



INSIDE THIS ISSUE

CLICK ON THE STORY YOU WANT TO READ

Q3 Gym Reimbursement Due Tomorrow!

What Everyone Should Know About Breast Cancer

Managing Student Loans

COVID-19 Boosters

Top Spots to See Ohio's Best Fall Colors



Q3 GYM REIMBURSEMENT

DUE TOMORROW, OCTOBER 13TH

Did you know that you can receive up to \$25/month toward the cost of your gym membership? Eligible memberships include boutique studios, personal training, at-home/virtual memberships, and more!

If you're not sure if your membership qualifies, contact ThriveOn – we're here to help! All you have to do is use your membership on 8 different days each month. Proof of payment and visits is required. [Click here](#) for more information and to complete your reimbursement request today. Quarter 3 (July 1 - September 30) requests are due by Friday, October 13th.



WHAT EVERYONE SHOULD KNOW ABOUT BREAST CANCER

INFORMATION FROM MAVEN

For nearly four decades now, the country has recognized October as National Breast Cancer Awareness Month. It is a time annually devoted to educating everyone about breast cancer.

When was the last time you had a breast exam? If you're drawing a blank, it may be a good idea to start making it a habit—it's recommended that you start talking to your doctor about mammograms every year at age 40. Breast cancer is the most common cancer for women worldwide, affecting as many as 1 in 8 according to the [World Cancer Research Fund \(WCRF\)](#).

TOP RISK FACTORS FOR BREAST CANCER ARE:

- Being female: Breast cancer can occur in men but it's rare.
- Advanced age: Most breast cancers are found in women who are age 55 and older.

SOME ADDITIONAL RISK FACTORS INCLUDE:

- Family history of breast cancer: Having a first-degree relative with breast cancer (i.e., a mother or sister) can double your risk.
- Hereditary gene mutations: Most commonly

associated with BRCA1 and BRCA2.

- Having dense breast tissue: Your doctor can help you determine if you have dense breast tissue (usually by performing a mammogram).
- Getting your period early: Before the age of 12
- Going through menopause late: After the age of 55.

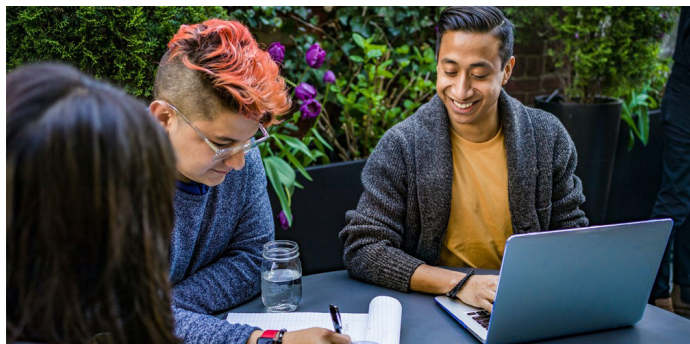
WHAT ARE THE SYMPTOMS?

Cancer may not have any symptoms until it's advanced, but there are some possible warning signs to be aware of, including:

- A lump in the breast or armpits
- Breast swelling. Irritation or dimpling on the skin of the breast
- A change in the size or shape of the breast
- Pain in any area of the breast or nipple

Keep in mind that these symptoms can be related to other conditions so if you experience any of the above, tell your doctor so they can examine you.

[Read More](#)



MANAGING STUDENT LOANS

MONEY MANAGEMENT WITH **Enrich**

If you have federal student loans, you're likely aware of the payment and interest freeze that has been in place since March 2020. With payments resuming, you might be looking ahead and wondering how best to prepare.

For many, a new monthly payment can cause budget disruptions and financial challenges. Therefore, when you see a change to your financial situation on the horizon, it's wise to plan for the adjustments.

As a Franklin County employee you have access to help with Enrich. Explore several strategies for updating your debt management plan for the federal student loan reset. Armed with these tools and knowledge, you can take steps to ensure you're well-prepared when it comes time for repayment.

Managing your finances is about more than just your money in the bank. It involves setting goals and evaluating choices. Like most things in life, your unique personality and behaviors are an important piece. By taking the **Enrich Analysis**, you will better understand the "why" behind your financial decision making, while receiving recommendations for positive changes.

With Enrich you also gain access to **FREE Certified Personal Financial Counselors** who can help you understand your financial situation, review your loan types, and review your debt management plan.

To access the **Enrich Analysis** and connect with a **Certified Personal Financial Counselors** go to [fccthriveon.com](https://www.fccthriveon.com) and click on the Wellness Hub at the top of your dashboard.

Remember, your financial personality and behaviors depend on complex factors and may change over time. As such, this analysis is to be taken as suggestion only. For individualized advice consult a financial professional.



COVID-19 BOOSTERS

WHAT YOU NEED TO KNOW

The FDA approved the latest COVID-19 vaccines. According to health experts from the CDC, it is recommended that everyone aged six months and older should receive the updated COVID-19 vaccine this fall. Every U.S. household can receive 4 free COVID-19 tests delivered directly to their home through [COVIDTests.gov](https://www.covidtests.gov).

We encourage all members to take advantage of their free test kits at no cost to you.

- Individuals **5 years of age and older** regardless of previous vaccination are eligible to receive a single dose of an updated mRNA COVID-19 vaccine at least 2 months since the last dose of any COVID-19 vaccine.
- Individuals **6 months through 4 years of age** who have previously been vaccinated against COVID-19 are eligible to receive one or two doses of an updated mRNA COVID-19 vaccine (timing and number of doses to administer depends on the previous COVID-19 vaccine received).
- Unvaccinated individuals **6 months through 4 years** of age are eligible to receive three doses of the updated authorized Pfizer-BioNTech COVID-19 Vaccine or two doses of the updated authorized Moderna COVID-19 Vaccine.
- The FDA is confident in the safety and effectiveness of these updated vaccines and the agency's benefit-risk assessment demonstrates that the benefits of these vaccines for individuals 6 months of age and older outweigh their risks.

WHAT IS MY COVERAGE FOR COVID-19?

You are able to get the COVID-19 vaccine/booster for **FREE** at in-network pharmacies or at in-network medical providers.

SELF TEST KITS

100% coverage (up to \$12 per test) for up to 4 test kits per member, per month through your pharmacy plan. You have two (2) options to purchase test kits:

1. In-Network Retail Pharmacy: Must purchase at the pharmacy counter.
2. OptumStore: Kits purchased through the **OptumStore** will be mailed to your home. Certain restrictions apply.



TOP SPOTS TO SEE OHIO'S BEST FALL COLORS

CHECK OUT THESE SPOTS  **OhioHealth**

Fall colors in Ohio are breathtaking. Indeed, fall in the right park can appeal to all of your senses – from the earthy, fresh smell of leaves to the crunchy sound of your steps on fallen foliage. Most of all, you know it's truly autumn when the air feels crisp and the trees change from bright green to yellow to eventually deep red and purple. In Ohio, you can expect fall color to reach its peak in October, but in full bloom throughout November.

The best trees to see are the red maple, sugar maple, sassafras, sweet gum, dogwood and sumac. You can see a wide range of trees and foliage throughout the state's parks, including these top spots:

Metro and State Parks:

- [A.W. Marion State Park](#)
- [Battelle Darby Creek Metro Park](#)
- [Hocking Hills State Park](#)
- [Mt. Gilead State Park](#)

Walking and Bike Trails:

- [Alum Creek Trail](#)
- [Blacklick Creek Greenway Trail](#)
- [Olentangy Trail](#)
- [Rockhouse Trail and Athens Trail Loop](#)

Driving Tours:

- [Appalachian Byway](#)
- [Olentangy Heritage Corridor](#)
- [Wally Road Scenic Byway](#)

Learn how to earn a \$50 Well-Being Incentive for receiving your COVID-19 vaccine and/or booster or flu vaccine by clicking [HERE](#).

28 Top Spots