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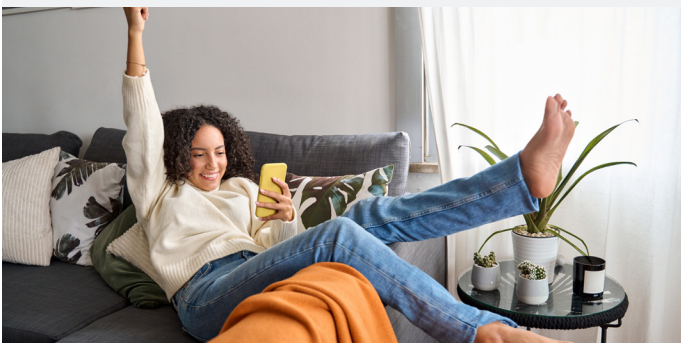
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LAST CHANCE TO EARN YOUR WELL-BEING INCENTIVES

DEADLINE IS DECEMBER 31, 2023

There's less than one month left to earn your 2023 ThriveOn Incentives, including the \$200 Biometric Screening incentive and \$50 Well-Being Activities. Read below for more information on how you can earn some extra cash by completing these incentives before the December 31, 2023 deadline. Incentives completed in December will be paid on your February 9, 2024 payroll.

BIOMETRIC SCREENING INCENTIVE (\$200)

There are two options left to earn the \$200 Biometric Screening incentive.

- OhioHealth Work Health – schedule an appointment at a location near you ([click here](#) to see all locations). Take the [Biometric Screening Results Form](#) with you to your appointment. The

clinician will submit the form on your behalf once your results are in!

- With your primary care provider (PCP) – schedule an appointment with your PCP. Take the [Biometric Screening Results Form](#) with you to your appointment. It is your responsibility to ensure the form is submitted by the December 31 deadline. We recommend having your doctor's office send the results to you so that you can send it in yourself.

WELL-BEING ACTIVITY INCENTIVE (UP TO \$200)

You can earn \$50 for each Well-Being Activity you complete (up to 4 activities or \$200 total). Below are some activities that we recommend! More Well-Being Activity Incentives can be found at [fccThriveOn.com](#).

- Complete an on-demand wellness workshop: Choose from topics, including Meaning & Purpose, Know Your Numbers, and Spine Wellness: Back Basics. Watch the videos and answer the questions along the way to earn your incentive!
- Complete a Financial Wellness Checkup and a financial well-being course: Pick a financial topic that interests you, read the corresponding material, and answer the question. To earn the incentive you must complete the Financial Wellness Checkup along with the course.

Be sure to check [fccThriveOn.com](#) to see which incentive(s) you still have left to complete and for more information about completing Well-Being Activities.

[Download Biometric Screening Form](#)





POSTPARTUM SUPPORT

FINDING RESOURCES FOR POSTPARTUM WITH MAVEN

When you think about building a family, you may think pregnancy is the “hard part,” not realizing that the postpartum period can have its own unique joys and hurdles. Adjusting to life after pregnancy can be challenging and can hugely impact the mental health of both parents. It is often difficult for people suffering from postpartum mood and anxiety disorders (PMAD) to communicate because of the nature of the disorders and how stigmatized and isolated they can feel. But the truth is, postpartum depression and anxiety are common, with 14% of new parents experiencing postpartum depression and 10% of new parents experiencing postpartum anxiety.

This can sound frightening, but these disorders are very treatable when diagnosed early and support from a partner and loved ones can play a crucial role in helping.

WHAT’S THE DIFFERENCE?

There are subtle but important differences between postpartum depression and anxiety. Postpartum depression is characterized by feelings of sadness and hopelessness, while postpartum anxiety is associated with excessive worry and fear about the health and well-being of the baby and oneself. It’s important to consult a healthcare professional to get a proper diagnosis.

WHAT ARE SYMPTOMS?

Four in five new parents experience “baby blues” in the first two weeks after giving birth, which includes feelings of sadness, anxiety, or impatience. But if baby blues continues past the first two weeks, it may mean that your partner is suffering from postpartum depression or anxiety.

Symptoms of postpartum depression can include:

- Excessive sadness that lasts more than 2 weeks.
- Feelings of worthlessness, shame, guilt, or inadequacy.
- Difficulty bonding with baby.
- Thoughts of self-harm or harming the baby.
- Recurring thoughts of death or suicide.

Symptoms of postpartum anxiety can include:

- Inability to relax.
- Racing thoughts about worst-case scenarios.
- Obsessing over irrational fears or unlikely scenarios.
- Nausea, loss of appetite, or stomach aches.
- Feeling unable to breathe.

If you’re struggling during the postpartum period, you’re not alone. And talking to a mental health provider can be the first step towards feeling like yourself again. If your partner is dealing with postpartum anxiety or depression, it’s important to be as supportive as possible and help them get treatment. Maven has provided the below resources to help you prioritize your mental health.

[December 13 webinar: How to identify and manage postpartum depression and anxiety](#)

[PDF: How to identify and manage postpartum depression](#)

Treatment for postpartum depression and postpartum anxiety is extremely effective and often involves psychotherapy, antidepressants, and social support like online or local groups. If you need help finding a provider, your Maven Care Advocate can help you understand what your insurance covers and locate a few providers who meet your requirements. Plus, Maven Mental Health Providers are available for support when you need it. You have free access to Maven for virtual support, to get started head to mavenclinic.com/join/franklincounty.

To learn more about postpartum depression and anxiety, attend Maven’s webinar on Wednesday, December 13th at 12 pm.

Postpartum Webinar

ENSURING SAFE AND JOYFUL HOLIDAYS

A GUIDE TO TOY SAFETY AND GIVING BACK

'Tis the season of giving, but when it comes to toys and gifts, it is critical to remember to consider the safety and age range of the toys. As you spread holiday cheer, make sure to prioritize safety when choosing presents, especially for infants and children under age three.

December is recognized as Safe Toys and Gifts Awareness Month by Prevent Blindness America. Follow these guidelines for selecting safe toys for all ages:

- **Inspect toys before purchase:** Avoid those with flying parts, sharp edges, or points. Ensure they are sturdy and can withstand impact.
- **Consider special needs:** When buying toys for children with special needs, consider sensory appeal, interactivity, and size. Assess toys for age and developmental appropriateness.
- **Check for compliance:** Diligently inspect received toys for age suitability and safety. Look for "[ATSM](#)" labels indicating compliance with safety standards.
- **Include protective gear:** Gifts of sports equipment should include protective gear, like a helmet with a skateboard.
- **Avoid choking hazards:** Keep kids safe from choking hazards by avoiding toys with small parts, magnets, or button batteries. If it fits in a toilet paper roll, it's not suitable for children under three.
- **Watch out for potential dangers:** Avoid toys that have been recalled, toys with ropes, cords, heating elements, and give only crayons and markers labeled "nontoxic."

This year when you think about spreading joy, consider bringing joy to children in need through Franklin County Children Services. The Holiday Wish program at Franklin County Children Services provides an opportunity for you to make a difference in the lives of thousands of youth served by the agency.

Whether you choose to donate a new toy, sponsor a child, host a toy drive, or contribute to the Children's Fund, your support helps put the magic back into the holidays for families in need.

You can help by donating a new toy, sponsoring a child, hosting a toy drive, donating to the children's fund. Click [HERE](#) to learn more. **Holiday Wish is open for donations until Monday, December 18.** Visit fccc.us/holiday-wish or call **614-275-2525** for more information.

For more information on toy safety, visit preventblindness.org. This holiday season let's come together to grant holiday wishes and ensure the safety and joy of every child in our community.



WINTER HIKE KICK-OFF

WITH COLUMBUS METRO PARKS

The Metro Parks have announced their 2023-2024 Metro Parks Winter Hike Series. The series begins in December and goes through February. Each month will feature different parks where you can take a walk, get your hike card stamped and maybe join a group for a walk. Bundle up, choose your route, grab a friend, and go for a hike this winter in your Metro Parks.

HOW DOES IT WORK?

- Visit the parks highlighted [HERE](#) and hike any trail during the designated month.
- Print your [Winter Hiking Card](#) and have a staff member stamp your card.
- Hike 7 parks to earn a Metro Parks Winter Hike patch.
- Join the Metro Parks at the celebration on February 25, 2024 to receive your new Winter Hike patch.
- Visit [Friends of Metro Parks](#) to find out how to earn hike medallions and additional swag by hiking all 19 parks!

Bundle up, choose your route, and invite a friend to partake in this winter hiking experience, discovering the beauty of your local Metro Parks!