



The best way to protect yourself against influenza (also known as the flu) is to get a flu shot. **It's more important than ever to get your flu vaccine.** Experts warn flu season could start earlier this year – as soon as October – and could be stronger than past years.

## Where can I get a flu vaccine?

- **Any pharmacy in our OptumRX network** – including Kroger, Giant Eagle, and Walmart pharmacies.
  - Prescription insurance card required.
  - You can [check OptumRX.com for a participating pharmacy](https://www.optumrx.com) near you.
- **Your Primary Care Physician's office**
  - Medical insurance card required.
- **Franklin County 5K & ThriveOn Challenge** – taking place on Sunday, October 9.
  - No insurance card required (since it's covered by your ThriveOn wellness program).
  - All Franklin County Cooperative employees, spouses/domestic partners, and dependent children (16 and over; guardian required if under 18) are eligible.
  - [Learn more and sign up here.](#)
- **Any OhioHealth WorkHealth locations** – walk-ins welcome and no appointment required.
  - All Franklin County Cooperative employees, spouses/domestic partners, and dependent children (16 and over; guardian required if under 18) are eligible.
  - [Visit OhioHealth.com/WorkHealth to find a location](https://www.ohiohealth.com/WorkHealth) near you.
    - **NOTE:** Due to current staffing challenges, many locations are experiencing longer-than-normal wait times. Please be patient with your healthcare workers.
- **Onsite at Work**
  - No insurance card required (since it's covered by your ThriveOn wellness program).
  - All Franklin County Cooperative employees, spouses/domestic partners, and dependent children (16 and over; guardian required if under 18) are eligible.
  - Refer to the chart below for dates, locations, and time windows:

DATE	LOCATION	TIME WINDOW	DATE	LOCATION	TIME WINDOW
Thursday, 9/15	Children Services (West Mound)	9am - 2pm	Friday, 10/7	FCCS- West Mound	9am-1pm
Friday, 9/16	Board of Elections	9am-11am	Tuesday, 10/11	Memorial Hall	9am-2pm
Wednesday, 9/21	Pickaway County Job & Family Services	9am-2pm	Wednesday, 10/12	Government Tower	9am-2pm
Thursday, 9/22	Government Tower	9am-2pm	Tuesday, 10/18	Government Tower	9am-2pm
Wednesday, 9/28	Memorial Hall	9am-2pm	Thursday, 10/20	Children Services (East / Intake)	9am-1pm
Thursday, 9/29	Job & Family Services (Northland)	9am-1pm	Wednesday, 10/26	Child Support Enforcement Agency	9am-1pm
Friday, 9/30	Common Pleas	1pm - 3pm	Thursday, 10/27	Job & Family Services (West)	9am-1pm
Friday, 9/30	Coroner's Office	1pm - 3pm	Tuesday, 11/1	Job & Family Services (Northland)	9am-1pm
Friday, 9/30	James Karnes	9am - 11am	Tuesday, 11/8	Metro Park (Highbanks Metro Park)	9am - 11am
Friday, 9/30	SWACO	9am - 11am	Tuesday, 11/8	Metro Park (Blacklick Woods)	1pm - 3pm
Thursday, 10/6	Job & Family Services (East)	9am-1pm	Tuesday, 11/8	Mid-Ohio Regional Planning Commission	1pm - 3pm
			Tuesday, 11/8	Sheriff Substation/Fleet	9am - 11am

**Well-Being Activity:** Getting a flu vaccine can earn you a **\$50 Well-Being Activity** incentive through ThriveOn's [Wellness Your Way](#) program. You are eligible to earn up to 4 Well-Being Activity incentives (up to \$200) by the end of the year.



## In This Week's Issue:

- ❖ Be a Flu Fighter
- ❖ Call (or Text) 988 Suicide & Crisis Lifeline to Save a Life
- ❖ Let's Kick Cancer: Breast and Liver Cancer Evidence-Based Info Series
- ❖ COVID Corner: Get Boosted for Fall
- ❖ Benefit Spotlight: Physical Therapy for Lower Back Pain
- ❖ Community Highlight: Ronald McDonald House Charities



## Call (or Text) 988 Suicide & Crisis Lifeline to Save a Life

Every 11 minutes someone in the U.S. dies by suicide.

1 of 5 high school students have seriously considered suicide.

And more than 50% of people in the U.S. will be diagnosed with mental illness during their lifetime.

If you – or someone you care about – is struggling with thoughts of suicide or a mental health crisis, know that you are not alone. The [988 Suicide & Crisis Lifeline](#) is here to help by:

- offering 24/7, free, and confidential support for people in distress.
- sharing prevention and crisis resources with you or your loved ones.

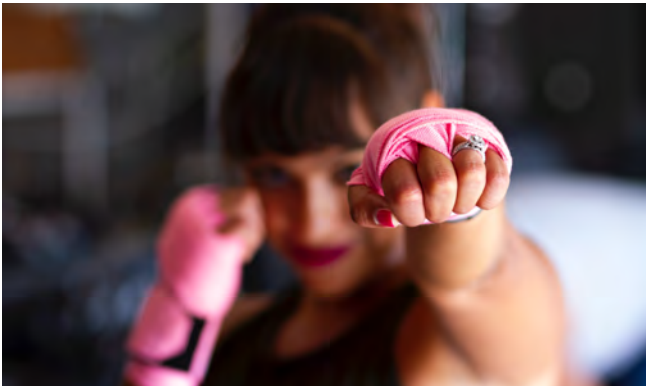
**You're not alone. There is help; there is hope.** Call or text 988 to save a life.

► [Click here](#) for a powerful message performed by the Capital University Choir.



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- **Wednesday, September 21:** Final day to register for the Creating Connection Challenge. [Register now.](#)
- **Sunday, October 9:** Final day to register for the Franklin County 5K & ThriveOn Challenge (taking place on Sunday, October 9). [Learn more and sign up here.](#)
- **Friday, October 14:** Deadline to submit a Gym Membership Reimbursement for Q3 (July 1 - September 30). [Learn more here.](#)
- **Friday, November 11:** Veterans' Day observed.
- **Saturday, December 31:** Deadline to complete Biometric Screening and Well-Being Activities to earn your Wellness Your Way incentives. [Get started here.](#)



## Let's Kick Cancer: Breast and Liver Cancer Evidence-Based Info Series

October is both Breast and Liver Cancer Awareness Month. Our partners at CancerBridge want to arm you with evidence-based information and tools that could greatly minimize your risk of cancer.

- **Virtual Kitchen Series: *Fresh, Frozen, Canned*** | Thursday, October 6 at 11 am | [Register now](#)
- **Virtual Fitness Series: *Movement is Medicine – Benefits of Exercise and its Role in Cancer Prevention*** | Thursday, October 13 at 11 am | [Register now](#)
- **Support Series: *Survivorship and Oncology Support Care*** | Thursday, October 20 at 11 am | [Register now](#)

Be on the lookout for additional information from ThriveOn to help protect against – and fight - cancer. You can also [learn more about CancerBridge and find helpful resources here](#) (username: franklincounty; password: mycancerbridge).



## COVID Corner: Get Boosted for Fall

Updated COVID-19 boosters for the fall 2022 season are now available; the updated Pfizer and Moderna shots are designed to be more effective against the dominant Omicron subvariants. The new boosters are:

- [authorized by the Food and Drug Administration \(FDA\)](#) and [recommended by the Centers for Disease Control and Prevention \(CDC\)](#).
- **safe to get during the same visit as the flu vaccine** (both are recommended in September and October).
- available through your doctor's office, pharmacy, [Columbus Public Health](#), or [Franklin County Public Health](#).
  - [Click here to find a location near you.](#)
  - **Did You Know?** [Franklin County Public Health is offering \\$100 gift cards for the first doses](#) (only) of the COVID-19 vaccine.

**Well-Being Activity:** Getting a COVID-19 booster can earn you a **\$50 Well-Being Activity** incentive through ThriveOn's [Wellness Your Way](#) program.



## Benefit Spotlight: Physical Therapy for Lower Back Pain

If you experience chronic lower back pain, your primary care physician may recommend physical therapy. Here are a few potential benefits - and why you should consider your doctor's recommendation - to completing physical therapy:

- Improves structural issues in your spine and pelvis.
- Relieves pain and/or greatly reduces your current pain level.
- Returns you to your normal daily activities faster than medication or lifestyle changes alone.

**Seeking physical therapy early for your lower back pain issue can also significantly decrease the risk of more serious or chronic issues later in life.**

The following [benefits are available to you through the Franklin County Cooperative](#):

- The first three physical therapy visits are at **no cost to you**.
- A \$20 copay for each subsequent physical therapy visit each year (up to 25 maximum annual visits).

If you experience lower back pain, talk with your primary care physician and ask if physical therapy is a recommended option for you. It could save you a lot of backache in the future.



## Community Highlight: Ronald McDonald House Charities

The Franklin County Board of Commissioners recently approved a \$1 million grant for the Ronald McDonald House Charities of Central Ohio (RMHC). This nonprofit helps families – especially low-income and special need – of children being treated at Nationwide Children’s Hospital.

RMHC supports over 4,500 families annually with free stay and meals through generous donations and volunteers. If you’d like to help, you can:

- [volunteer to make a meal.](#)
- [handmake](#) (no sewing required!) and [donate a Welcome Blanket.](#)
- [create and donate Snack Packs.](#)

**Creating Connection Challenge:** Giving your time and energy to a local charity not only benefits your community, but it can also boost your physical and mental health!