



In This Edition

- **Open Enrollment 2023:** Confirm Your Benefit Coverage for 2023
- **An Ounce of Prevention:** Get Boosted for the Holidays
- **Happy & Healthy Eating:** Consider WeightWatchers for Your Wellness Journey
- **A Moment of Awareness:** Walk this Way (When Crossing the Street)
- **Community Connection:** Keep Your Pets Safe (and Spoiled!) this Thanksgiving



OPEN ENROLLMENT 2023: Confirm Your Benefit Coverage for 2023

Confirm Your Coverage at fccbenefits.com.

Open Enrollment 2023 is your opportunity to confirm your benefit coverage for next year. During this timeframe you may choose to:

- change your health, life, and disability elections for 2023.
- check the accuracy of your personal and dependent information.
- enroll for Flexible Spending Account (FSA) coverage for 2023.

Open enrollment this year is considered optional, which means your current coverage - except for FSA - will carryover for 2023; FSA elections must be made every year.

The following resources are available at bewell.franklincountyohio.gov and fccbenefits.com:

The Spotlight: 2023 Open Enrollment Edition | a digital newsletter; your one-stop-shop for everything you need to know about open enrollment and your benefits in 2023 | [Click here to begin reading.](#)

Open Enrollment 2023 Tutorial | a pre-recorded video presentation; available on-demand, anytime | [Click here to begin watching.](#)

Open Enrollment 2023 Teams Presentations | schedule and links for sessions throughout open enrollment; a member of Benefits & Wellness will share an overview of the 2023 program | [Click here to join a session.](#)



MARK YOUR CALENDAR

- **Thursday, November 24:** Thanksgiving Day
- **Friday, December 9:** Last day to log your Mindfulness Challenge activity at fccThriveOn.com.
- **Saturday, December 31:** Deadline to complete Biometric Screening and Well-Being Activities to earn your *Wellness Your Way* incentives. [Get started here.](#)

Celebrate Thanksgiving with Gratitude.

A growing body of research shows that expressing gratitude can help make you happy. Studies have shown that people who make an effort to express gratitude can strengthen relationships, reduce depression, deal with tough times better, improve sleep and even improve their health.

[Check out this OhioHealth blog](#) to learn why gratitude is good and good for you.



AN OUNCE OF PREVENTION: Get Boosted for the Holidays

To help you stay healthy this holiday season, ThriveOn has partnered with OhioHealth to bring several COVID-19 booster clinics to the Franklin County Government Center downtown. All clinics will be held in JSB (A) on the 1st floor (369 S. High St.). [Schedule your appointment today at fccThriveOn.com.](#)

- Monday, November 28 from 9am-1pm
- Friday, December 2 from 9am-1pm
- Thursday, December 15 from 9am-1pm

Boosters are available and free to all Franklin County Cooperative employees and spouses/domestic partners.



HAPPY & HEALTHY EATING: Consider WeightWatchers for Your Wellness Journey

More holiday spirit, less holiday stress. Reach your goals — and still enjoy every delicious moment — with a truly livable program from our partner, **WeightWatchers**.

Meet Your Holiday Toolkit: WW's Award-Winning App:

- Reset and relax with a guided meditation from **Breathe**.
- Swap party tips and tricks in WW's members-only social network.
- Use the **What's In Your Fridge?** tool to remix holiday leftovers.
- Get instant support with 24/7 Coach chat.

Join by December 31 and get an **extra \$10 off your membership with promo code WWDEAL2022 ... plus a FREE WW Cookbook!**

All Franklin County employees (and spouses/domestic partners) get an exclusive discount of 50% off the retail price and can join now for as low as \$8.48 per month. [Sign up at WW.com/us/FCC.](#)

- Get your extra \$10 off by using code **WWDEAL2022** at checkout.
- Then, [get your WW Cookbook at WW.com/cookbookoffer.](#)



A MOMENT OF AWARENESS: Walk this Way (When Crossing the Street)

More than 7,000 pedestrians are killed each year by accidents involving vehicles. According to the [National Highway Traffic Safety Administration](#) (NHTSA), 77% of pedestrian fatalities occur after dark.

Here are **8 pedestrian safety tips** to stay safe this fall season:

1. **Follow the rules of the road** and obey signs and signals.
2. **Walk on sidewalks** whenever they are available.
3. If there is no sidewalk, **walk facing traffic and as far from traffic as possible.**
4. **Cross streets at crosswalks or intersections.** Look for cars in all directions, including those turning left or right.
5. **Watch for cars entering or exiting driveways** or backing up in parking lots.
6. **Avoid alcohol and drugs when walking;** they impair your abilities and your judgment.
7. **Increase your visibility when walking at night** by carrying a flashlight and wearing reflective clothing, such as reflective vests.
8. **Avoid using electronic devices like earbuds and cell phones,** which can cause distractions when you are walking.

[Visit NHTSA for more information and tips](#) on staying safe when you walk and run.



COMMUNITY CONNECTION: Keep Your Pets Safe (and Spoiled!) This Thanksgiving

Thanksgiving is a special day that brings together families, friends, and fur babies to feast & fellowship. While it's important for humans to be mindful of overindulgence on Thanksgiving ... it's even more critical to be careful of what you feed your pets.

Here are several pet poison risks to be mindful of this Thanksgiving:

- **Keep the feast on the table** — not under it. Eating turkey or turkey skin – sometimes even a small amount – can cause a life-threatening condition in pets known as pancreatitis.
- **No pie or other desserts for your pooch.** Chocolate can be harmful for pets, even though many dogs find it tempting and will sniff it out and eat it.
- **Yeast dough can cause problems for pets,** including painful gas and potentially dangerous bloating.
- **Put the trash away where your pets can't find it.** A turkey carcass sitting out on the carving table could be deadly to your family pet.
- **Be careful with decorative plants.** Some flowers and festive plants can be toxic to pets. These include amaryllis, Baby's Breath, Sweet William, some ferns, hydrangeas, and more.
- **Quick action can save lives.** If you believe your pet has been poisoned or eaten something it shouldn't have, call your veterinarian or local veterinary emergency clinic immediately.

[Head over to the American Veterinary Medical Association's website](#) for more helpful tips to keep your pets happy and healthy this holiday.