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## AN OUNCE OF PREVENTION: Fast Facts on Fall Illnesses

As the days continue to get cooler and the sunset earlier, many experts warn autumn could be a particularly rough season for the flu and other respiratory viruses (like COVID-19).

To help you make informed decisions for you and your family, [Dr. Joseph Gastaldo](#) - a local infectious disease expert with OhioHealth – has the following fast facts to share. (Each clip is around one-minute).

- [COVID and Flu Vaccines](#) | is it safe to get both vaccines at the same time?
- [COVID Treatments and Variants](#) | the latest recommendations and guidance
- [How COVID-19 Symptoms Have Changed](#) | the most common symptoms (and which ones aren't that common anymore)
- [Bivalent Booster for Children Ages 5+](#) | plus how long should you wait to get the booster if you already had COVID-19?
- [Should You Mix & Match the Bivalent Booster?](#) | and who should get which booster?



## Mark Your Calendar

- **Thursday, October 20:** Last day to email your pictures to [ThriveOn@franklincountyohio.gov](mailto:ThriveOn@franklincountyohio.gov) and [submit your virtual results](#) if you participated in the Franklin County 5K & ThriveOn Challenge.
- **Sunday, October 23:** Final day to register for the ThriveOn Meal Kit Experience (we're making stuffed peppers!) taking place on Thursday, November 3. **Register in two steps:** [free-to-you Meal Kit here](#) (\$45 value) and [free-to-you Virtual Cooking Class here](#).
- **Friday, November 11:** Veterans Day observed.
- **Thursday, November 24:** Thanksgiving Day
- **Saturday, December 31:** Deadline to complete Biometric Screening and Well-Being Activities to earn your Wellness Your Way incentives. [Get started here](#).

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



## LEARN & THRIVE: Earn Your 2022 Well-Being Activity Incentives

Ready or not, there are little more than two months left this year. That means **you still have time to earn up to \$200 in Well-Being Activity incentives!**

If you haven't completed your four Well-Being Activities for 2022 (or want to keep thriving past the maximum of four \$50 incentives), you can still register for the following wellness webinars:

- **Urban Zen for Right Now** | Tuesday, October 25 and Tuesday, November 15 | 4 - 5p (1 hour) | [Register here](#)
- **Starting a Meditation Practice** | Wednesdays (October 26; November 2, 9, 16, 23, 30; December 7, 14) | 5 - 5:30p (30 minutes) | [Register here](#)

You can learn more about your *Wellness Your Way* program at [fccthriveon.com](https://fccthriveon.com) or the **Wellness At Your Side** mobile app.



## HAPPY & HEALTHY EATING: Snacks to Grab for an Energy Boost

We've all experienced the afternoon energy crash. Sometime after lunch and hours before dinner, our body's fuel begins to run low. It's tempting (and so convenient!) to grab a snack from the vending machines or reach for those Girl Scout cookies hidden in your desk drawer. But be mindful ... the empty calories, loads of sodium, and spoonfuls of sugar can leave you feeling even more fatigued and foggy.

Instead of mindlessly snacking on a candy bar or chips, here are some healthier-for-you snacks that pack a happy energy boost:

- J Cottage cheese and fruit
- J Greek yogurt
- J Guacamole and red pepper
- J Hard-boiled egg
- J Peanut butter (or other nut-butter) on an apple
- J Protein smoothie
- J Pumpkin seeds
- J Trail mix
- J Tuna pouch and whole grain crackers
- J Veggies and hummus

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Interested in more helpful hacks for maintaining a happy and healthy diet? [Head over to OhioHealth's nutrition blog for more simple tips.](#)



## BENEFIT SPOTLIGHT: Over-the-Counter Hearing Aids Now Available

Back in August, the U.S. Food and Drug Administration (FDA) issued a rule that made hearing aids more accessible to adults with mild to moderate hearing loss. That ruling went into effect Monday, October 17.

You are now able to purchase hearing aids without a prescription or medical exams from brands like Walgreens, CVS, and Best Buy. The price of over-the-counter hearing aids are as low as \$199 to \$799 in stores and online.

"Prescription-strength" hearing aids will continue to be covered by your medical coverage as it is today. If you have questions or want to learn more, we recommend [visiting here](#) or calling the United Healthcare Hearing Hotline at 866-926-6632.



## Community Highlight: Let's Go on a Festive Fall Day Trip!

It's supposed to be a gourd-geous fall weekend with clear skies and temps in the 70s! If you and your friends are looking for something to do, we recommend a festive day trip here in Central Ohio (it's prime time for leaves changing colors!). Here are some of our top picks:

**Circleville Pumpkin Show** @ Circleville | now – Saturday | FREE | [Learn more](#)

**Pumpkins Aglow** @ Franklin Park Conservatory and Botanical Gardens | now – October 30 | Adults: \$25; children (3-12): \$15 | [Learn more](#)

**Ohio Renaissance Festival** @ Waynesville | now – October 30 | Adults: \$28; children (5-12): \$10 | [Learn more](#)