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MARK YOUR CALENDAR:

- **Saturday, December 31:** Deadline to complete Biometric Screening and Well-Being Activities to earn *Wellness Your Way* incentives. [Get started here.](#)
- **Sunday, January 1:** New Year's Day
- **Monday, January 16:** Martin Luther King Jr. Day



Wellness *your* Way

Final Days to Complete 2022 ThriveOn Incentives!

December 31 marks the last day to submit biometric screening results and complete Well-Being Activities to earn your 2022 ThriveOn incentives. That's up to \$400 of incentives per employee and benefits-enrolled spouse/domestic partner!

Biometric Screening Incentive (\$200)

There are two options left to earn the \$200 Biometric Screening incentive.

- OhioHealth Work Health – schedule an appointment at a location near you ([click here](#) to see all locations). Take the [Biometric Screening Results Form](#) with you to your appointment. The clinician will submit the form on your behalf once your results are in!
- With your primary care provider (PCP) – schedule an appointment with your PCP. Take the [Biometric Screening Results Form](#) with you to your appointment. It is your responsibility to ensure the form is submitted by the December 31 deadline. We recommend having your doctor's office send the results to you so that you can send it in yourself.

Well-Being Activity Incentive (up to \$200)

You can earn \$50 for each Well-Being Activity you complete (up to 4 activities or \$200 total). Below are some activities that we recommend!

- Complete an on-demand wellness workshop: Choose from several topics, including [Food is Medicine](#), [Spine Wellness](#), and [more](#). Watch the videos and answer the questions along the way to earn your incentive!
- Complete 2 financial well-being courses: Pick a couple financial topics that interest you, read the corresponding material, and answer the question to earn your incentive!

Be sure to check fccThriveOn.com to see which incentive(s) you still have left to complete and for more information about completing Well-Being Activities.



Holiday Leftovers - Tips, Recipes & Safety

Many holiday traditions center around food, and that often means lots of leftovers! You can reheat the same meal, re-purpose the food in a different recipe, or even freeze them for later. No matter which route you go with your leftovers it's important to follow food safety guidelines in order to prevent any unwanted food poisoning. We've highlighted some of the [key guidelines for safely enjoying leftovers](#) below.

- **Two-hour rule:** All perishable items should be refrigerated within two hours of coming out of the oven or refrigerator.
- **Use small and shallow containers:** Storing leftovers in small, shallow containers allows the food to cool more quickly which helps prevent any bacteria from growing.
- **Freeze or consume within four days:** Leftovers should be kept in the fridge and can be consumed for up to four days. If you want to keep them longer, freeze them within that four-day period.
- **Microwave food safely:** Cover and rotate the food for even heating. Microwaves have cold spots so be sure to check the internal temperature of the food in several places. Leftovers should be reheated to an internal temperature of 165 degrees Fahrenheit.

Eating the same meal for four days straight can get a little boring. Luckily there are countless ways you can re-purpose your leftovers, including adding to eggs for an omelet, making a sandwich, turning into a casserole or soup, or even as salad toppings. [Click here](#) for 25 recipe ideas for your holiday leftovers!



Winter Weather Safety

Yesterday marked the first official day of winter and right on cue we're expecting some winter weather. Snow, ice, and cold temperatures can be dangerous, especially if you're not prepared. Read below for some tips to keep you and your family safe all winter long.

Ice & Snow, Take it Slow!

- Clean off your vehicle before driving, including the roof. Flying snow from cars causes accidents.
- Keep it slow, and don't use cruise control.
- Leave extra distance between vehicles and stay especially far from snowplows.

Shovel Smart

- Dress warmly, making sure to cover your head, fingers, and toes.
- Stay hydrated but avoid heavy meals right before or after shoveling.
- Move only small amounts of snow with each pass of the shovel.
- Take frequent breaks. And stop shoveling entirely if you feel exhausted!

Pets need to be kept safe too!

- Keep pets warm and dry, and indoors whenever possible.
- Provide plenty of food and water. Dehydration is especially dangerous in winter.
- When outside, keep them bundled up. Limit outside time and thoroughly clean/dry them (including paws) when you bring them inside.

[Click here](#) for more information and tips from the National Weather Service, including how to prevent frostbite and hypothermia as well as how to prepare your car for the winter season.