



INSIDE THIS ISSUE

CLICK ON THE STORY YOU WANT TO READ

The Great American Smokeout

Navigating the Caregiver Journey

Continue To Earn Incentives Through December 31

Attend an EAP Group Session

Nurses Notes: Understanding Diabetes



THE GREAT AMERICAN SMOKEOUT

SUPPORT FOR A SMOKE-FREE LIFE

Quitting smoking is a journey that takes time, commitment, and a strong support system. With resources from ThriveOn, you don't have to do it alone. [The Great American Smokeout](#) event is the perfect time to take that crucial first step toward a healthier, smoke-free life. By joining thousands across the country in quitting smoking, you're making a choice to improve your health, reduce your risk of cancer, and protect those around you from the dangers of secondhand smoke.

WHY QUIT?

Smoking remains the most preventable cause of serious illness and death in the U.S., causing more than 480,000 deaths every year. It's linked to an increased risk of at least 12 different cancers, including lung

cancer, and is responsible for approximately 30% of all cancer deaths. Despite decades of declining smoking rates, some communities continue to face higher smoking rates due to barriers to care and socioeconomic challenges. These groups include those at lower socioeconomic levels, American Indians/Alaska Natives, African American/Black communities, LGBTQ+ communities, military personnel, and individuals with mental health conditions.

No matter how long you've been smoking or your age, [quitting can improve your health](#) both immediately and over time. In fact, just 20 minutes after quitting, your heart rate and blood pressure begin to drop. Within days, the carbon monoxide in your blood normalizes, and within weeks, your circulation and lung function improve. The benefits keep building: after 1–12 months, coughing and shortness of breath begin to decrease, and after 1–2 years, your risk of heart attack drops dramatically. Over the next decade, your risk of various cancers, heart disease, and other chronic conditions continues to fall, eventually approaching that of a non-smoker.

RESOURCES TO HELP YOU QUIT

Quitting isn't easy, but with the right tools and support, you can increase your chances of success. Here's how Franklin County Cooperative can help:

Tobacco Cessation Prescription and Over-the-Counter Products: If you're ready to quit, Franklin County Cooperative offers a \$0 copay for prescription and over-the-counter tobacco cessation products (with a prescription). These include: nicotine replacement products, Chantix, generic Bupropion (Note: there is a copay for brand-name Zyban). To learn more about your prescription coverage, visit [OptumRx](#).

Health Coaching through ThriveOn: Thinking about quitting but not sure where to start? Trained health coaches are here to guide you. Work one-on-one with

a coach to create a customized plan that considers your health status, medical conditions, and personal goals. How to Get Started:

1. Register at [fccThriveOn.com](https://www.fccThriveOn.com).
2. Complete your Online Health Assessment.
3. Explore Health Coaching options tailored to your unique needs.

For questions about Health Coaching, call **1.888.255.0162**.

Online Support Anytime: If you're looking for extra guidance, our EWS website, Live and Work Well, offers free, confidential resources to help you and your family members on the path to becoming tobacco-free. How to Register:

1. Visit [liveandworkwell.com](https://www.liveandworkwell.com).
2. Enter access code "EAP" for anonymous access or click "Not a Member Yet? Register Here."
3. Create a username and password.
4. Set up and answer security challenge questions.
5. Enter your personal information and click submit.

For assistance, call the EAP Helpline 24/7 at **1.800.354.3950** (TTY users, dial 711 and enter the toll-free number).

LEARN MORE

For more information on quitting and additional tools to support you, visit [BeWell.franklincountyohio.gov](https://www.BeWell.franklincountyohio.gov) or access free tips and tools through the American Cancer Society at [cancer.org](https://www.cancer.org) or by calling **1.800.227.2345**.

Quitting smoking may be one of the hardest challenges you face, but every step forward, no matter how small, is a step toward a healthier, happier life. Let the Great American Smokeout be the start of your journey. Remember, Franklin County Cooperative and ThriveOn are here to support you every step of the way.

GET HELP QUITTING



NAVIGATING THE CAREGIVER JOURNEY

RESOURCES AND SUPPORT NETWORKS

Caregiving is essential yet demanding, whether for children, aging parents, or other loved ones. It can be fulfilling but also overwhelming, leading to burnout, stress, and isolation without proper support. Franklin County Cooperative and ThriveOn are here to provide resources to help you balance these responsibilities and prioritize your well-being.

Dependent Care FSA: During Open Enrollment (November 6–20, 2024), you can plan for next year's caregiving expenses with the Dependent Care Flexible Spending Account (FSA). This option allows you to set aside pre-tax dollars for eligible costs like daycare and elder care, providing tax savings and flexibility. Open Enrollment is the only time to enroll unless you have a qualifying life event. Visit [BeWell.franklincountyohio.gov](https://www.BeWell.franklincountyohio.gov) for more information.

OPEN ENROLLMENT INFORMATION

Emotional Wellbeing Solutions (EWS) & WorkLife Services: Caregiving can feel isolating, which is why support is essential. EWS, provided by Optum, offers all benefits-eligible employees and their households up to eight free counseling sessions per issue per year. Digital self-care tools, like the [Calm app](#) and [Talkspace](#), and 24/7 WorkLife services are also available, providing resources for family and caregiving needs. Access these services on [liveandworkwell.com](https://www.liveandworkwell.com) (access code "EAP") or call **1.800.354.3950**.

Enhanced Eldercare Support: For those caring for elderly family members, [Enhanced Eldercare Services](#) provide up to six hours of free support, including in-home assessments, care planning, and referrals for respite care. These services help make caregiving for aging adults more manageable. Get started by

calling **800.354.3950** or visiting liveandworkwell.com (access code "EAP").

Onsite EAP Consultant: Your [Onsite EAP Consultant](#), Valerie Schenk-Greil, offers personalized support for caregiving challenges, including managing stress and balancing work and family. Contact her at **614.525.6773**.

Caregiving is a rewarding journey, and these resources are here to help you manage the challenges. Reach out for support with financial planning, emotional well-being, and caregiving assistance to lighten your load.



CONTINUE TO EARN INCENTIVES THROUGH DECEMBER 31

UTILIZE [FCCTHRIVEON.COM](https://fccthriveon.com)

There's still time to earn Wellness Your Way incentives this year! Eligible employees and their enrolled spouses/domestic partners can earn up to \$200 for Well-Being Activities, \$200 for completing a biometric screening, plus reimbursement for your gym membership up to \$50/month. Be sure to register at fccThriveOn.com to participate.

For a full list of incentives available through December 31, 2024, see the [2024 Incentive Guide](#). Be sure to allow yourself enough time as some activities can take 2-6 weeks to complete.

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.

CancerBridge

2024 Self-Care Series: Winter Wellness Reflections

Thursday, November 21st, 2024 at 11am

As 2024 comes to an end, let's reflect on the best self-care practices from the year and use the lessons learned to create a vision for ongoing self-care into 2025.

[REGISTER WITH CANCERBRIDGE >](#)

EAP Group Sessions

Maintaining Balance in Life

Thursday, November 21 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 >](#)

[DOWNLOAD WORKBOOK >](#)

How to Manage Change

Tuesday, December 17 at 1pm

Downsizing, acquisition, re-orgs, mergers, layoffs - these transitions can be unsettling to any worker. Change, especially rapid, stressful change, can be challenging and difficult - even for the most resilient employee. But, change can bring opportunities for growth and positive transformation. During this session we'll identify the emotional phases associated with change, develop strategies to make change more rewarding, and determine how to respond constructively to change in the workplace.

[JOIN THIS WEBINAR NOW >](#)

[DOWNLOAD WORKBOOK >](#)

NURSES' NOTES

From Your  UnitedHealthcare Health Engagement Nurses

UNDERSTANDING DIABETES: WHAT YOU NEED TO KNOW

Diabetes affects over 1 in 10 Americans, requiring careful management of blood sugar (glucose) levels to maintain health. But what exactly does it mean to have diabetes, and how does it impact health?

The Basics: Glucose, Insulin, and Diabetes Types

Prediabetes occurs when blood sugar levels are elevated but not high enough to be classified as diabetes. Left unmanaged, prediabetes can progress to type 2 diabetes, the most common form of diabetes. Type 2 diabetes develops when the body cannot use insulin effectively, causing blood glucose levels to rise. Many individuals are prediabetic before being diagnosed with diabetes, often without knowing it.

Type 1 diabetes (T1D) is an autoimmune condition where the body mistakenly attacks and destroys insulin-producing cells in the pancreas. This form of diabetes requires lifelong management and differs significantly from type 2 in how it develops and is managed.

Detecting and Diagnosing Diabetes

Early detection is critical for preventing or managing diabetes. The diagnosis often starts with a blood test to check current glucose levels. In some cases, your doctor may also request a glucose tolerance test or a hemoglobin A1C test, which measures blood sugar levels over the past few months.

A surprising number of people are unaware they have prediabetes, diabetes, or even an elevated risk of developing diabetes. Early detection and proactive management are essential, as they can significantly reduce the risk of severe complications such as heart disease, stroke, kidney disease, blindness, and nerve damage.

Steps to Take

- 1. Get Tested:** If you think you may be at risk for diabetes, don't wait—ask your primary care physician about testing.
- 2. Manage Your Health:** If you already have diabetes, managing it effectively is key to your health. If you're in the prediabetic range or at risk, taking action can help delay or even prevent type 2 diabetes.

For more information and support, contact your Health Engagement Nurses at **614.525.6773** or visit [BeWell.franklincountyohio.gov](https://www.beWellFranklinCountyOhio.gov). The resources available can support you in maintaining a healthier future—don't wait to take charge of your health journey.

*As a member of the Franklin County Cooperative, you have access to several confidential and free resources to help you thrive in your everyday life. This includes private conversations with Franklin County's dedicated Health Engagement Nurses, Therese Lentz, Brittany Meszaros and Laura Lawrence. To speak with any of them, you can call the Onsite EAP and Health Engagement Nurse Support Line at **614.525.6773** or click on the links below their name.*



Therese Lentz RN, MSN

[EMAIL THERESE](#)



Brittany Meszaros BSN, RN

[EMAIL BRITTANY](#)



LAURA LAWRENCE BSN, RN

[EMAIL LAURA](#)