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## HOW MUCH DO YOU KNOW ABOUT MENTAL HEALTH?

BROUGHT TO YOU BY **Optum**

Mental health is just as important as physical health. And they're both equally important to your overall health and wellness. Yet, stigma continues to keep most people with mental health concerns from seeking support. This month let's look at ways to stop stigma, so more people feel safe and comfortable asking for help.

[Take the Quiz](#)

World Mental Health Day is held each year on October 10. The aim is to raise awareness of mental health issues around the world and mobilize efforts in support of mental health.

### WHAT IS MENTAL HEALTH?

As defined by the [World Health Organization](#), mental health includes your emotional, psychological and social well-being. It affects how you think, feel and act. It also helps determine how you handle stress, relate to others and make healthy choices. Contrary to what many people think, mental illnesses do not represent a lack of self-discipline or flawed character. They also do not usually come and go, like a phase or stage in life. In fact, mental health conditions are medical conditions. And they develop as a result of biological, psychological and social factors. They can affect people from all backgrounds, geographies and demographics.

### ARE PHYSICAL AND MENTAL HEALTH CONDITIONS RELATED?

Mental illnesses can affect all areas of your life, including your overall health, relationships, career and finances. Just like physical health issues, mental illness can affect all areas. People can experience one or the other, or both. Meaning, physical and mental health conditions can be separate health issues. They can be interconnected health issues. And they also can cause or contribute to one another.

### WHAT CAN I DO TO HELP MY MENTAL HEALTH AND WELL-BEING?

There are a lot of proven ways to help nurture your mental and emotional health. Start by thinking of ways you can proactively manage stress, maintain optimism and build resiliency. For example, to manage stress, avoid over committing yourself at work and in your personal life.

Also, do things that help you release tension. Take time to relax, move your body, laugh and participate in fun activities you enjoy. Making meaningful social connections with uplifting people can help bring joy and positivity into your life, too. So does practicing gratitude, which can help you remember the good in life even when times are tough. And if you are experiencing a mental health concern, practice self-care and reach out for support.



## HOW STRESS AFFECTS YOUR PHYSICAL & MENTAL HEALTH

BROUGHT TO YOU BY **meQ** |  UnitedHealthcare

A 2022 survey by the [American Psychological Association](#) revealed that over a quarter of Americans face daily incapacitating stress. Stress, defined by the [World Health Organization](#), is a natural response to challenging situations. Occasional stress is termed acute, while perpetual stress is known as [chronic](#). It's vital to recognize that stress is universal, but the way we handle it significantly influences our overall well-being.

### WHAT SYMPTOMS SHOULD I WATCH FOR?

There are many symptoms of stress. [Any type of stress that goes on for weeks or months is chronic stress](#). Some signs of too much stress include:

1. Headaches
2. Trouble sleeping or sleeping too much
3. Lack of energy or focus

If stress interferes with day-to-day functioning and makes it hard to work, or it's affecting relationships, reach out to a therapist or counselor.

### LOOKING FOR ADDITIONAL SUPPORT?

Asking for help is one of the strongest things you can do. Whether you're feeling overwhelmed, anxious, or dealing with something more complex, your [Employee Assistance Program](#) can help. *All employees and household members are eligible for 8 free visits per problem per year under EAP.*

Join meQuilibrium on World Mental Health Day (Oct. 10) to **discover how to instantly shift your thinking**, lower stress, and boost your mental well-being.

Find A Mental Health Provider  
Code: EAP

Register Now



## YELLOWBIRD COOKING DEMO LAST CHANCE TO REGISTER!

### BLACK BEAN BURGERS WITH A SIDE SALAD

ThriveOn is partnered with YellowBird Food Shed to provide a unique meal kit and cooking demonstration experience, completely free to you! **Register by Sunday, October 8th** and learn how to [make your very own black bean burgers](#)! Use fresh Ohio produce -grown with organic practices- and the cleanest non-GMO products to create a satisfying and healthy meal that everyone will enjoy. Increase your knowledge and awareness of local produce, cook along, and feed your family with this innovative & fun Meal Kit Demo!



## Q3 GYM REIMBURSEMENT

### DUE FRIDAY, OCTOBER 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 8 different days each month. Proof of payment and visits is required. [Click here](#) for more information and to complete your reimbursement request today. Quarter 3 (July 1 - September 30) requests are due by Friday, October 13th.

# 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.

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

## 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.

**FRANKLIN COUNTY 5K & THRIVEON CHALLENGE** – taking place on Sunday, October 8.

- If you are already registered for the in-person run/walk as a participant or volunteer you are eligible to receive a flu vaccination on site. In-person registration is full for participants.

### 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](#).

