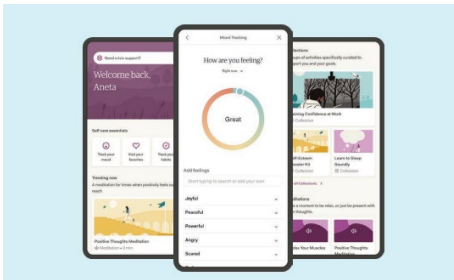




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Self-Care by AbleTo Offers New Support for Teens

Teens often face academic and social pressures which can cause stress and anxiety. With Self-Care by AbleTo teens can get access to personalized self-care techniques, coping tools, meditations and more — anytime, anywhere.

How do teens access Self-Care by AbleTo? Users can access Self-Care by visiting ableto.com/begin. Once there, users will click “Get started” and they will be prompted to enter their access code “**teen**”. From there, users can follow the prompts to complete their registration.

Once a teen uses the access code, how long will they have access to Self-Care by AbleTo? The membership will be available for 12 months from the date the user registers.

After a teen turns 18, does their access change? No, their access will not change.

Is there a cost for the teen to [download the AbleTo app](#) or access the tailored content? No.

If a teen accesses Self-Care by AbleTo, will their experience be different? Most of the Self-Care program features and tools will be the same. However, due to clinical guidelines, users ages 13-17 will not have access to complete the PHQ-9 or GAD-7 assessments or access the community journal feature.

Life Events & Your Benefits

Have you had a change to your situation such as getting married, having a baby, or losing other health coverage? Life event changes that occur outside of Open Enrollment can alter your benefit needs. All life event changes must be submitted through the online enrollment system at fccbenefits.com. You have **30-days** from the date of a Qualifying Life Event to make changes to your benefits and submit the required documentation.

Phone: 614-525-3948

Email: ThriveOn@franklincountyohio.gov

If you have recently been divorced or are covering a dependent that is no longer considered eligible, you are **required** to report ineligible dependents to the Benefits Office at fccbenefits.com within **30-days** of the event.

What is Considered a Qualifying Life Event? **See page 9** of the [Healthcare Benefits Guide](#) to access a full list of life events and the corresponding required documentation. For questions, contact benefits@franklincountyohio.gov.



Tips for Grocery Shopping: How to Buy Nutritious Food and Save Money

Grocery shopping is a universal chore, often disliked due to overwhelming choices and time constraints. With the following tips you'll be able to: shop smarter for nutritious and affordable options, reducing stress and saving money.

- **Plan:** A well-planned grocery list gets you in and out of the store quickly and helps prevent impulse buys that can be bad for your waistline and your budget.
- **Eat Before You Go:** Grocery shopping on an empty stomach is a recipe for poor decisions. When

you're hungry and wandering the aisles, you're more likely to act on impulse and add unhealthy foods to your cart.

- **Read the Labels:** Labels can deceive. 'Natural' or 'organic' items may hide unhealthy elements. [Learn label reading](#) for better choices. Opt for fewer, recognizable ingredients on nutrition labels.
- **Budget Wisely:** Prioritize efficient shopping. Check for online coupons, plan meals, and craft a list. Choose in-season produce for great taste and lower costs.

Food is Medicine: A Deep Dive into Gut Health

Gut health is a hot topic these days. During this deep dive into gut health, 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 Wednesdays **September 6-20** from 12-1pm. 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.

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ThriveOn
Your Health and Wellness Program

Maddie's Culinary Commentary

Provided by OhioHealth

What is a plant-based diet?

Eating plant-based is a simple way of taking charge of your nutrition to support weight management and decrease disease risk by focusing on your fruits and veggies. You don't have to be a vegetarian or vegan to eat plant-based, below, check out 3 tips to start eating more plant-based today to get plenty of fiber, vitamins, and minerals into your diet.

Tips to Plant-Based Eating:

1. Make half your plate veggies, or start by doubling your normal vegetable portion
2. Try a piece of fruit with a handful of nuts and string cheese for a balanced afternoon snack
3. Add chopped veggies to sauces, soups, and stews; you could try throwing some chopped spinach into your pasta sauce or check out this [veggie-packed chicken fajita recipe!](#)

Upcoming Healthy Lifestyle Program:

- Food is Medicine: A Deep Dive into Gut Health [registration is live on the ThriveOn portal](#)
- Session 1 starts September 6th from 12-1PM



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Schedule a nutrition counseling session with Maddie by visiting [this link.](#)