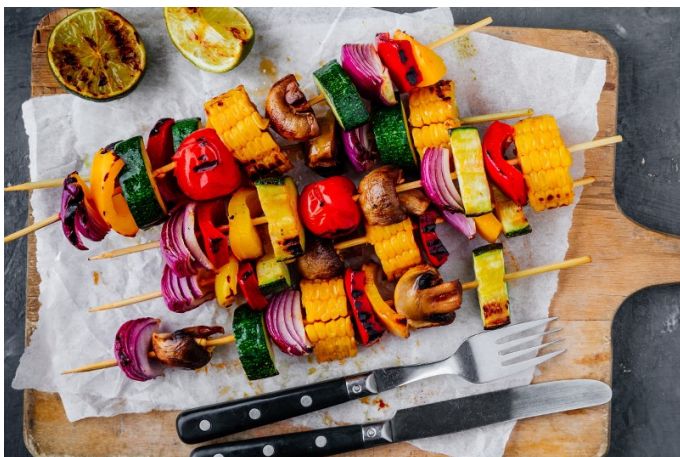




IN THIS EDITION:

- Try ThriveOn's Kebabs with Hummus Meal Kit & Cooking Demo
- Preparing for a Smooth Back-to-School Transition
- How Maven Supports Fathers
- Don't Wait, Vaccinate!
- Sign Up to Volunteer at the Annual 5k
- Nurse's Notes - Vision Exams & Eye Health



Try ThriveOn's Kebabs with Hummus Meal Kit & Cooking Demo

ThriveOn has partnered with YellowBird Food Shed to provide a unique meal kit and cooking demo experience! Here's how it works:

1. [Sign up](#) by August 13 to receive a free meal kit with the ingredients to make kebabs with hummus.
2. Receive your free meal kit the week of August 21.
3. Watch the pre-recorded cooking demo that will be sent out on August 23.
4. Cook along and enjoy a delicious and healthy meal with your family!

Note: this experience is available exclusively to Franklin County Cooperative members and is **limited to 1 meal kit per household per year.**

[Click here](#) to register and [click here](#) for step-by-step registration instructions.



Preparing for a Smooth Back-to-School Transition

It's hard to believe summer will be coming to an end soon, but that means it's time to prepare your kids for the upcoming transition back to school. For some kids (and parents), getting back into the school year routine can be challenging. With a little prep, you can help set your family up for a successful start to the school year. Follow these tips to help you and your kid(s) prepare:

1. **Get back to your regular school night routine** – kids won't be able to return to their school bedtime/morning routine overnight, so ease into it a week or two before the first day of school. According to the [Centers for Disease Control & Prevention](#), most elementary-age kids need 9-12 hours of sleep, and the average teen needs 8-10 to be at their best.
2. **Know your resources** – the start of a new school year can cause stress and anxiety for some kids and that's normal! If you feel your child may need a little extra support, your Employee Assistance Program (EAP) offers family and parenting resources. Visit liveandworkwell.com (access code: EAP) or call 1-800-354-3950.
3. **Schedule an annual check-up** – this includes making sure all [recommended vaccinations](#) are up to date.
4. **Plan & pack healthy (and fun!) lunches** – a well-balanced lunch is crucial to making sure your kiddos have the energy to be creative and to learn! [Click here](#) for 6 back-to-school meal planning tips.



How Maven Supports Fathers

Are you a new, expecting, or aspiring dad? No matter where you are on your journey, Maven can provide support. In fact, 40% of Maven's members are male. Maven is a free benefit offered to you through your health plan that provides end-to-end support for every path to parenthood. Through Maven you have unlimited access to virtual and in-person resources including male fertility specialists, adoption and surrogacy coaches, hormone therapists, mental health providers, and more. [Click here](#) to hear from first-time dad, Shane, about how Maven supported him on his journey to parenthood.

[Click here](#) to learn more about how Maven can support fathers and [click here](#) for information about all the family forming programs and resources available to you through the Franklin County Cooperative.

Activate your Maven membership at mavenclinic.com/join/franklincounty.



National Immunization Awareness Month

Don't Wait, Vaccinate!

Vaccines aren't just for kids; adults need vaccines too! August is National Immunization Awareness Month, which is the perfect time to make sure you and your family are up to date on all your vaccines.

- [Click here](#) to complete the Center for Disease Control & Prevention's vaccine checklist.
- [Click here](#) to complete the checklist for your kids.



Sign Up to Volunteer at the Annual 5k

The annual Franklin County 5k & ThriveOn Challenge is always a huge success, but that wouldn't be possible without all our amazing participants and volunteers! If you are interested in participating in this year's run/walk or want to volunteer at the event, [sign up here](#).

Who? All Franklin County Cooperative employees and dependents (spouses/domestic partners and children).

What? 5k run/walk for everyone from the competitive runner to casual walker. Participate in-person on race day or partake in the virtual race.

When/Where? The in-person race is Sunday, October 8th at 10am at Wolfe Park. The virtual race can be completed anywhere you like and at any time between October 8th and October 19th.

Interested in volunteering? Volunteers are needed to help with the in-person race. Tasks range from race check-in, handing out water on the course, distributing medals, and more. As a volunteer you are eligible for the \$50 Well-Being Activity incentive and will help your agency compete in the agency challenge! You can also still participate in the virtual race if you would like.

New this year!

- \$150 Columbus Running Company gift card given away to 5 in-person participants.
- The small, medium, and large agency with the highest percentage of employee participation will receive a healthy breakroom makeover.

If you have never participated in a 5k or want to improve upon your time from last year, check out our [5k preparation guide](#) for everything from helpful stretches and what gear you'll need to a training calendar and nutrition tips!

[Click here](#) to register. For questions, contact ThriveOn at 614-525-3948 or ThriveOn@franklincountyohio.gov.

NURSE'S NOTES



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

Vision Exams are Important to Good Health August 2023

Taking care of your eyes is crucial to overall health and visiting an eye-care professional yearly is one important action you can take to protect your eyes. You may also be eligible for a \$50 incentive when you complete your eye exam in 2023. Everyone should have an annual eye exam, but for people who have diabetes, yearly exams are essential.

The following tips can also help keep your eyes healthy:

- Eat plenty of dark, leafy greens and fish that are high in omega-3 fatty acids.
- Exercise regularly to lessen your risk from conditions such as diabetes and high blood pressure.
- Quit smoking to prevent damage to your lungs and your eyes.
- Wear sunglasses, even on cloudy days.
- Use protective eyewear when working around the house or playing sports.
- Take plenty of electronic screen breaks to rest your eyes from computer or other devices and consider blue-light blocking glasses if you do use screens frequently.
- Know your family health history- some eye conditions run in families.

Review your [vision care benefit guide](#) and contact VSP to find an in-network eye care provider at vsp.com or 800.877.7195.



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