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## THREE UNEXPECTED WAYS CLUTTER CAN IMPACT YOUR WELL-BEING

FROM **meQ**

You've probably heard that clutter can stress you out. Perhaps you've even experienced the overwhelming feeling of being in a space with too much stuff. But you might be unaware of the extent to which clutter can weigh you down and subconsciously influence your decisions.

In fact, numerous studies have shown the potential negative impact of clutter on mental well-being. Here are three ways that clutter might be influencing your daily life without you even

realizing it, followed by tips to more effectively organize your space. Three ways clutter can impact your well-being include: making it harder to get healthy, harder to sleep, and can make it harder to work.

### TAME CLUTTER WITH THESE TIPS.

While clutter can have a powerful effect, you can take steps to tame the chaos:

- Look around your space and toss any trash or junk mail.
- Give things a home: a hook for keys, a basket for mail, a folder for bills, a box for jewelry, a hamper for clothes. You get the idea.
- Schedule a 15-minute decluttering session for sometime this week. Begin tackling a spot that's become a source of frustration, or organize a single drawer or closet. Once you've finished, schedule another session.
- When on the fence about an item, try asking if it brings you joy. If not, let it go.
- Take a picture of possessions that you're clinging to. One study found people were more apt to let go of items they photographed, because it preserved their memories.

For more information and tips to handle every day stress look for meQ content under the wellness hub in your [fccthriveon.com](https://fccthriveon.com) account.

## STAY ON TRACK THIS FALL

BY USING  WeightWatchers

Time is running out to claim a FREE smartscale by WeightWatchers. Join by 10/31 to redeem this offer! ThriveOn subsidizes the membership cost for Franklin County Cooperative employees and enrolled spouses/domestic partners.

JOIN NOW

REDEEM OFFER

# NURSE'S NOTES

FROM YOUR  **UnitedHealthcare** HEALTH ENGAGEMENT NURSES  
October 2023



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October is Breast Cancer Awareness month for **both women and men**. There are things you should know to understand what breast cancer is, know your chances for getting it, and how to find it early. Finding breast cancer early is critical because when it is found early, it is easier to treat. Read to learn more about the common symptoms of breast cancer and the best way many women find breast cancer early.

### WHAT IS BREAST CANCER?

Breast cancer is the second most common cancer among women, after skin cancer. It is a disease in which cells in the breast grow out of control. Cancer cells can also spread, or *metastasize*, to other parts of the body.

Breast cancer is the most commonly diagnosed cancer among American women. Black women are more likely to die from breast cancer than women of any other racial or ethnic group. About 85% of breast cancers occur in women who have no family history of breast cancer.

Although breast cancer affects more women than men, about 2,710 American men this year are expected to be diagnosed with breast cancer, and about 530 are expected to die from the disease. But lack of awareness and stigma can be barriers to detection and care.

### WHAT CAN I DO TO FIND BREAST CANCER EARLY?

Breast cancer screening involves checking a woman's breasts for cancer before there are signs or symptoms of the disease. A mammogram is an X-ray picture of the breast. Doctors use a mammogram to look for early signs of breast cancer. The United States Preventive Services Task Force (USPSTF) recommends that most women who are at average risk and are 50 to 74 years old get one every 2 years. USPSTF recommendations state that women with a parent, sibling, or child with breast cancer are at a higher risk for breast cancer and may benefit from beginning screening in their 40s. Weighing the benefits and risks of screening is important when considering your screening options. If you're 40 to 49 years old, talk to your health care provider about when to start screening. Your Franklin County Cooperative health plan provides 100% coverage for mammograms. Plus, you can earn a \$50 Well-Being Activity incentive through ThriveOn for completing your mammogram. For more information about breast cancer in women and men, check out these resources:

<https://www.komen.org/breast-cancer/>

<https://breastcancernow.org/about-breast-cancer/primary-breast-cancer/breast-cancer-in-men/>

Our UnitedHealthcare Health Engagement Nurses are available to help you and your family with many healthcare situations such as finding a primary care physician, support and education for disease prevention and management, and helping you achieve your personal health goals.

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By speaking with your Health Engagement Nurses, Nurse Carmen or Therese, you could earn \$50.00 (*Deadline for second nurse call is 12/31/23*).

# COVID-19 AND FLU INFORMATION

## FDA TAKES ACTION ON UPDATED MRNA COVID-19 VACCINES TO BETTER PROTECT AGAINST CURRENTLY CIRCULATING VARIANTS

The FDA approved the latest COVID-19 vaccines. According to health experts from the CDC, it is recommended that everyone aged six months and older should receive the updated COVID-19 vaccine this fall. Every U.S. household can receive 4 free COVID-19 tests delivered directly to their home through [COVIDTests.gov](https://www.covidtests.gov). We encourage all members to take advantage of their free test kits at no cost to you or the Plan.

## COVID-19 INFORMATION

### WHAT YOU NEED TO KNOW ABOUT THE COVID-19 VACCINE UPDATE

- Some viruses like the virus that causes COVID-19 can change over time. Vaccines that target those viruses may be updated to better protect against disease. An updated COVID-19 vaccine will help give you the best protection available against COVID-19.
- Individuals **5 years of age and older** regardless of previous vaccination are eligible to receive a single dose of an updated mRNA COVID-19 vaccine at least 2 months since the last dose of any COVID-19 vaccine.
- Individuals **6 months through 4 years of age** who have previously been vaccinated against COVID-19 are eligible to receive one or two doses of an updated mRNA COVID-19 vaccine (timing and number of doses to administer depends on the previous COVID-19 vaccine received).
- Unvaccinated individuals **6 months through 4 years of age** are eligible to receive three doses of the updated authorized Pfizer-BioNTech COVID-19 Vaccine or two doses of the updated authorized Moderna COVID-19 Vaccine.
- **The FDA is confident in the safety and effectiveness of these updated vaccines** and the agency's benefit-risk assessment demonstrates that the benefits of these vaccines for individuals 6 months of age and older outweigh their risks.

### WHAT IS MY COVERAGE FOR COVID-19?

You are able to get the COVID-19 vaccine/booster for **FREE** at [in-network pharmacies](#) or at [in-network medical providers](#).

### SELF TEST KITS

**100% coverage** (up to \$12 per test) for up to 4 test kits per member, per month through your pharmacy plan. You have two (2) options to purchase test kits:

1. In-Network Retail Pharmacy: Must purchase at the pharmacy counter.
2. OptumStore: Kits purchased through the [OptumStore](#) will be mailed to your home. Certain restrictions apply.

## FLU INFORMATION

### WHY GET A FLU VACCINE?

The best way to prevent flu and its potentially serious complications is by getting a yearly flu vaccine. Even when flu vaccination does not prevent illness entirely, it has been shown in several studies to reduce severity of illness in people who get vaccinated but still get sick.

### WHERE CAN I GET A FLU VACCINE?

**ANY PHARMACY IN OUR OPTUMRX NETWORK** – including Kroger, Giant Eagle, CVS and Walmart pharmacies.

- Prescription insurance card required.
- You can check [OptumRX.com](https://www.optumrx.com) for a participating pharmacy near you.

### YOUR PRIMARY CARE PHYSICIAN'S OFFICE

- Medical insurance card required.

### ONSITE AT WORK

- No insurance card required (since it's covered by your ThriveOn wellness program).
- All Franklin County Cooperative employees, spouses/domestic partners, and dependent (16+) are eligible.
- No appointment required. Vaccines will be given on a first come, first served basis.
- For a list of onsite events offering flu vaccines click [HERE](#).



Learn how to earn a \$50 Well-Being Incentive for receiving your COVID-19 vaccine and/or booster or flu vaccine by clicking [HERE](#).

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**ThriveOn**  
Your Health and Wellness Program