



INSIDE THIS ISSUE

CLICK ON THE STORY YOU WANT TO READ

[Supporting Your Partners' Fertility Journey](#)

[Earn Incentives Through December 31](#)

[Culinary Commentary: Understanding Fats](#)

[Sign Up for a Free Meal Kit and Cooking Demo](#)

[Emotional Wellbeing Insights: Holiday Haze](#)



SUPPORTING YOUR PARTNERS' FERTILITY JOURNEY

MAVEN'S GUIDE

Going through fertility treatments can be an emotional and challenging experience, one that can affect your relationship in unexpected ways. Supporting each other during this journey is essential to staying connected and resilient. Remember, you and your partner are on the same team. Here are some meaningful ways to help each other through this process, with support from Maven to make the journey smoother.

UNDERSTAND THAT EVERYONE REACTS DIFFERENTLY

It's normal for partners to have different reactions during the fertility journey. You may not always be on the same page, which can sometimes make communication difficult. Recognize that this is

okay, and that professional guidance can be helpful. Maven's mental health providers are available to help couples navigate these feelings and communicate effectively during tough times.

EMBRACE ALL EMOTIONS

There's no "right" way to feel when dealing with fertility challenges. It's a journey marked by a wide range of emotions—hope, excitement, sadness, anger, guilt, and everything in between. As Maven Mental Health Provider Aditi Gohil, LPC, PMH-C, notes, "Fertility challenges can bring up emotions from hopefulness to denial and shame." Embrace these feelings as valid, and encourage open expression without judgment.

SUPPORT YOUR PARTNER'S MENTAL HEALTH

Fertility treatments can be draining, both physically and emotionally. If your partner shows signs of struggling, such as increased tearfulness, withdrawal from others, difficulty sleeping or eating, or challenges completing daily tasks, it may be time to reach out for mental health support. Maven's mental health professionals, like Cynthia Coffelt, LCSW, are there to help manage the emotional toll of fertility treatments, offering support whenever it's needed.

TAKE CARE OF YOURSELF TOO

Remember the saying, "You can't pour from an empty cup." Supporting your partner through this journey means also attending to your own well-being. If you're finding it difficult to cope, consider talking to someone who can support you, either in person or through Maven's platform. Taking care of yourself allows you to be there for your partner in a sustainable way.

OFFER PRACTICAL SUPPORT DURING TREATMENT

There are practical ways to lighten your partner's load during treatment. Small gestures can go a long way:

- **Stock up on snacks:** Run to the store for nausea-friendly items like ginger ale, crackers, and

applesauce.

- **Help manage daily stresses:** Take on extra household responsibilities or find ways to simplify day-to-day tasks.

These thoughtful actions can relieve some of the physical strain of treatment and let your partner know you're there for them.

STAY INVOLVED IN THE PROCESS

Being actively involved in fertility treatments can make your support more tangible. Depending on your treatment plan, here are some ways to stay connected:

- **Organize schedules:** Set up a calendar with medication schedules and appointment times to stay on top of the process.
- **Assist with at-home care:** If your partner needs injections or medication, offer to help, especially if they're nervous about needles.
- **Attend appointments together:** Join your partner for clinic appointments when possible, or attend via video calls if allowed.

These actions not only show support but also reinforce that you're both committed to the journey, no matter what role each of you is playing.

ALIGN ON WHAT TO SHARE

Fertility struggles can feel isolating, and some find comfort in opening up to others, while others may prefer privacy. Before sharing your journey with friends or family, make sure you and your partner are aligned on what, and how much, you're comfortable sharing. It's important to respect each other's comfort levels and approach this as a united front.

HOW MAVEN CAN SUPPORT YOUR FERTILITY JOURNEY

You and your partner are not alone on this journey. Maven offers comprehensive support, providing access to specialists like reproductive endocrinologists, mental health counselors, nutrition coaches, and fertility awareness educators. With Maven's support, you can:

- Navigate treatments like egg freezing, IUI, and IVF with guidance from experts.
- Receive support for mental health concerns, tailored to the unique challenges of fertility.
- Protect and strengthen your relationship during this emotional journey.

Join Maven for free today at mavenclinic.com/join/partnerfertilitysupport to access the resources, guidance, and support you and your partner need for a healthier, more connected fertility journey.



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.

Some incentives still available to earn include:

- Get a Biometric Screening
- Meet 3/5 healthy biometric targets.
- Complete activities on meQ
- Complete an Enrich assessment and course
- Complete 2 health coaching sessions
- Participate in at least 8 virtual fitness classes per month
- Complete up to two of the on-demand workshops below:
 - [The Mind, Body & Breath Connection](#)
 - [Beating Burnout](#)
 - [Blue Zone](#)
 - [Intuitive Eating](#)

For a full list of incentives available through December 31, 2024, see the [2024 Incentive Guide](#) or log into your account at fccThriveOn.com.

Macros Series: Understanding Fats

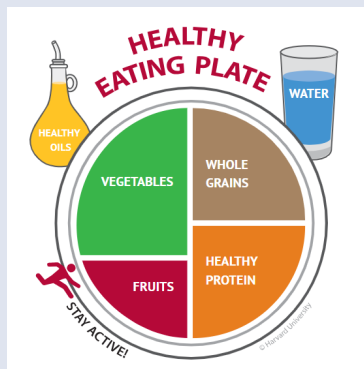
Our bodies need dietary **fat** for vitamin absorption, energy, heart, and brain health. They provide 9 calories per gram, more than carbs and protein combined! While fats sometimes get a bad rap, it's important to note that unsaturated fats decrease our risk of heart disease while saturated fat increases the risk. [The American Heart Association](#) recommends limiting saturated fat to <6% of daily calories (11-13g/2000 calories)

How much do we need?

We need 20-35% of daily calories coming from fat, but we want this to be mostly unsaturated fats. This means limiting things like pastries, butter, margarine, or packaged chips and cookies. For a 2,000 kcal diet, you would need 400-700 kcal from fat which is 44-78g fat/day.

What is the best source of fat?

Mono & **poly-unsaturated fats** are our best sources of fat, providing omega-3 and 6 fatty acids. They raise our HDL (good) cholesterol and help lower the LDL (bad). Foods like fatty fish, olive oil, avocado oil, nuts & seeds are packed with healthy fats.



Sign up for a free meal kit and cooking demonstration

YellowBird Food Shed is providing one last meal kit and cooking demo for the year! [Sign up by December 8th](#) to receive a butternut risotto meal kit, completely free to you. Use fresh Ohio produce -grown with organic practices- and the cleanest non-GMO or local products to create a satisfying and healthy meal that everyone will enjoy. Increase your knowledge and awareness of local produce, cook along, and feed your family with this delicious & fun meal kit demo!

November Recipe [Baked Dijon Salmon](#)



Maddie Bidwell, RD, LD
Wellness Consultant
maddie.bidwell@ohiohealth.com
614-566-0183

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

EMOTIONAL WELLBEING INSIGHTS

Holiday Haze: Strategies to Reducing Stressors -

The holidays can be filled with fun, excitement and chaos! Understanding your own personal abilities to enjoy, engage and participate can make it more enjoyable and less stressful. It is true that the holidays present opportunities to meet with friends and family in various environments which is often seen as a joyous time.

However, holidays often evoke big moments of reflection and can often bring loss and sadness to the forefront. The holidays are often a bitter-sweet time for many people, and you are not alone in your feelings. Test your holiday knowledge!

TRUE or FALSE ?

Being "happy" and having "holiday joy" is how everyone should feel during the holidays – FALSE.

The holidays remain one of the most difficult times of the year as we think about and miss loved ones who are no longer with us. This is normal and understandable as we each have complex emotions and specific relational dynamics that make up our emotional reactions to loss/ grief and even defining what is joyful and happiness.

It is OK to limit my spending and gift giving so I don't go into financial trouble – TRUE. While giving gifts is a kind gesture, it's important to stay within what you can comfortably afford. Consider [creating a budget for holiday spending](#) to keep things manageable.

Remember, most gifts are forgotten within six months of the holidays. Small, meaningful presents often have more impact than extravagant, impersonal ones. You could even make gift-giving fun and creative with ideas like a white elephant exchange or drawing names, so you only need to buy one gift instead of many.

Ultimately, the holidays are about being together, creating joyful moments, and sharing happiness – not about the price tag of a gift. Have fun and enjoy the experience!

THINGS TO REMEMBER AS THE HOLIDAY SEASON APPROACHES

Know your limits and plan to attend parties/events that allow you to enjoy yourself and not create additional stressors. Set aside differences with others and if needed and necessary make your attendance shorter- instead of staying all day maybe stay half of

the day. **It is OK to make yourself a priority** and not create additional stress and drama within yourself or with others. We all have emotional limits and part of self-care is incorporating small strategies to create a healthier perspective and positive wellbeing for yourself and others. You can utilize some of the resources below to address stress and anxiety this holiday season.

- **Calm App:** Take a breather with Calm. This app offers meditation, sleep aids, and mindfulness tools to help ease stress.
- **Emotional Wellbeing Solutions (EWS):** For you and your household, EWS is available 24/7 and offers up to 8 in-person or virtual counseling sessions each year. Reach out anytime at 1.800.354.3950 or visit liveandworkwell.com (access code "EAP").
- **Talkspace:** Employees and household members can text or video chat with licensed therapists through Talkspace, offering flexibility and privacy in receiving support.
- **988 Crisis Lifeline:** If you or someone you know needs immediate support, just call or text 988 to connect with a trained crisis counselor, anytime.

Explore all your available resources in the [Mental Health Brochure](#), which provides a comprehensive overview of each support option.

Stay connected with others (digitally if far away) and find ways to reach out to those who you know might be lonely this holiday season too – start some new traditions! Have a great holiday season.

As a member of the Franklin County Cooperative, you have access to several confidential and free resources designed to support you in various aspects of life. One invaluable resource is Valerie Schenk-Greil, your dedicated EAP Consultant through Optum. Valerie is available to help you navigate challenges such as work-life balance, parenting and family concerns, depression, anxiety, stress, and more.

Your discussions with Valerie are completely confidential and incur no cost to you. You can reach out to her by calling the Onsite EAP and Health Engagement Nurse Support Line at 614.525.6773 or you can contact Valerie with the prompts below.



Valerie Schenk-Greil LPCC, LICDC, NCC

[Email Valerie](#) or [Book An Appointment](#)