a sexually transmitted disease, have doubled in the last year in Franklin County. A recent spike in cases also led Columbus Public Health to declaring an outbreak.

Sexually active individuals are encouraged to get tested regularly and to recognize the symptoms of syphilis. You or your partner may have it and not know it! [Learn more about syphilis and the symptoms here.](#)

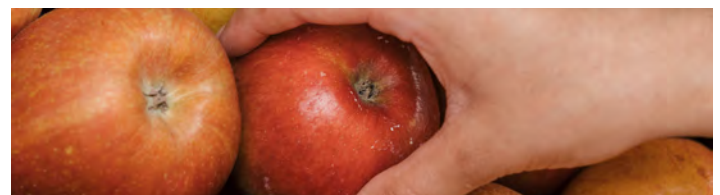
Did You Know? The Franklin County Cooperative covers many preventive screenings and treatment options at no-cost-to-you. This includes testing and treatment for sexually transmitted diseases. [You can learn more here.](#)



Mark Your Calendar

- **Friday, October 14** [Click here to read the full article.](#)
- **Friday, November 11** [Click here to read the full article.](#)
- **Thursday, November 24** [Click here to read the full article.](#)
- **Saturday, December 31** [Click here to read the full article.](#)

It's more important than ever to get your flu vaccine. **Be a Flu Fighter.** [Find a flu shot location near you.](#)



Community Highlight: Local Spots Ripe for Apple and Pumpkin Picking

October evenings and weekends are ripe for apple & pumpkin picking! If you have plans to bake something festive or in the mood to decorate for fall, here are eight of our local favorites:

- [Lynd Fruit Farm](#) | Morse Road SW, Pataskala
- [Legend Hills Orchard](#) | 11335 Reynolds Road, Utica
- [The Orchard & Co.](#) | 7255 U.S. Highway 42, Plain City
- [Hidden Creek Farms](#) | 581 S. Galena Road, Sunbury
- [Cherry Hawk Farm](#) | 16220 Springdale Rd, Marysville
- [Ochs Fruit Farm](#) | 2161 Pleasantville Rd, Lancaster
- [Apple Hill Orchards](#) | 16780 Upper Fredericktown Amity Rd, Fredericktown

REGISTER FOR THE

ThriveOn

Your Health and Wellness Program

MEAL KIT EXPERIENCE

Stuffed Peppers Edition

Free-to-you
**Meal Kit
Delivered
to You**



Free-to-you
**Virtual
Cooking
Class**

Thursday | Nov. 3 | 6:00 p

Redeem your experience in 2 steps:

Register for Meal Kit + Register for Webinar

[Click here for step-by-step registration instructions.](#) Registration closes at 11:59p on Sunday, October 23. This experience is available exclusively to Franklin County Cooperative members. Limit one per household.

NURSES' NOTES | *Choosing Care*

You have many options when it comes to accessing your healthcare needs. With so many choices for care, it's important to know when to access which option. Here are a few helpful tips to know when choosing where to go:

Primary Care Provider	24/7 Virtual Visits	Convenience Care Clinic	Urgent Care Centers	Emergency Room
<p>Your doctor's office should be your first call for non-emergency matters.</p> <p>Examples:</p> <ul style="list-style-type: none"> • Annual exam • Ongoing care for chronic disease management • Cold • Flu • Minor injury • Earache • Sinus Problem • Skin rash • Flu shot • Fever • Pinkeye 	<p>Virtual Visits allow you to speak with a doctor from the convenience of your smartphone without an appointment! Just login at MyUHC.com (or call the number on the back of your medical insurance card.)</p> <p>Virtual Visits are an option if:</p> <ul style="list-style-type: none"> • Your doctor is unavailable • You are traveling • You are considering an emergency room visit for a non-emergency <p>NOTE: Virtual Visits are not intended for any conditions that require an exam or test; nor should it be used for chronic or complex conditions, broken bones, open wounds, etc.</p>	<p>If your doctor is unavailable, a Convenience Care clinic (such as CVS or Minute Clinic) may be an option to help with a minor non-emergency matter.</p> <p>Examples:</p> <ul style="list-style-type: none"> • Flu shots • Minor injuries • Skin rashes • Ear aches 	<p>If your doctor is unavailable and you are experiencing a mild non-emergency matter, you may want to consider an urgent care center.</p> <p>Examples:</p> <ul style="list-style-type: none"> • Lower back pain • Minor injuries; burns, stitches, sprains • Asthma 	<p>Emergency rooms are intended for emergency serious health matters. If you or a loved one experience a health emergency, go to your nearest emergency room or call 911!</p> <p>Examples:</p> <ul style="list-style-type: none"> • Chest pain • Major burns • Shortness of breath • Severe asthma attack • Severe injuries • Kidney stones • Life threatening emergencies

You can [click here](#) (or visit BeWell.franklincountyohio.gov) for additional information on your medical benefits and 24/7 Virtual Visits.

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** and **Carmen Long**. Your conversations with Therese and Carmen are confidential and at no cost to you. To speak with either of them, you can:

- Call the **NEW! Onsite EAP and Health Engagement Nurse Support Line** at 614-525-6773.
- Email Therese_Lentz@UHC.com or Carmen_Long@UHC.com