



IN THIS EDITION:

- **Healthy Mouth, Healthy Life**
- **Family Forming Benefits**
- **Stress Management**
- **Wellness Incentives**
- **Healthy Living**



Benefits to Support Your Family Forming Journey

The Franklin County Cooperative health plan now offers access to enhanced Family Forming benefits. We know that not everyone follows the same path to building a family. And not every journey follows the expectation of ‘want a baby, get pregnant, have a baby, return to work’. Our benefits now provide aspiring and expecting parents’ equitable access to various resources that can support them on their unique path to parenthood, including:

- **Fertility & Infertility:** \$30,000 combined lifetime maximum for all medical and pharmacy expenses.
- **Adoption & Surrogacy:** \$30,000 combined lifetime maximum benefit for adoption and surrogacy services.
- **Maternity:** programs and resources to support your maternity journey.

If you’re interested in learning more about your Family Forming benefits, [click here](#) to listen to our on-demand webinar or visit our [Family Forming Benefits page](#) on BeWell.

meQilibrium

What's Your Stress Personality?

Feeling stressed? You’re not alone, but your response to stress is highly personal—the sum of who you are, where life has taken you, and how you feel the moment stress hits. Meet meQilibrium (meQ), a science-based resilience program that has identified five common ways people respond to stress. Knowing your personality type can help you understand yourself better and give you personalized techniques to manage stress better. Are you an Optimist, Caregiver, Adventurer, Problem Solver, or Regulator?

1. **Adventurer:** Always jumping into new ideas
2. **Optimist:** Finding the bright side of any situation
3. **Problem Solver:** Cracking the code on the toughest problems
4. **Caregiver:** Lending a hand when others need help
5. **Regulator:** Staying effortlessly cool under pressure

Your meQ personality determines not just how you respond to stress, but also what you need to thrive. When you understand the upsides and downsides of your personality type, you can harness your strengths—and gain valuable insight into those around you, too.

Learn more about the five personality types and uncover yours with meQ. As a Franklin County Cooperative member, you have free access to meQ. By engaging with meQ you can improve your resiliency while earning a \$50 Well-Being Activity incentive through ThriveOn's *Wellness Your Way* program! Follow the instructions below to access meQ and get started building your resilience today!

1. Login to your wellness portal at fccThriveOn.com
2. Click on Wellness Hub at the top of the page
3. Click on the card that says Beat Stress with meQ



Celebrate Diversity Month

Throughout the month of April we encourage you to celebrate Diversity Month by recognizing and honoring the amazing diversity within our community. Below are just a few of the many ways that you can celebrate Diversity Month in April, and all year-long.

- Support minority-owned businesses
- Explore local ethnic restaurants
- Visit a cultural art exhibit (or a [virtual museum](#))
- Watch a documentary or film about another culture
- Read a book written by a minority author
- Play music from around the world

For those around downtown, The Mid-Ohio Regional Planning Commission (MORPC) has coordinated food trucks every Tuesday in April to celebrate! Stop by from 11:30am – 1:30pm at 111 Liberty St.

- April 11 – [Tortilla](#)
- April 18 – [Fork in Nigeria](#)
- April 25 – [Pitabilities](#)



Gym Membership Reimbursement Due April 14

Did you know that you can receive up to \$25/month toward the cost of your gym membership? Eligible memberships include boutique-style studios, personal training, at-home/virtual memberships (i.e., Peloton), and more! If you're not sure if your membership qualifies, contact ThriveOn – we're here to help!

All you must 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 1 (January, February, and March) requests are due Friday, April 14th.



Can You Find Just 11 Minutes to Exercise?

The [Physical Activity Guidelines for Americans](#) advise that adults should get at least 150 minutes of moderate-intensity physical activity per week. That can be a daunting task for many people, but a new study published in the [British Journal of Sports Medicine](#) shows that health benefits, including decreased risk of early death, heart disease, and cancer, can be achieved with just half of that (75 minutes per week or 11 minutes per day). Below are some ways that you can fit just 11 minutes of activity into your daily routine, including resources available through ThriveOn!

- Visit your local gym and take advantage of the [gym membership reimbursement program](#)
- Catch up on yard work
- Attend a [free virtual fitness class](#)
- Find an on-demand fitness class through the [fitness library](#) (password: Fitness)
- Do body weight exercises – check out this [15-minute full-body workout](#)
- Participate in the annual Franklin County 5k & ThriveOn Challenge - coming this fall!
- Go on a walk with the family
- Play frisbee at the park with your kids or dog

Learn How to Slow Down with Tammie Yancey



The demands of life can make it hard to slow down, but there are major benefits to doing so. During this session you'll learn about those benefits as well as strategies to gain control of the stress created by our environment. Join Franklin County's EAP Consultant, Tammie Yancey, to learn about the factors contributing to the frenetic pace of today's world and identify why we often feel so rushed.

- Tuesday, April 11 from 9-10am
- Wednesday, April 12 from 1pm-2pm

[Click here](#) for links to join and to download the workbook.

NURSE'S NOTES



From your United
Healthcare Health
Engagement Nurses,
Carmen and Therese.

April 2023 - Healthy Mouth, Healthy Life

Did you know that keeping your teeth and gums healthy can help keep the rest of you healthy too? Here are some tips to maintain a healthy mouth and strong teeth.

- Drink fluoridated water and brush with fluoride toothpaste.
- Brush teeth twice a day for at least 2 minutes and floss daily between the teeth to remove food debris.
- Visit your dentist at least 1-2 times a year, even if you have no natural teeth or have dentures.
- Do not use any tobacco products or smoke.
- Limit alcoholic drinks and sugary drinks.
- If you have diabetes, work to maintain control of the disease. Treating gum disease may help lower your blood sugar level.
- See your doctor or a dentist if you have sudden changes in taste, smell, or other concerns such as sores in your mouth.
- When acting as a caregiver, help older individuals brush and floss their teeth if they are not able to perform these activities independently.

Regularly visiting your dentist can help address oral issues early on when they are easier to treat, such as oral cancer. Oral cancer can show up as a growth or sore in your mouth that doesn't go away. Different kinds of oral cancer can affect the lips, tongue, cheek, mouth, throat, and more. About 50,000 people in the U.S. get oral cancer each year. [Click here](#) to learn more about oral cancer, including risks, symptoms, and prevention. If you have any questions or concerns, contact Nurse Therese or Nurse Carmen – they are always happy to help!

Did you know you can earn a \$50 Well-Being Activity incentive through ThriveOn's Wellness Your Way program for getting your routine dental cleaning? Login to your wellness portal at fccThriveOn.com to learn more. To view your Dental Plan details, visit BeWell.franklincountyohio.gov.



Nurse Carmen, RN



Nurse Therese, RN

As a member of the Franklin County Cooperative, you have access to several confidential and free resources to help you thrive in your everyday life. This includes private conversations with Franklin County's dedicated Health Engagement Nurses, Therese Lentz, RN and Carmen Long, RN. Your conversations with Therese and Carmen are confidential and at no cost to you. They are available for things such as finding a primary care physician, support and education for disease prevention and management, and helping you achieve your personal health goals.

Call the Onsite EAP & Health Engagement Nurse Support Line at 614-525-6773 or email Therese_Lentz@uhc.com or Carmen_Long@uhc.com.

Phone: 614-525-3948

Email: ThriveOn@franklincountyohio.gov

ThriveOn
Your Health and Wellness Program