



October 24, 2024

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## NATIONAL PRESCRIPTION DRUG TAKE BACK DAY

### PROTECTING HEALTH AND BUILDING STRONGER COMMUNITIES

On October 26, 2024, Franklin County will participate in National Prescription Drug Take-Back Day, an event aimed at safely disposing of unused or expired prescription medications. This initiative helps prevent prescription drug misuse while protecting the environment and supporting the health of our communities.

With collection sites across the county, it's a convenient way to ensure your home is free of potential hazards, like prescription pain relievers, that can lead to misuse or accidental ingestion. Taking part in this event protects your loved ones and contributes to a safer, healthier community.

### START THE CONVERSATION: PROTECTING YOUR CHILDREN FROM SUBSTANCE USE

While safely disposing of medications, it's an ideal time to talk with your children about the risks of substance use. Open, honest conversations about prescription drugs can help them make informed, responsible choices. This is especially important as studies show that [half of 12-year-olds](#) who misuse prescription drugs obtain them from a family member's home.

In addition to these safety measures, supporting your children's mental health is key in preventing substance use. Supporting your children's mental well-being helps build resilience against life's pressures and challenges, which can reduce the risk of substance misuse.

### BLOOM: ONGOING SUPPORT FOR KIDS' MENTAL HEALTH

Drug misuse doesn't just affect adults—children and teens are vulnerable too. That's why Franklin County Cooperative and ThriveOn offers [Bloom: Supporting You in Growing Kids' Mental Well-Being](#). Bloom provides digital courses and videos designed to help busy working parents and caregivers support their children's emotional growth. These tools can help you strengthen your child's mental health, giving them the skills to cope with stress and avoid risky behaviors like substance misuse.

Bloom is free, confidential, and tailored for the needs of parents who want to build their children's mental resilience. Access Bloom anytime to explore strategies for addressing emotional challenges, nurturing well-being, and promoting positive development. [Access Bloom](#) and register using code **BLFC01**.

### RECOVERY RESOURCES

While supporting your children, it's also important to recognize the journey of recovery for yourself, your spouse, or domestic partner. Recovery offers a motivating message of hope, showing that it's

possible to overcome obstacles. It acknowledges your unique strengths, needs, and preferences, and values your experiences and cultural background.

A recovery plan helps you set goals, identify steps to achieve them, and manage the challenges you may face. By recognizing triggers and tracking changes in your condition, you can take proactive steps to prevent setbacks. Though recovery may include occasional challenges, it is always driven by hope and continual growth.

For more information about recovery, mental health, and substance use, visit [liveandworkwell.com](https://liveandworkwell.com). Log in using access code: **EAP**.

### TAKING ACTION FOR A HEALTHIER FUTURE

Participating in Prescription Drug Take-Back Day and accessing resources like Bloom and recovery support from Optum are critical steps toward ensuring your family's well-being. By focusing on both physical safety and emotional health, you are contributing to a safer, healthier future for yourself, your children, and your community.

Join SWACO and local law enforcement partners for National Prescription Drug Take-Back Day, held annually in April and October each year. This event is conducted in partnership with communities throughout Franklin County at collection sites which provide families, residents, and seniors a convenient and responsible way to dispose of unused or expired dry, prescription pills. The initiative also aims to educate the community about the potential for abuse of medications and how proper disposal of these materials can help to protect the environment and keep their families safe.

This event is free and open to any resident of Franklin County.

- **When:** Saturday, October 26, 2024 from 10 a.m. to 2 p.m.
- **Where:** Residents can enter their zip code to [find a nearby mobile collection site](#).

SWACO also partners with communities across Franklin County to make permanent collection sites available year-round. Learn more about the types of [medications accepted](#), and details on drop-off sites throughout central Ohio.



## WHAT IS OPEN ENROLLMENT AND WHY IS IT IMPORTANT?

### ENROLLMENT BEGINS NOVEMBER 6

Open Enrollment is your annual opportunity to review, update, and make changes to your health insurance and other benefits. This year, Franklin County Cooperative employees can participate in Open Enrollment from **November 6 through November 20, 2024**. It's a critical time to reassess your needs and ensure that your benefits align with your current situation.

Whether you need to add or remove dependents, adjust your health, life, and disability elections—or want to explore new options like flexible spending accounts (FSA)—Open Enrollment allows you to tailor your benefits for the upcoming year. Any changes you make will take effect on **January 1, 2025**.

### WHY OPEN ENROLLMENT MATTERS

Selecting the right benefits, including enrolling in voluntary programs, for you and your family is one of the most important decisions you'll make each year. Yet, many people spend [less than an hour](#) reviewing their options, and around 90% of Americans stick with the same plan year after year. But life changes—your health, financial situation, or family needs might have evolved since last year. Open Enrollment is your chance to make sure your coverage is still the best fit for you.

### WHAT TO KNOW DURING OPEN ENROLLMENT

Understanding your options and key healthcare terms can help you make informed decisions. Here are some essential terms to keep in mind:

- **Monthly Premium:** The set amount you pay each month for your insurance coverage.
- **Co-Pay:** A fixed amount you pay for specific services (e.g., doctor's visits), usually due at the time of service.

- **Coinsurance:** After meeting your deductible, this is the percentage of the service cost you're responsible for, while your insurance covers the rest.
- **Deductible:** The out-of-pocket amount you must pay each year before your insurance begins covering services.
- **In-Network vs. Out-of-Network:** In-network providers offer services at lower, contracted rates with your insurance, while out-of-network providers may charge more.
- **Annual Out-of-Pocket Maximum:** The most you'll have to pay in a plan year. Once you reach this limit, your insurance covers 100% of your eligible medical expenses.
- **Qualified Medical Expenses:** Treatments, prescriptions, and procedures covered by your plan.

#### FSA ELECTIONS MUST BE MADE EVERY YEAR

If you want to participate in a Healthcare or Dependent Care FSA in 2025, you must make your elections during Open Enrollment, as FSA elections do not automatically renew each year. Make sure to confirm your elections by November 20, 2024.

#### CONFIRM YOUR COVERAGE

Even if you're satisfied with your current benefits, it's still essential to review and confirm your coverage for 2025. To ensure that your elections are correct, visit [fccBenefits.com](https://www.fccBenefits.com). If you don't make any changes, your existing benefits (except for FSA) will roll over into 2025 automatically.

#### AVAILABLE RESOURCES FOR 2025 OPEN ENROLLMENT

To help you navigate Open Enrollment and make the best decisions for you and your family, several resources are available:

- **COMING SOON | The Spotlight:** 2025 Open Enrollment Edition: This digital newsletter will highlight benefit changes and enhancements for 2025 and outline the Open Enrollment process.
- **COMING SOON | Open Enrollment On-Demand Tutorial:** A pre-recorded video presentation will be available anytime, walking you through the 2025 Open Enrollment process.
- **Open Enrollment Presentations:** Attend live virtual presentations to learn more about

specific benefits topics. These sessions will offer a chance to ask questions at the end. View the [Virtual Presentation Schedule](#) for dates and topics.

- **Benefits & Wellness Office:** If you need personalized support, contact the Franklin County Benefits & Wellness team at **614.525.5750**, email [Benefits@franklincountyohio.gov](mailto:Benefits@franklincountyohio.gov), or visit the office during open hours, Monday through Friday from 8 a.m. to 5 p.m.

#### TAKE ADVANTAGE OF OPEN ENROLLMENT

Open Enrollment is your chance to ensure that you and your family are protected with the right healthcare plan. It allows you to adjust your coverage to match your current health needs and financial situation. Use this time to explore all available options, including voluntary benefits, to make sure you're fully prepared for the year ahead.

If you have questions or want more personalized guidance, don't hesitate to reach out during the Open Enrollment period. Taking the time to review your options now can save you stress and money in the long run!

Log into [fccBenefits.com](https://www.fccBenefits.com) from **November 6-20, 2024**, to confirm or update your benefits for 2025.



## PROTECT YOURSELF FROM THE FLU

#### EARN A WELL-BEING ACTIVITY INCENTIVE

There is still time to protect yourself from the flu and earn a \$50 Well-Being Activity Incentive. You can receive your flu vaccine at multiple convenient locations. Some options include:

- **On-site flu vaccine clinics:** All Franklin County Cooperative employees, spouses/domestic partners, and dependent children 16+ can get a flu vaccine at one of our [convenient flu clinics](#). You do not have to be enrolled in the health plan to receive a flu vaccine at an onsite clinic. No appointments needed, walk-ins only until October 31.

- **Local pharmacies:** Pharmacies covered under the health plan include CVS, Kroger, Meijer, Rite Aid, Walgreens, or Walmart pharmacy.
- **Your healthcare provider:** Schedule an appointment with your primary care physician to get your flu shot.

If you are enrolled in the health plan, you will automatically receive Well-Being Activity credit for vaccines received at local pharmacies and healthcare providers. If you are not enrolled in the health plan, you can submit proof of your flu vaccine to [ThriveOnWellness@ohiohealth.com](mailto:ThriveOnWellness@ohiohealth.com) to receive credit.

For frequently asked questions or specific details about when and where flu vaccines will be available to employees, check out the [2024 Flu Vaccine Schedule](#).

By getting the flu vaccine this year, and following these [additional prevention tips](#), you can protect yourself and others while staying healthy and productive throughout the flu season. Take the time to prioritize your health—it's worth it!

## THANK YOU FRANKLIN COUNTY 5K & THRIVEON CHALLENGE PARTICIPANTS!

### STILL TIME TO SUBMIT YOUR FINAL RESULTS

Thank you for joining us for the Franklin County 5K & ThriveOn Challenge this past Sunday! Whether you joined us in-person or virtually, we're thrilled to have had you as part of the event and hope you enjoyed it as much as we did.

For those of you who participated virtually, a quick reminder to [submit your race times by October 24](#) so we can include you in the final results.

If you ran in person, we'd love to see your photos from race day! And if you picked up some Yellowbird produce, we're eager to hear how you used it. Share your photos and stories with us at [ThriveOn@franklincountyohio.gov](mailto:ThriveOn@franklincountyohio.gov) — you'll even be entered for a chance to win a \$50 gift card!

Be on the lookout for an email the week of October 28, when we'll announce the final results and reveal the winners! Thank you once again for making this year's 5K an event to remember! We're already looking forward to the next one.

# ATTEND AN UPCOMING WEBINAR

Join us every month for a series of engaging educational webinars brought to you by Franklin County Cooperative and ThriveOn, featuring a diverse range of topics including nutrition, financial support, health-related discussions, and much more from our trusted vendors.

## Healthy Lifestyle Program

### Back to Basics: Nutrition Fundamentals

*Wednesdays, Oct. 30 – Nov. 20 from 11:30-12pm*

We're surrounded with social media, celebrities, and diet companies sharing nutrition misinformation. In this program, learn the truth behind the fundamentals of nutrition, how to fuel our bodies for a lifetime, and how to support both you and your family's health with balanced nutrition. Attend 2 of 3 sessions to earn a \$50 Well-Being Activity incentive.

REGISTER WITH OHIOHEALTH >

## EAP Group Sessions

### Maintaining Balance in Life

*Friday, November 1 at 1pm*

A life that's out-of-balance can cause high levels of stress. During this session you'll assess your current state of balance and stress, learn skills to effectively manage multiple demands, explore ways to better balance the conflicting demands of life, and learn about available resources to meet your individual needs.

JOIN THIS WEBINAR NOW >

## CancerBridge

### Plant-Based Side Dishes for Holiday Dinners and Parties

*Thursday, November 7th, 2024 at 11am*

Elevate your holiday feasts with Chef Michael Carnahan and Registered Dietician Cameron Stauffer. Discover delectable and nutritious plantbased side dishes that will delight your guests and add a vibrant, flavorful twist to your festive celebrations.

REGISTER WITH CANCERBRIDGE >

## BMI

### Emergency Funds

*Thursday, November 7 at 11am*

An emergency fund can help soften the impact of an unexpected expense. Learn how to get started and ways to determine your savings goal.

REGISTER WITH BMI >

# Maddie's Culinary Commentary

Provided by OhioHealth

October 2024

## Macros Series: Understanding Carbs

### What are carbohydrates?

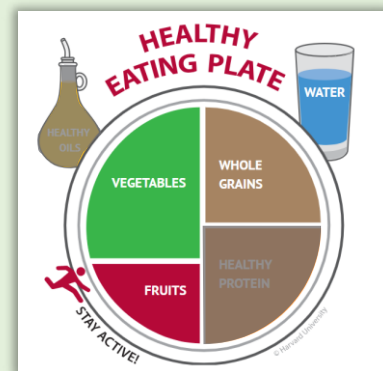
[Carbohydrates](#) are our brain's favorite source of energy, glucose! One of 3 key macronutrients, they provide 4 calories per gram. Carbs not only give us energy, but can help reduce the risk of diseases like obesity, type 2 diabetes, and some cancers.

### What's the best source of carbs?

We often think of chips and cookies as carbs, but so many nutritious foods are carbs including fruits, vegetables, whole grains, low-fat dairy, and [legumes](#).

### How much do we need?

Limiting added sugar to <10% of our daily calories is a great way to avoid [empty calories](#). Regardless of how many calories we consume in a day, aiming for 45-65% from carbs is recommended by the Institute of Medicine. For a 2000 kcal diet, this shakes out to 900-1300 calories (kcal) from carbs or 225-325g carbs per day.



## Upcoming Events:

- Be on the lookout for the December Yellowbird Cooking Demo- **Butternut Squash Risotto**.
  - Registration will go live on [the portal](#) in November
- [Register](#) for the last Healthy Lifestyle Program of the year- Back to Basics: Nutrition Fundamentals
  - Wednesdays October 30-November 20 from 11:30-12PM

## September Recipe: [Simple & Quick Chicken Salad](#)



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

**Thrive On**  
Your Health and Wellness Program