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## Last Chance to Register for May Meal Kit & Cooking Demo

ThriveOn has partnered with Yellowbird Foodshed to offer virtual cooking demos with a free meal kit!\* By signing up you will receive a meal kit with the recipe ingredients so you can tune into the webinar and cook along, right from your very own kitchen. It's a great way to get the whole family involved and try new foods!

Join us on **Thursday, May 18th at 6pm** for a hakurei turnip salad! [Click here](#) to register (registration closes Sunday 5/7). Once registration closes you will be provided with a link to register for the webinar.

[Click here](#) for step-by-step registration instructions.

Future meal kit cooking demo recipes (subject to change based on availability of ingredients):

- August: Caribbean kebabs with hummus
- October/November: Sweet potato black bean burgers.

\*Limit one meal kit per household per year.



## Support Mental Health for Yourself & Others

Mental health affects ALL of us. You are not alone. Each year 1 in 5 U.S. adults experience mental illness.

Every May we celebrate Mental Health Awareness Month to raise awareness, fight stigma, and provide support for mental health. We spend so much of our time and energy focusing on our physical health, but it's equally important to do the same for our mental health. Focus on these action steps to support mental health for yourself and those around you.

- [Talk about mental health](#) – doing so helps to promote acceptance and encourages others to seek the help they need.
- Reach out for support when you need it.
- Be aware of the [signs and symptoms](#) of mental health issues.
- Prioritize [self-care](#) – get regular exercise, eat well, make sleep a priority, practice gratitude, etc.
- Check in on yourself and your loved ones.
- Be kind to yourself – it's okay not to be okay.

If you are worried about your mental health or are worried about someone you know, there are resources and people out there who are willing to help, no matter what your situation is. Through ThriveOn and your Franklin County Cooperative benefits, you have access to many [programs and resources to support your mental well-being](#).

If you or someone you know is in distress or crisis, **call 988 for immediate access** to mental health services.



## Healthy Vision: A Family Focus



## Take Care of Your Vision to Earn a \$50 Well-Being Activity Incentive

Approximately 37 million adults in America have age-related macular degeneration, cataract, diabetic retinopathy, or glaucoma, all of which can cause visual impairments or blindness, according to the American Academy of Ophthalmology. But there's good news – recent studies show that making healthy choices and getting regular eye exams can help reduce a person's risk of vision loss.

Getting a comprehensive eye exam is simple and painless – and it's the best thing you can do for your eye health! Even if your eyes feel healthy, you could have a problem and not know it because many eye diseases don't have symptoms or warning signs. Through your Franklin County Cooperative benefits, you can receive a well vision eye exam every 12 months with a \$0 copay. Plus earn a \$50 Well-Being Activity incentive through ThriveOn's Wellness Your Way program. Visit [vsp.com](http://vsp.com) to find a vision provider and schedule your annual eye exam.

Follow these additional tips from the [National Eye Institute](http://National Eye Institute) to keep your eyes healthy:

- **Eat healthy foods**, including plenty of dark, leafy greens (spinach, kale, etc.) and fish that are high in omega-3 fatty acids (salmon, tuna, etc.).
- **Get active** – exercise can help lower your risk of health conditions that can cause vision problems.
- **Quit smoking** – smoking can increase your risk of diseases like macular degeneration and cataracts. [Click here](#) for tobacco cessation resources available to you.
- **Wear sunglasses** to protect your eyes from the sun, even on cloudy days.
- **Wear protective eyewear** when doing construction work, home repairs, and playing certain sports.
- **Give your eyes a rest** – looking at a computer for long periods can tire your eyes. Try taking a break every 20 minutes to look at something about 20 feet away for 20 seconds.
- **If you wear contacts, take steps to prevent eye infections** – always wash your hands before you insert or remove your lenses and be sure to disinfect and replace them regularly. [Click here](#) for more information about caring for contact lenses.



## Get Out and Explore Your Local Parks

It might be the coldest start to May since 1897, but warmer weather is just around the corner and your local parks are waiting for you! There is so much to be discovered at local parks and no matter your activity level, there's something for everyone. Whether you want to go for a short stroll, kayak along the river, try rock climbing, or have a picnic, there's a park for you, right here in Columbus! Plus, there are great health benefits to being out in nature, such as decreasing symptoms of depression, anxiety and stress.

- [Franklin County Metro Parks](#)
- [Columbus Recreation and Parks](#)
- [Ohio State Parks](#)
- [National Parks](#) – including Ohio's very own Cuyahoga Valley National Park



# Franklin County Cooperative

Health Improvement Program

## Updated COVID-19 Coverage Effective May 12, 2023

COVID-19 has become a backdrop of our everyday lives – far different than March 2020 when the Department of Health and Human Services (HHS) declared the COVID-19 National Public Health Emergency. The emergency declaration included certain requirements for health plans regarding the coverage of COVID-19 treatment/prevention and certain plan administration policies.

The national emergency will end effective May 11, 2023, which will result in changes to your health plan. [Click here](#) for information about the changes that take effect May 12, 2023.

We continue to encourage washing hands, staying home if sick and keeping up-to-date on vaccinations as important steps in reducing your chance of COVID-19 infection.