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Ask for Help to Fight Addiction

Most of us have adjusted to our new normal following the global pandemic. We're optimistic and hopeful as we look forward. But for some, drug and alcohol addiction - fueled by the weight of the pandemic - continues to cloud any sense of hope.

If your personal or professional life has become unmanageable due to substance abuse, you're not alone. The Optum Substance Use Disorder Helpline (1-855-780-5955) is here to help. This service is confidential, free-to-you, and available 24/7.

You are unique. Your circumstances differ from others. That's why it's incredibly important for a treatment advocate to:

- **Listen.** Take time to fully understand your personal situation and guide or work with you to determine next steps most helpful to you.
- **Share.** Discuss appropriate treatment options and providers available.
- **Schedule.** If you and your advocate decide it would be helpful, they'll arrange a face-to-face clinical evaluation for you by a trusted licensed substance use treatment provider - usually within 24 hours.

Next, your individual provider will work with you to create a personalized treatment strategy - designed just for you. Depending on your unique needs, a credentialed treatment center can provide clinically appropriate care. Your provider can also assign a dedicated care advocate to you and your family (if you find it helpful) for ongoing support for up to six months.

You are unique, but not alone. Let us help. Call the **Optum Substance Use Disorder Helpline** at 1-855-780-5955. [Explore additional helpful resources and information here.](#)



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- **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.](#)

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.

Be a Flu Fighter. [Find a flu shot location near you.](#)



Get Your Free Biometric Screening (and Get Paid for It!)

One of the many perks to your ThriveOn wellness program is a free annual biometric screening (offered onsite through OhioHealth and available at your doctor's office). If you haven't taken advantage of your 2022 biometric screening yet, [log into your ThriveOn portal](#) and click **Onsite Biometric Screening** to find and book an appointment.

What's a Biometric Screening?

A biometric screening is a clinical screening that's done to measure certain physical characteristics. It can be used to assess you:

- [body mass index](#)
- [hemoglobin A1c](#)
- [blood sugar levels](#)
- [plasma triglyceride levels](#)
- [LDL \("the bad"\) cholesterol levels](#)
- [HDL \("the good"\) cholesterol levels](#)
- [blood pressure](#)

The goal of a biometric screening is to give a snapshot of your health and alert you to any changes in your health status. Your [Health Engagement Nurses](#) can also help you understand your numbers and discuss helpful options for improving your health.

Wellness Your Way: Getting a biometric screening can earn you a **\$200 Biometric Screening** incentive through ThriveOn's [Wellness Your Way](#) program.

- **IMPORTANT:** If you choose to complete a biometric screening at your doctor's office, make sure you [print and complete the Primary Care Provider Biometric Instructions and Form](#). You are responsible for making sure that the form is submitted by December 31, 2022.



An Ounce of Prevention: The NEW! COVID-19 Bivalent Booster

To help you make an informed decision about your health and the new COVID-19 Bivalent vaccine booster, our partners at OhioHealth have the following to share.

About the Bivalent booster:

- It is a one-dose booster.
- There are two options: Moderna for ages 18+ and Pfizer for ages 12+
- This replaces all current boosters for anyone ages 12+. This is now the **ONLY** booster that will be administered to anyone 12+.
- Anyone age 12 and older can receive the booster if it's been at least two months since they last received a COVID-19 shot (either primary series or first or second booster).

Fast Facts with Dr. Joe Gastaldo

[Dr. Joseph Gastaldo](#) is an infectious disease specialist in Columbus and is affiliated with multiple area hospitals. To help us make sense of recent headlines in the news and social media, here are some fast facts (each around 1-minute):

- [Bivalent Boosters](#)
- [Winter Surge](#)
- [New Rules for Home COVID-19 Tests](#)
- [Who Benefits Most from Paxlovid?](#)



Benefit Spotlight: Make Time for your Mouth Health

With so many distractions and urgencies in our everyday lives, its often easy to forget the importance of routine oral hygiene. Start making time for your mouth health today by:

- brushing twice a day
- cleaning your tongue
- flossing daily
- limiting your sugar intake
- avoiding using tobacco
- visiting your dentist regularly

Simple changes to your daily habits today can have a significant impact on your smile tomorrow. Now that's something to smile about!

Did You Know? The Franklin County Cooperative offers dental insurance coverage through Aetna. Your plan covers 100% of regular dental cleanings (up to twice per year). You can [learn more about your dental plan coverage and discover helpful resources here](#).



Community Highlight: Pumpkin Patches, Hayrides, and Mazes ... Oh My!

It's officially here! Thursday, September 22 is the first day of the autumn season. If you and your family are feeling festive, here are a few of our suggestions:

UPTOWN Ghost Story Tours @ Westerville | Fridays and Saturdays | \$25 | [Learn more](#)

Columbus Coffee Festival @ Ohio Village at the Ohio History Connection | Saturday – Sunday | \$20 (includes commemorative mug and free samples) | [Learn more](#)

Circle S Farms @ Grove City | Oct. 1-31 | \$11 (includes hayride, fun barn, and mazes) | [Learn more](#)

Hoover Gardens and Gift Center @ Westerville | Now – through Oct. 31 | FREE for maze (fee for pumpkins) | [Learn more](#)

Lynd Fruit Farm @ Pataskala | Now through October | Prices vary | [Learn more](#)