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How a Doula Can Support Your Pregnancy Journey

A doula is a trained professional who provides physical, emotional, and informational support to expecting parents before, during and shortly after childbirth to help them achieve the healthiest, most satisfying experience possible. Think of them as a birth coach, pregnancy knowledge database, and your personal advocate all rolled into one. They help prepare you and ensure your birthing preferences are followed during labor, leading to the best possible outcomes for you and your baby. In fact, first-time mothers who received guidance on birth planning with Maven Doulas were 30% less likely to have a C-section than those who did not.

Through Maven, you can access free, unlimited coaching and education from a **virtual** doula. [Click here](#) to learn more about how a **virtual** doula can support your pregnancy and postpartum journey or visit mavenclinic.com/join/franklincounty to get started today.



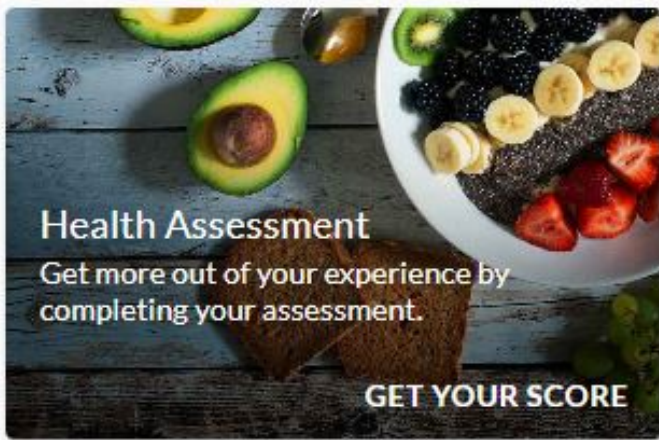
Tips to Support Your Financial Well-Being

Finances are a major piece of overall well-being, which means they can also be a major source of stress. But there are things you can do and resources available to help you manage your finances and decrease financial stress.

- Use a budget
- Plan for major purchases
- Save early for retirement
- Set up an emergency fund
- Track your expenses
- Set up banking alerts
- Set financial goals
- Put extra money into savings
- Pay off debts in small bites

Most of these things are easier said than done, which is why ThriveOn has partnered with Enrich Financial Wellness to help support your financial well-being. Through Enrich you can evaluate your financial well-being, calculate savings and retirement, learn about paying off debt, and more! You can even talk one-on-one with a financial coach (on the phone or via chat), completely free. Plus, you can earn a \$50 Well-Being Activity incentive through ThriveOn's *Wellness Your Way* program for engaging with Enrich.

Visit fccThriveOn.com, click on Wellness Hub, and then click the Enrich Financial Wellness card to get started today.



Health Assessment

Get more out of your experience by completing your assessment.

GET YOUR SCORE



Infertility - You're Not Alone

If you're experiencing issues with fertility – you're not alone. Infertility is nothing to be ashamed of, as about one in four couples worldwide face infertility. If you've been struggling to conceive, [Maven](#) offers providers and personalized support on your path to parenthood. You can connect with a dedicated care advocate, a supportive online community, and specialized providers, including reproductive endocrinologists, nutritionists, and more, at no cost to you.

Trying to get pregnant can be a physically and emotionally demanding process that can often lead to relationship strain. [Click here](#) for some tips to maintain your mental and relationship health while trying to conceive.



Today is the Day to Schedule Your Mammogram

ThriveOn has partnered with The James Mobile Mammography Unit to bring mammography screenings to you! Plus, you can receive a \$50 Well-Being Activity incentive through ThriveOn's *Wellness Your Way* program for completing your routine mammogram (visit [fccThriveOn.com](#) to learn more).

Throughout the month of May, the James Mobile Mammography Unit will be onsite at several Franklin County Cooperative locations. To schedule an appointment, please call 800-240-4477.

- May 11 from 9am – 1:30pm at Government Tower (on the corner of Mound St & High St)
- May 15 from 9am – 1:30pm at JFS West
- May 18 from 9am – 1:30pm at JFS Northland
- May 31 from 9am – 1:30pm at JFS East

Eligibility criteria:

- Not pregnant
- Not nursing
- Asymptomatic or it's been five years or more since a breast cancer diagnosis
- Ages 40 years or older
- Ages 35-39 with a written prescription from your doctor

Complete Your Online Health Assessment in Just 10 Minutes

Completing the Online Health Assessment is one of the components to earn your Reduced Deductible incentive. It asks a series of questions related to your diet, exercise, sleep, medical history, and lifestyle, to create a roadmap toward a healthier life. It only takes 10 minutes to complete, and it is one of the simplest ways to identify the things you are doing well and the areas where your health behaviors could improve. Upon completing the assessment, you will be provided with recommendations of programs and resources that can help you address any areas of concern.

Login to [fccThriveOn.com](#) and click on the Health Assessment card to complete yours today. If you have a spouse/domestic partner on your health plan, remind them to complete their assessment as well!



Food is Medicine: A Deep Dive into Gut Health

Gut health is a hot topic these days. With this webinar series you will understand what is behind gut health and why it has become the focus of disease prevention and overall well-being. You'll learn the difference between pre, pro and post-biotics and why fiber is so important to overall gut health.

Sessions are **Thursdays from May 18 – June 1st from 12pm-1pm**. Attend 2 of the 3 sessions to earn a \$50 Well-Being Activity incentive through ThriveOn's *Wellness Your Way* program. [Click here](#) to register.

Maddie's Culinary Commentary

Provided by OhioHealth

As the weather warms up and the days get longer, we often find ourselves ready to start fresh with our wellness journey. Here are 3 springtime nutrition strategies to support your health this year.

1. Focus on a plant-based diet

There's no standard definition, instead, focus on incorporating seasonal produce into each of your meals. Plant-based spring seasonal foods includes:

- Citrus (ex: lemons, grapefruits)
- Aromatics (ex: garlic, onions)
- Dark leafy greens (ex: kale, chard)
- Legumes (ex: peas, beans)

Eating plant-based is great for heart health, blood pressure, weight management, disease prevention, and to control your blood sugar.

2. Visit your local farmers market

This is a simple way to support local

Springtime Nutrition Strategies

Upcoming Events:

- Food is Medicine: A Deep Dive into Gut Health launches May 18th; register for this healthy lifestyle program [here](#)
- YellowBird cooking demo May 18th; [registration open April 20 – May 7](#)

growers, shop sustainably, and find unique seasonal produce to try! Check out [the link](#) to find a farmers market near you!

3. Start a garden

Whether you have a [big yard](#) or just a [windowsill](#), you can have a garden. Try starting with herbs, or a small tomato plant. Having a garden can provide you with easily accessible, fresh produce to add loads of vitamins, minerals, and fiber to your diet and an opportunity to teach others about healthy eating.



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To learn more, schedule a nutrition counseling session with Maddie by visiting [this link](#).